



ENGLISH GYMNASTICS

English Qualifier 2 Competition Time Table

Sunday Programme

Trampoline Time Table

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

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 5		Panel 6		
Gold DMT	3	Age Group:		Senior Male 15-16 Female		Youth Male Youth Female			
		No:		(1-6), (1-7)		(1-4) & (1-11)			
		Floor Warm Up:		10:55	11:15	10:55	11:15		
		Warmup Exercise 1 & 2		11:15	11:40	11:15	11:40		
		Two Touch Exercise 1 & 2		11:40	11:55	11:40	11:55		
		Compete Exercise 1 & 2		11:55	12:20	11:55	12:20		
		Warmup Final 1 & 2 (**)		12:20	12:10	12:20	12:10		
		Two Touch Final		12:10	12:25	12:10	12:25		
		Compete Final 1 & 2 (**)		12:25	12:40	12:25	12:40		
		Leave Field of Play		12:40	12:45	12:40	12:45		
Judges Lunch									
Gold DMT	4	Age Group:		13-14 Female		Senior Female Junior Male			
		No:		(1-14)		(1-13), (1-4)			
		Floor Warm Up:		13:00	13:20	13:00	13:20		
		Warmup Exercise 1 & 2		13:20	13:45	13:20	13:45		
		Two Touch Exercise 1 & 2		13:45	14:00	13:45	14:00		
		Compete Exercise 1 & 2		14:00	14:25	14:00	14:25		
		Warmup Final 1 & 2 (**)		14:25	14:15	14:25	14:15		
		Two Touch Final		14:15	14:30	14:15	14:30		
		Compete Final 1 & 2 (**)		14:30	14:45	14:30	14:45		
		Leave Field of Play		14:45	14:50	14:45	14:50		
	5	Age Group:		Junior Female		13-14 Male 15-16 Male Disability All			
		No:		(1-14)		(1-2), (1-4) (All)			
		Floor Warm Up:		14:30	14:50	14:30	14:50		
		Warmup Exercise 1 & 2		14:50	15:15	14:50	15:15		
		Two Touch Exercise 1 & 2		15:15	15:30	15:15	15:30		
		Compete Exercise 1 & 2		15:30	15:55	15:30	15:55		
		Warmup Final 1 & 2 (**)		15:55	16:10	15:55	16:10		
		Two Touch Final		16:10	16:25	16:10	16:25		
		Compete Final 1 & 2 (**)		16:25	16:40	16:25	16:40		
		Leave Field of Play		16:40	16:45	16:40	16:45		