

TITANS INVITATIONAL 2019 - TRAMPOLINE - DMT - TUMBLING - SUNDAY JANUARY 13 2019

Rod Floor

TUM L1 12U W	4	TUM L2 W	5
TUM L1 13+ W	9	TUM L3 W	2
TUM L1 13+ M	1	TUM L4 W	4
Stretch	8:40 - 9:00	TUM L1 12U W, L1 13+ M, L1 13+ W	14
Specific Warm-Up	9:00 - 9:15	TUM L1 12U W, L1 13+ M, L1 13+ W	14
Competition	9:15 - 9:45	TUM L1 12U W, L1 13+ M, L1 13+ W	14
Stretch	9:25 - 9:45	TUM L2 W, TUM L3 W, TUM L4 W	11
Specific Warm-Up	9:45 - 10:00	TUM L2 W, TUM L3 W, TUM L4 W	11
Competition	10:00 - 10:30	TUM L2 W, TUM L3 W, TUM L4 W	11
Awards	10:30 - 10:50		

Trampoline

TRI L1 12U M	3	TRI L2 M	6
TRI L1 13+ M	6		
Stretch	8:40 - 9:00	TRI L1 12U M, TRI L1 13+ M	9
Specific Warm-Up	9:00 - 9:15	TRI L1 12U M, TRI L1 13+ M	9
Competition	9:15 - 9:40	TRI L1 12U M, TRI L1 13+ M	9
Stretch	9:20-9:40	TRI L2 M	6
Specific Warm-Up	9:40-9:50	TRI L2 M	6
Competition	9:50-10:05	TRI L2 M	6
Awards	10:30 - 10:50		

JUDGES BREAK - 10:30 - 10:50

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DMT

DMT L1 12U M	5	DMT L1 13+ W	17
DMT L1 13+ M	6	DMT L2 M	5
DMT L1 12U W	17	DMT L2 W	13
Stretch	10:30 - 10:50	DMT L1 13+ W Flight 1	9
Specific Warm-Up	10:50 - 11:00	DMT L1 13+ W Flight 1	9
Competition	11:00 - 11:15	DMT L1 13+ W Flight 1	9
Stretch	10:55 - 11:15	DMT L1 13+ W Flight 2	8
Specific Warm-Up	11:15 - 11:25	DMT L1 13+ W Flight 2	8
Competition	11:25 - 11:40	DMT L1 13+ W Flight 2	8
Stretch	11:20 - 11:40	DMT L2 W	13
Specific Warm-Up	11:40 - 11:50	DMT L2 W	13
Competition	11:50 - 12:10	DMT L2 W	13
Stretch	11:50 - 12:10	DMT L2 M	5
Specific Warm-Up	12:10 - 12:20	DMT L2 M	5
Competition	12:20 - 12:30	DMT L2 M	5
Stretch	12:10 - 12:30	DMT L1 12U M, L1 13+ M	11
Specific Warm-Up	12:30 - 12:40	DMT L1 12U M, L1 13+ M	11
Competition	12:40 - 1:00	DMT L1 12U M, L1 13+ M	11
Stretch	12:40 - 1:00	DMT L1 12U W Flight 1	9
Specific Warm-Up	1:00 - 1:10	DMT L1 12U W Flight 1	9
Competition	1:10 - 1:25	DMT L1 12U W Flight 1	9
Stretch	1:05 - 1:25	DMT L1 12U W Flight 2	8
Specific Warm-Up	1:25 - 1:35	DMT L1 12U W Flight 2	8
Competition	1:35 - 1:50	DMT L1 12U W Flight 2	8
Awards	1:50 - 2:20		

Trampoline

TRI L1 12U W	16	TRI L2 W	10
TRI L1 13+ W	17		
Stretch	10:30 - 10:50	TRI L1 12U W Flight 1	8
Specific Warm-Up	10:50 - 11:10	TRI L1 12U W Flight 1	8
Competition	11:10 - 11:30	TRI L1 12U W Flight 1	8
Stretch	11:10 - 11:30	TRI L1 12U W Flight 2	8
Specific Warm-Up	11:30 - 11:40	TRI L1 12U W Flight 2	8
Competition	11:40 - 12:00	TRI L1 12U W Flight 2	8
Stretch	11:40 - 12:00	TRI L1 13+ W Flight 1	8
Specific Warm-Up	12:00 - 12:10	TRI L1 13+ W Flight 1	8
Competition	12:10 - 12:30	TRI L1 13+ W Flight 1	8
Stretch	12:10 - 12:30	TRI L1 13+ W Flight 2	9
Specific Warm-Up	12:30 - 12:40	TRI L1 13+ W Flight 2	9
Competition	12:40 - 1:00	TRI L1 13+ W Flight 2	9
Stretch	12:40 - 1:00	TRI L2 W	12
Specific Warm-Up	1:00 - 1:15	TRI L2 W	12
Competition	1:15 - 1:50	TRI L2 W	12
Awards	1:50 - 2:20		

JUDGES LUNCH BREAK - 1:50-2:20

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Synchronized Trampoline

TRS L1	11	TRS L3	3
TRS L2	4	TRS L4	2
Stretch	2:00 - 2:20	TRS L1	11
Specific Warm-Up	2:20 - 2:35	TRS L1	11
Competition	2:35 - 2:50	TRS L1	11
Stretch	2:30 - 2:50	TRS 2,3, 4	9
Specific Warm-Up	2:50 - 3:05	TRS 2,3, 4	9
Competition	3:05 - 3:20	TRS 2,3, 4	9
Awards	3:20 - 3:25		

DMT

L3 M	2 L4 M	1 L5 W 16U	1
L3 W	6 L4 W	6 L5 W 17+	1
		L6 M 18+	1
Stretch	3:05 - 3:25	L3 W, L3 M	8
Specific Warm-Up	3:25 - 3:35	L3 W, L3 M	8
Competition	3:35 - 3:50	L3 W, L3 M	8
Stretch	3:30 - 3:50	L4 M, L4 W, L5 W 16-, L5 W 17+, L6 M 18+	10
Specific Warm-Up	3:50 - 4:05	L4 M, L4 W, L5 W 16-, L5 W 17+, L6 M 18+	10
Competition	4:05 - 4:35	L4 M, L4 W, L5 W 16-, L5 W 17+, L6 M 18+	10

Trampoline

L3 M	3 L4 M	1 L5 W 16U	1
L3 W	7 L4 W	7 L5 W 17+	1
		Junior	2

Stretch	4:15 - 4:35	L3 M, L3 W	10
Specific Warm-Up	4:35 - 4:50	L3 M, L3 W	10
Competition	4:50 - 5:15	L3 M, L3 W	10
Stretch	4:55 - 5:15	L4 M, L4 W	8
Specific Warm-Up	5:15 - 5:25	L4 M, L4 W	8
Competition	5:25 - 5:45	L4 M, L4 W	8
Stretch	5:25 - 5:45	L5 W 16U, L5 W 17+, Junior	4
Specific Warm-Up	5:45 - 5:55	L5 W 16U, L5 W 17+, Junior	4
Competition	5:55 - 6:10	L5 W 16U, L5 W 17+, Junior	4
Awards	6:10 - 6:30		