

2nd TRAMPOLINE TRIAL FOR: WORLD AND WORLD AGE GROUP CHAMPIONSHIPS IN TOKYO, JAPAN

**TRIAL AT: Venue: Frederika Sportstadium (Korfbal Park)
Cnr 10th Avenue and Frederika Street GEZINA Pretoria**

SATURDAY 6th JULY 2019

PROGRAMME

VERY IMPORTANT: All gymnasts to report at grouping area on time. All competition cards to be handed in on Thursday 4 July at 8:30 during registration for National Training Camp. No competitor will be allowed to group, start warm-up without prior handing in of competition card.

All floor officials please meet with Helen at 7:40 in the boardroom.

Difficulty Judges please meet at 8:10 and execution Judges at 8:30 with Helen in the Boardroom - All officials pse be on time!

All competitors to comply with FIG rules and regulations for WC and WAGC. No prelims and finals, all competitors to do three routines on Trampoline and 4 routines on DMT

TIME	TRAMPOLINE ONE	TIME	TRAMPOLINE TWO	TIME	DOUBLE MINI ONE	TIME	DOUBLE MINI TWO
8:20 Grouping Warm –up 9:10 Competition	OPEN, Level 8 Male (4) Level 7, 17-21 (6) Three routines	8:50 Grouping Warm –up Competition	Level 7 11-12 Female (2) Lev 7 11-12 Male (3) Level 7 13-14 Female (1) Lev 7 13-14 Male (3) Lev 7 15-16 Male (7) Three routines				
				10:10 Grouping Warm –up Competition	OPEN, Level 8 Male (3) Level 7, 17-21 (4)	11:00 Grouping Warm –up Competition	Level 7 11-12 Female (1) Lev 7 11-12 Male (3) Level 7 13-14 Female (1) Lev 7 13-14 Male (3) Lev 7 15-16 Male (6)

Should anyone have a problem with the Programme, kindly inform me as soon as possible, but at the latest Wednesday 4 July before 10. Thank you.
Helen