



ENGLISH GYMNASTICS

English Qualifier 1 Competition Time Table

Saturday Programme

Trampoline Time Table

Level	Flight	Panel 1		Panel 2		Panel 3		Panel 4		
TRA Silver	1	Age Group:	9-10 Male & Female		11-12 Female		11-12 Male		13-14 Female	
		No:	(1-11) & (1-5)		(1-16)		(1-17)		(1-15)	
		Floor Warm Up:	08:00	08:20	08:00	08:20	08:00	08:20	08:00	08:20
		Tramp Warm Up:	08:25	08:50	08:25	08:50	08:25	08:50	08:25	08:50
		One Touch:	08:50	09:05	08:50	09:05	08:50	09:05	08:50	09:05
		Compete:	09:05	09:35	09:05	09:35	09:05	09:35	09:05	09:35
	Leave Field of Play	09:35	09:40	09:35	09:40	09:35	09:40	09:35	09:40	
	2	Age Group:	9-10 Female		11-12 Female		13-14 Male		13-14 Female	
		No:	(6-21)		(17-33)		(1-15)		(16-29)	
		Floor Warm Up:	09:15	09:35	09:15	09:35	09:15	09:35	09:15	09:35
		Tramp Warm Up:	09:40	10:05	09:40	10:05	09:40	10:05	09:40	10:05
		One Touch:	10:05	10:20	10:05	10:20	10:05	10:20	10:05	10:20
		Compete:	10:20	10:50	10:20	10:50	10:20	10:50	10:20	10:50
	Leave Field of Play	10:50	10:55	10:50	10:55	10:50	10:55	10:50	10:55	
	3	Age Group:	15-16 Female		17+ Female		15-16 Male & Disability All		17+ Male	
		No:	(1-10)		(1-14)		(1-14)		(1-16)	
		Floor Warm Up:	10:30	10:50	10:30	10:50	10:30	10:50	10:30	10:50
		Tramp Warm Up:	10:55	11:20	10:55	11:20	10:55	11:20	10:55	11:20
One Touch:		11:20	11:35	11:20	11:35	11:20	11:35	11:20	11:35	
Compete:		11:35	12:05	11:35	12:05	11:35	12:05	11:35	12:05	
Leave Field of Play	12:05	12:10	12:05	12:10	12:05	12:10	12:05	12:10		
Judges Lunch										
TRA Silver	4	Age Group:	15-16 Female		17+ Female					
		No:	(11-20)		(15-28)					
		Floor Warm Up:	12:10	12:30	12:10	12:30				
		Tramp Warm Up:	12:35	13:00	12:35	13:00				
		One Touch:	13:00	13:15	13:00	13:15				
		Compete:	13:15	13:45	13:15	13:45				
	Leave Field of Play	13:45	13:50	13:45	13:50					
	5	Age Group:	TRS Junior (1-6)		TRS Mixed (1-7)					
		No:	(1-6)		(1-7)					
		Floor Warm Up:	13:25	13:45	13:25	13:45				
		Tramp Warm Up:	13:50	14:15	13:50	14:15				
		One Touch:	14:15	14:30	14:15	14:30				
Compete:		14:30	15:00	14:30	15:00					
Leave Field of Play	15:00	15:05	15:00	15:05						

ALL DMT GROUPS PLEASE NOTE:

Final 2 will only take place when the group has 8 or more gymnasts
in the qualification rounds one.

DMT Silver Time Table

Level	Flight			Panel 1	Panel 2			
DMT Silver	1	Age Group:		9-10 & 11-12 Male Disability All		9-10 & 11-12 Female		
		No:		(1-4) & (1-7) & (1-2)		(1-4) & (1-12)		
		Floor Warm Up:		12:05	12:30	12:05	12:30	
		Warmup First 3 Exercises		12:35	13:00	12:35	13:00	
		Compete Qualifiers 1 & 2		13:00	13:25	13:00	13:25	
		One Touch Final 1		13:25	13:35	13:25	13:35	
		Compete Final 1		13:35	13:45	13:35	13:45	
	Leave Field of Play		13:45	13:50	13:45	13:50		
	2	Age Group:		15-16 & 17+ Male		11-12 & 17+ Female		
		No:		(1-4) & (1-6)		(13-19) & (1-9)		
		Floor Warm Up:		13:25	13:45	13:25	13:45	
		Warmup First 3 Exercises		13:50	14:15	13:50	14:15	
		Compete Qualifiers 1 & 2		14:15	14:40	14:15	14:40	
		One Touch Final 1		14:40	14:50	14:40	14:50	
		Compete Final 1		14:50	15:00	14:50	15:00	
	Leave Field of Play		15:00	15:05	15:00	15:05		
	3	Age Group:		13-14 Male & 15-16 Female		13-14 Female		
		No:		(1-6) & (1-9)		(1-14)		
		Floor Warm Up:		14:40	15:00	14:40	15:00	
		Warmup First 3 Exercises		15:05	15:30	15:05	15:30	
Compete Qualifiers 1 & 2			15:30	15:55	15:30	15:55		
One Touch Final 1			15:55	16:05	15:55	16:05		
Compete Final 1			16:05	16:15	16:05	16:15		
Leave Field of Play		16:15	16:20	16:15	16:20			
DMT Silver Finals 2								
4	Age Group:		11-12 & 15-16 Female		13-14 & 17+ Female			
	No:		(1-4) & (1-4)		(1-4) & (1-4)			
	Floor Warm Up:		15:55	16:15	15:55	16:15		
	Warm Up Final Pass 2		16:20	16:45	16:20	16:45		
	Compete Final Pass 2		16:45	17:15	16:45	17:15		
Leave Field of Play		17:15	17:20	17:15	17:20			



ENGLISH GYMNASTICS

English Qualifier 1 Competition Time Table

Sunday Programme

Trampoline Time Table

Level	Flight	Panel 1		Panel 2		Panel 3		Panel 4		
TRA Gold	1	Age Group:	13-14 Male		13-14 Female		Youth Male & Female		15-16 Female	
		No:	(1-11)		(1-14)		(1-10) & (1-4)		(1-10)	
		Floor Warm Up:	08:00	08:20	08:00	08:20	08:00	08:20	08:00	08:20
		Tramp Warm Up:	08:25	08:50	08:25	08:50	08:25	08:50	08:25	08:50
		One Touch:	08:50	09:05	08:50	09:05	08:50	09:05	08:50	09:05
		Compete:	09:05	09:35	09:05	09:35	09:05	09:35	09:05	09:35
	Leave Field of Play	09:35	09:40	09:35	09:40	09:35	09:40	09:35	09:40	
	2	Age Group:	15-16 Male		13-14 Female		Youth Female		15-16 Female	
		No:	(1-6)		(15-27)		(5-18)		(11-20)	
		Floor Warm Up:	09:15	09:35	09:15	09:35	09:15	09:35	09:15	09:35
		Tramp Warm Up:	09:40	10:05	09:40	10:05	09:40	10:05	09:40	10:05
		One Touch:	10:05	10:20	10:05	10:20	10:05	10:20	10:05	10:20
	Compete:	10:20	10:50	10:20	10:50	10:20	10:50	10:20	10:50	
	Leave Field of Play	10:50	10:55	10:50	10:55	10:50	10:55	10:50	10:55	
	3	Age Group:	Junior & Senior Female		Junior & Senior Male					
		No:	(1-11) & (1-5)		(1-10) & (1-5)					
Floor Warm Up:		10:30	10:50	10:30	10:50					
Tramp Warm Up:		10:55	11:20	10:55	11:20					
One Touch:		11:20	11:35	11:20	11:35					
Compete:	11:35	12:05	11:35	12:05						
Leave Field of Play	12:05	12:10	12:05	12:10						
4	Age Group:	Senior Female		Senior Male						
	No:	(6-19)		(6-21)						
	Floor Warm Up:	11:45	12:05	11:45	12:05					
	Tramp Warm Up:	12:10	12:35	12:10	12:35					
	One Touch:	12:35	12:50	12:35	12:50					
Compete:	12:50	13:20	12:50	13:20						
Leave Field of Play	13:20	13:25	13:20	13:25						

Judges Lunch

TRA Gold	4	Age Group:	Disability Male All		Disability Female All	
		No:	(1-3) & (1-5)		(1-2) & (1-8)	
		Floor Warm Up:	13:30	13:50	13:30	13:50
		Tramp Warm Up:	13:55	14:20	13:55	14:20
		One Touch:	14:20	14:35	14:20	14:35
		Compete:	14:35	15:05	14:35	15:05
	Leave Field of Play	15:05	15:10	15:05	15:10	
	5	Age Group:	TRS Mixed & Junior & Senior & Disability Male		TRS Junior & Senior Female	
		No:	(1-6)		(1-7)	
		Floor Warm Up:	14:45	15:05	14:45	15:05
Tramp Warm Up:		15:10	15:35	15:10	15:35	
One Touch:	15:35	15:50	15:35	15:50		
Compete:	15:50	16:20	15:50	16:20		
Leave Field of Play	16:20	16:25	16:20	16:25		

ALL DMT GROUPS PLEASE NOTE:

Final 2 will only take place when the group has 8 or more gymnasts in the qualification rounds one.

DMT Gold Time Table

Level	Flight		Panel 1	Panel 2		
DMT Gold	1	Age Group:	Senior Female		Senior & Youth Male	
		No:	(1-12)		(1-9) & (1-6)	
		Floor Warm Up:	10:25	10:50	10:25	10:50
		Warmup First 3 Exercises	10:55	11:20	10:55	11:20
		Compete Qualifiers 1 & 2	11:20	11:45	11:20	11:45
		One Touch Final 1	11:45	11:55	11:45	11:55
		Compete Final 1	11:55	12:05	11:55	12:05
	Leave Field of Play	12:05	12:10	12:05	12:10	
	2	Age Group:	Senior Female Junior Male		Junior Female	
		No:	(13-17) & (1-6)		(1-14)	
		Floor Warm Up:	11:45	12:05	11:45	12:05
		Warmup First 3 Exercises	12:10	12:35	12:10	12:35
		Compete Qualifiers 1 & 2	12:35	13:00	12:35	13:00
		One Touch Final 1	13:00	13:10	13:00	13:10
Compete Final 1		13:10	13:20	13:10	13:20	
Leave Field of Play	13:20	13:25	13:20	13:25		
Judges Lunch						
DMT Gold	3	Age Group:	13-14 Male 15-16 Female		13-14 Female	
		No:	(1-4) & (1-8)		(1-16)	
		Floor Warm Up:	13:30	13:50	13:30	13:50
		Warmup First 3 Exercises	13:55	14:20	13:55	14:20
		Compete Qualifiers 1 & 2	14:20	14:45	14:20	14:45
		One Touch Final 1	14:45	14:55	14:45	14:55
		Compete Final 1	14:55	15:05	14:55	15:05
	Leave Field of Play	15:05	15:10	15:05	15:10	
	4	Age Group:	15-16 Male & All Disability Groups		Youth Female	
		No:	(1-5) & (1-4) & (1-4)		(1-13)	
		Floor Warm Up:	14:45	15:05	14:45	15:05
		Warmup First 3 Exercises	15:10	15:35	15:10	15:35
		Compete Qualifiers 1 & 2	15:35	16:00	15:35	16:00
		One Touch Final 1	16:00	16:10	16:00	16:10
Compete Final 1		16:10	16:20	16:10	16:20	
Leave Field of Play	16:20	16:25	16:20	16:25		
DMT Gold Finals 2						
5	Age Group:	Youth & 13-14 & 15-16 Female		Junior Female & Senior Male & Female		
	No:	All 1-4		All 1-4		
	Floor Warm Up:	16:00	16:20	16:00	16:20	
	Warm Up Final Pass 2	16:25	16:50	16:25	16:50	
	Compete Final Pass 2	16:50	17:20	16:50	17:20	
	Leave Field of Play	17:20	17:25	17:20	17:25	