

TUKS TRAMPOLINE COMPETITION
Venue: Frederika Sportstadium (Korfbal Park)
Cnr 10th Avenue and Frederika Street GEZINA Pretoria

SATURDAY 6 APRIL 2019

PROGRAMME

VERY IMPORTANT: All gymnasts to report at grouping area on time. During grouping each competitor/or coach must hand the competition card of the gymnast to the competition card official. No gymnast will be allowed to start warm-up without competition card. Not applicable to mini-tramp.

No competitor will be allowed to warm-up / compete if the competition card is missing

Christo, Helene, Marianna and Eonette, please meet with Helen at 7:50 on the floor. Other floor officials meet with Christo at 8:10. Difficulty Judges please meet at 8:30 and execution Judges at 8:40 with Helen in the Boardroom - All officials pse be on time!

JUDGES' PANEL 1 - Mini-Trampoline and Double-mini Trampoline

JUDGES' PANEL 2 - Blacktop and Trampoline

TIME	DOUBLE-MINI	TIME	MINI-TRAMP	TIME	TRAMPOLINE	TIME	BLACKTOP
8:30 Grouping Warm -up 9:10 Competition	Level 7 Female (7) and Level 8 Male (4)	9:00 Grouping Warm -up	Level 1 Female (8) and Level 1 Male (6)	8:20 Grouping Warm -up 9:20 Competition	Male level 7 (18) (3 routines)* Kindly see note at the end of programme	9:40 Grouping Warm -up	Level 2 Female (8) and Level 2 Male (6)
9:30 Grouping Warm -up	Level 6 Female (5) and Male (7)	Competition 9:40	Level 1 Female (8) and Level 1 Male (6)	10:10 Grouping Warm -up	Level 7 Female (6) and Level 8 Male (4) (3 routines)	10:20 Competition	Level 2 Female (8) and Level 2 Male (6)

TIME	DOUBLE-MINI	TIME	MINI-TRAMP	TIME	TRAMPOLINE	TIME	BLACKTOP
10:10 Competition	Level 6 Female (5) and Male (7)	10:20 Grouping Warm –up	Level 3 Female (6) and Level 3 Male (4)	10:50 Competition	Level 7 Female (6) and Level 8 Male (4)	10:50 Grouping Warm –up	Level 1 Female (9) and Level 1 Male (5)
10:30 Grouping Warm –up	Male level 7 (18)	Competition 10:50	Level 3 Female (6) and Level 3 Male (4)	11:20 Grouping Warm –up	Level 6 Female (2) and Male (5) and Level 5 male (7)	11:30 Competition	Level 1 Female (9) and Level 1 Male (5)
11:30 Competition	Male level 7 (18)			12:00 Competition	Level 6 Female (2) and Male (5) and Level 5 male (7)		

12:30 – 13:10 LUNCH

MEDAL CEREMONY - between events

TIME	DOUBLE-MINI	TIME	MINI-TRAMP	TIME	TRAMPOLINE	TIME	BLACKTOP
12:20 Grouping Warm –up 13:20 Competition	Level 5 Female (6) and Male (11)	13:40 Grouping Warm –up	Level 2 Female (5) and Level 2 Male (5)	12:20 Grouping Warm -up 13:20 Competition	Level 4 Male (15)	13:20 Grouping Warm -up	Level 3 Female (6) and Level 3 Male (3)
14:00 Grouping Warm –up	Level 4 Male (11)	Competition 14:10	Level 2 Female (5) and Level 2 Male (5)	13:50 Grouping Warm -up	Level 4 (6) and level 5 (7) Female	14:10 Competition	Level 3 Female (6) and Level 3 Male (3)

14:40 Competition	Level 4 Male (11)			14:40 Competition	Level 4 (6) and level 5 (7) Female		
14:50 Grouping Warm –up	Level 4 Female (10)						
15:30 Competition	Level 4 Female (10)						

Request from coaches no prelims with 2 routines DMT and TRA and finals DMT 2 routines and TRA 1 routine instead qualifier and final combined an all the routines are done.

Please remember - Level 7 Trampoline:

First routine: Voluntary with FIG skills for relevant age group. Only execution counts, no difficulty awarded.

Second and third routines Voluntary routines, FIG skills may be used and difficulty awarded for all the skills.

Level 8 - no FIG elements used in the first routine may be repeated in the first voluntary routine only in the second voluntary routine.

Should anyone have a problem with the Programme, kindly inform me as soon as possible, but at the latest Tuesday 2 April, before 10.

Thank you

Helen