



ENGLISH GYMNASTICS

English Qualifier 2 Competition Time Table

Saturday Programme

Trampoline Time Table

Level	Flight	Panel 1		Panel 2		Panel 3		Panel 4		
TRA Silver	1	Age Group:	11-12 Female Group 1		13-14 Female Group 1		9-10 Male		9-10 Female Group 1	
		No:	(1-16)		(1-16)		(1-13)		(1-16)	
		Floor Warm Up:	08:00	08:20	08:00	08:20	08:00	08:20	08:00	08:20
		Tramp Warm Up:	08:20	08:40	08:20	08:40	08:20	08:40	08:20	08:40
		One Touch:	08:40	08:50	08:40	08:50	08:40	08:50	08:40	08:50
		Compete:	08:50	09:20	08:50	09:20	08:50	09:20	08:50	09:20
		Leave Field of Play	09:20	09:25	09:20	09:25	09:20	09:25	09:20	09:25
	2	Age Group:	11-12 Female Group 2		13-14 Female Group 2		15-16 Male 15-16 Female		9-10 Female Group 2	
		No:	(17-32)		(17-32)		(1-7) & (1-6)		(17-32)	
		Floor Warm Up:	09:05	09:25	09:05	09:25	09:05	09:25	09:05	09:25
		Tramp Warm Up:	09:25	09:45	09:25	09:45	09:25	09:45	09:25	09:45
		One Touch:	09:45	09:55	09:45	09:55	09:45	09:55	09:45	09:55
		Compete:	09:55	10:25	09:55	10:25	09:55	10:25	09:55	10:25
		Leave Field of Play	10:25	10:30	10:25	10:30	10:25	10:30	10:25	10:30
	3	Age Group:	11-12 Female Group 3 11-12 Male Group 1		13-14 Female Group 3		15-16 Female		9-10 Female Group 3 Disability All	
		No:	(33-39) & (1-9)		(33-42)		(7-22)		(33-39) & (All)	
		Floor Warm Up:	10:10	10:30	10:10	10:30	10:10	10:30	10:10	10:30
		Tramp Warm Up:	10:30	10:50	10:30	10:50	10:30	10:50	10:30	10:50
		One Touch:	10:50	11:00	10:50	11:00	10:50	11:00	10:50	11:00
		Compete:	11:00	11:30	11:00	11:30	11:00	11:30	11:00	11:30
		Leave Field of Play	11:30	11:35	11:30	11:35	11:30	11:35	11:30	11:35
	4	Age Group:	11-12 Male Group 2		13-14 Male					
		No:	(10-24)		(1-15)					
		Floor Warm Up:	11:15	11:35	11:15	11:35				
		Tramp Warm Up:	11:35	11:55	11:35	11:55				
		One Touch:	11:55	12:05	11:55	12:05				
		Compete:	12:05	12:35	12:05	12:35				
	Judges Lunch									
TRA Silver	5	Age Group:	Senior Female Group 1		Senior Male					
		No:	(1-16)		(1-12)					
		Floor Warm Up:	12:50	13:10	12:50	13:10				
		Tramp Warm Up:	13:10	13:35	13:10	13:35				
		One Touch:	13:35	13:45	13:35	13:45				
		Compete:	13:45	14:15	13:45	14:15				
		Leave Field of Play	14:15	14:20	14:15	14:20				
	6	Age Group:	Senior Female Group 2		TRS Mixed Youth					
		No:	(17-32)		(1-10)					
		Floor Warm Up:	14:00	14:20	14:00	14:20				
		Tramp Warm Up:	14:20	14:45	14:20	14:45				
		One Touch:	14:45	15:00	14:45	15:00				
		Compete:	15:00	15:30	15:00	15:30				
		Leave Field of Play	15:30	15:35	15:30	15:35				
	7	Age Group:	TRS Junior Female							
		No:	(1-7)							
		Floor Warm Up:	15:15	15:35						
		Tramp Warm Up:	15:35	16:00						
		One Touch:	16:00	16:15						
		Compete:	16:15	16:45						
	Leave Field of Play		16:45	16:50						

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 5		Panel 6		
DMT Silver	4	Age Group:		17+ Male 17+ Female		9-10 Male 9-10 Female		
		No:		(1-3) & (1-7)		(1-5) & (1-8)		
		Floor Warm Up:		10:55	11:15	10:55	11:15	
		Warmup Exercise 1 & 2		11:20	11:45	11:20	11:45	
		Two Touch		11:45	11:30	11:45	11:30	
		Compete Exercise 1 & 2		11:30	11:55	11:30	11:55	
		Warmup Final 1		11:55	12:05	11:55	12:05	
		One Touch		12:05	12:15	12:05	12:15	
		Compete Final 1		12:15	12:30	12:15	12:30	
		Leave Field of Play		12:30	12:35	12:30	12:35	

Judges Lunch

Silver DMT	5	Age Group:		Disability All 13-14 Female Group 1		11-12 Female		
		No:		(1-5) & (1-8)		(1-13)		
		Floor Warm Up:		12:15	12:35	12:15	12:35	
		Warmup Exercise 1 & 2		12:35	13:00	12:35	13:00	
		Two Touch		13:00	13:10	13:00	13:10	
		Compete Exercise 1 & 2		13:10	13:35	13:10	13:35	
		Leave Field of Play		13:35	13:40	13:35	13:40	
	6	Age Group:		13-14 Female Group 2 13-14 Male		11-12 Female 15-16 Male		
		No:		(9-19) & (1-4)		(14-22) & (1-3)		
		Floor Warm Up:		13:15	13:35	13:15	13:35	
		Warmup Exercise 1 & 2		13:40	14:05	13:40	14:05	
		Two Touch		14:05	14:15	14:05	14:15	
		Compete Exercise 1 & 2		14:15	14:40	14:15	14:40	
		11-12 Female 13-14 Male & Female Warmup Final 1 & 2		14:40	14:55	14:40	14:55	
		Two Touch		14:55	15:05	14:55	15:05	
		Compete Final 1 & 2		15:05	15:25	15:05	15:25	
		Leave Field of Play		15:25	15:30	15:25	15:30	
	7	Age Group:		11-12 Male		15-16 Male 15-16 Female		
		No:		(1-11)		(4-6) & (1-9)		
		Floor Warm Up:		15:05	15:25	15:05	15:25	
		Warmup Exercise 1 & 2		15:30	15:55	15:30	15:55	
		Two Touch		15:55	15:40	15:55	15:40	
		Compete Exercise 1 & 2		15:40	16:05	15:40	16:05	
		Warmup Final 1 & 2		16:05	16:25	16:05	16:25	
		Two Touch		16:25	16:35	16:25	16:35	
		Compete Final 1 & 2		16:35	16:55	16:35	16:55	
		Leave Field of Play		16:55	17:00	16:55	17:00	