

T&T PROVINCIAL CHAMPIONSHIPS 2019 - TRAMPOLINE - DMT - TUMBLING
SUNDAY APRIL 7 2019

Rod Floor

TUM L1 12U W	2	TUM L2 W	4	TUM L5 16+ W	2
TUM L1 13+ W	4	TUM L3 W	2		
TUM L2 M	1	TUM L4 W	2		
Stretch	8:40 - 9:00	TUM L1 12U & 13+ W, TUM L2 W & M			10
Specific Warm-Up	9:00 - 9:10	TUM L1 12U & 13+ W, TUM L2 W & M			10
Competition	9:10 - 9:35	TUM L1 12U & 13+ W, TUM L2 W & M			10
Specific Warm-Up	9:15 - 9:35	TUM L3 W, TUM L4 W, TUM L5 16+			6
Competition	9:35 - 9:50	TUM L3 W, TUM L4 W, TUM L5 16+			6
Finals	9:50 - 10:05	TUM L3 W, TUM L4 W, TUM L5 16+			6

Awards	10:05 - 10:30
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Trampoline

TRI L1 12U M	3	TRI L2 M	5	
TRI L1 13+ M	5	TRI L3 M	2	
Stretch	8:40 - 9:00	TRI L1 12U M, TRI L1 13+ M		8
Specific Warm-Up	9:00 - 9:10	TRI L1 12U M, TRI L1 13+ M		8
Competition	9:10 - 9:35	TRI L1 12U M, TRI L1 13+ M		8
Stretch	9:05 - 9:35	TRI L2M, TRI L3 M		7
Specific Warm-Up	9:35 - 9:45	TRI L2M, TRI L3 M		7
Competition	9:45 - 10:05	TRI L2M, TRI L3 M		7

Awards	10:05 - 10:30
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Judges Break 10:05 - 10:35

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DMT			
L1 12U M	4	L1 13+ W	11
L1 13+ M	7		
L1 12U W	15		
Stretch	10:10 - 10:30	L1 13+ W	11
Specific Warm-Up	10:30 - 10:40	L1 13+ W	11
Competition	10:40 - 11:00	L1 13+ W	11
Finals Warm-Up	11:00 - 11:10	L1 13+ W	11
Finals	11:10 - 11:25	L1 13+ W	10
Stretch	11:05 - 11:25	L1 12U M, L1 13+ M	13
Specific Warm-Up	11:25 - 11:35	L1 12U M, L1 13+ M	13
Competition	11:35 - 11:55	L1 12U M, L1 13+ M	13
Finals Warm-Up	11:55 - 12:05	L1 12U M, L1 13+ M	13
Finals	12:05 - 12:25	L1 12U M, L1 13+ M	13
Stretch	12:05 - 12:25	L1 12U W Flight 1	8
Specific Warm-Up	12:25 - 12:35	L1 12U W Flight 1	8
Competition	12:35 - 12:50	L1 12U W Flight 1	8
Stretch	12:30 - 12:50	L1 12U W Flight 2	7
Specific Warm-Up	12:50 - 1:00	L1 12U W Flight 2	7
Competition	1:00 - 1:15	L1 12U W Flight 2	7
Finals Warm-Up	1:15 - 1:25	L1 12U W	10
Finals	1:25 - 1:40	L1 12U W	10
Awards	1:40 - 2:15		

Trampoline					
L1 12U W	15	L4 M	1	L5 17+ W	2
L1 13+ W	12	L5 16U W	3	Junior M	1
L4 W	3	L5 16U M	1		
Stretch	10:10 - 10:30	L1 12U W Flight 1			8
Specific Warm-Up	10:30 - 10:45	L1 12U W Flight 1			8
Competition	10:45 - 11:05	L1 12U W Flight 1			8
Stretch	10:45 - 11:05	L1 12U W Flight 2			7
Specific Warm-Up	11:05 - 11:20	L1 12U W Flight 2			7
Competition	11:20 - 11:40	L1 12U W Flight 2			7
Finals	11:40 - 11:55	L1 12U W			10
Stretch	11:35 - 11:55	L1 13+ W			12
Specific Warm-Up	11:55 - 12:10	L1 13+ W			12
Competition	12:10 - 12:40	L1 13+ W			12
Finals	12:40 - 12:55	L1 13+ W			10
Stretch	12:35 - 12:55	L4 , L5 16U ,L5 W 17+, Junior			11
Specific Warm-Up	12:55 - 1:10	L4 , L5 16U ,L5 W 17+, Junior			11
Competition	1:10 - 1:35	L4 , L5 16U ,L5 W 17+, L6 W, Junior			11
Finals	1:25 - 1:40	L4 , L5 16U ,L5 W 17+, L6 W, Junior			11
Awards	1:40-2:15				

Judges Break 1:40 - 2:30

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DMT

L2 W	10 L3 M	2 L5 16U M	2
L2 M	3 L4 W	2 L5 17+ W	1
L3 W	4 L5 16U W	2 L5 17+ M	1

Stretch	3:40 - 4:00	L4 W, L5 16U W & M, L5 17+ W	8
Specific Warm-Up	4:00 - 4:10	L4 W, L5 16U W & M, L5 17+ W	8
Competition	4:10 - 4:20	L4 W, L5 16U W & M, L5 17+ W	8
Finals	4:20 - 4:35	L4 W, L5 16U W & M, L5 17+ W	8
Stretch	4:15 - 4:35	L2 W	10
Specific Warm-Up	4:35 - 4:45	L2 W	10
Competition	4:45 - 5:00	L2 W	10
Finals Warm-Up	5:00 - 5:10	L2 W	10
Finals	5:10 - 5:25	L2 W	10
Stretch	5:05 - 5:25	L2 M, L3 W, L3 M	9
Specific Warm-Up	5:25 - 5:35	L2 M, L3 W, L3 M	9
Competition	5:35 - 5:50	L2 M, L3 W, L3 M	9
Finals Warm-Up	5:50 - 6:00	L2 M, L3 W, L3 M	9
Finals	6:00 - 6:15	L2 M, L3 W, L3 M	9
Awards	6:15 - 6:45		

Trampoline

TRI L2 W	9 TRS L1	TRS L3	
TRI L3 W	3 TRS L2		
Stretch	2:10 - 2:30	L2 W, L3 W	12
Specific Warm-Up	2:30 - 2:45	L2 W, L3 W	12
Competition	2:45 - 3:20	L2 W, L3 W	12
Stretch	3:00 - 3:20	TRS L1	
Specific Warm-Up	3:20 - 3:30	TRS L1	
Competition	3:30 - 3:40	TRS L1	
Stretch	3:10 - 3:40	TRS L2 & L3	
Specific Warm-Up	3:40 - 3:50	TRS L2 & L3	
Competition	3:50 - 4:00	TRS L2 & L3	

Awards	6:15 - 6:45		
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