



Friday Podium training slots

	Stretch area	Warm up track	Competition Tracks
Saturday round 1 competitors	15:30 - 16:00	16:00 - 16:30	16:30 - 17:00
Saturday round 2 competitors	16:00 - 16:30	16:30 - 17:00	17:00 - 17:30
Saturday round 3 competitors	16:30 - 17:00	17:00 - 17:30	17:30 - 18:00
Saturday round 4 competitors	17:00 - 17:30	17:30 - 18:00	18:00 - 18:30
Saturday round 5 competitors	17:30 - 18:00	18:00 - 18:30	18:30 - 19:00
Saturday round 6 competitors	18:00 - 18:30	18:30 - 19:00	19:00 - 19:30
Saturday round 7 competitors	18:30 - 19:00	19:00 - 19:30	19:30 - 20:00



Saturday Podium training slots

	Stretch area	Warm up track	Competition Tracks
Sunday round 1 competitors	17:00 - 17:30	17:30 - 18:00	18:00 - 18:30
Sunday round 2 competitors	17:30 - 18:00	18:00 - 18:30	18:30 - 19:00
Sunday round 3 + 4 competitors	18:00 - 18:30	18:30 - 19:00	19:00 - 19:30



ENGLISH GYMNASTICS

Silver English Tumbling Championships 2022

Timetable - Saturday 16th July

FLIGHT	TIME	ACTIVITY TRA	TUM	TUM	TUM	TUM	TUM
			PANEL 7	PANEL 8	PANEL 9	PANEL 10	PANEL 11
1	7:40	Registration	Club 5 9-10 Male (1-7)	Club 5 9-10 Female (1-8)	Club 5 11-12 Male (1-6)	Club 5 11-12 Female (1-9)	Club 5 13 + Male (1-9)
	8:00	Warm Up Track					
	8:55	March in					
	9:10	Two Touch					
	9:40	Compete Run 1 & 2					
	9:45	One Touch					
	9:50	Compete Run 3					
10:00	March Out						
2	8:40	Registration	Club 5 9-10 Male (8-15)	Club 5 9-10 Female (9-17)	Club 5 11-12 Male (7-12)	Club 5 11-12 Female (10-18)	Club 6 9-10 Female (1-11)
	9:00	Warm Up Track					
	9:50	March in					
	9:55	Two Touch					
	10:05	Compete Run 1 & 2					
	10:35	One Touch					
	10:40	Compete Run 3					
11:00	March Out						
3	9:40	Registration	Club 6 11-12, 13+ Male (1-4), (1-5)	Club 6 11-12 Female (1-13)	Club 5 13+ Female (1-9)	Regional 1 13+ Female (1-7)	Regional 1 9-10 Male (1) 11-12 Male (1-8)
	10:00	Warm Up Track					
	10:50	March in					
	11:05	Two Touch					
	11:15	Compete Run 1 & 2					
	11:45	One Touch					
	11:50	Compete Run 3					
12:00	March Out						
4	10:40	Registration	Regional 2 15 + Male (1-10)	Regional 2 13-14 Male (1-10), 10-12 Male (1-5)	Club 5 13 + Female (10-17)	Regional 1 13+ Female & Male (8-12), (1-3)	Regional 1 9-10 Female (1-11)
	11:00	Warm Up Track					
	11:50	March in					
	12:05	Two Touch					
	12:15	Compete Run 1 & 2					
	12:45	One Touch					
	12:50	Compete Run 3					
13:00	March Out						
Lunch and Presentations							
5	12:45	Registration	Regional 2 10-12 Female (1-9)	Regional 2 13-14 Female (1-7)	Club 6 13+ Female (1-10)	Regional 2 15+ Female (1-8)	Regional 1 11-12 Female (1-8)
	13:00	Warm Up Track					
	13:50	March in					
	14:05	Two Touch					
	14:15	Compete Run 1 & 2					
	14:45	One Touch					
	14:50	Compete Run 3					
15:00	March Out						
6	13:40	Registration	Regional 2 10-12 Female (10-19)	Regional 2 13-14 Female (8-16)	Club 6 13+ Female (11-20)	Regional 2 15+ Female (9-16)	Regional 1 11-12 Female (9-16)
	14:10	Warm Up Track					
	15:00	March in					
	15:05	Two Touch					
	15:15	Compete Run 1 & 2					
	15:45	One Touch					
	15:50	Compete Run 3					
16:00	March Out						
Presentations							



ENGLISH GYMNASTICS

Silver English Tumbling Championships 2022

Timetable Sunday 17th July

FLIGHT	TIME	ACTIVITY TRA	TUM	TUM	TUM	TUM
			PANEL 7	PANEL 8	PANEL 9	PANEL 10
1	8:00	Registration	Regional 4 9-10 Male (1-10)	Regional 4 9-10 Female (1-8)	Regional 4 11-12 Male (1-10)	Regional 3 13+ Female (1-9)
	8:15	Warm Up Track				
	9:00	March in				
	9:05	Two Touch				
	9:10	Compete Run 1 & 2				
	9:40	One Touch				
	9:45	Compete Run 3				
	10:00	March Out				
2	9:00	Registration	Regional 4 11-12 Female (1-9)	Regional 4 9-10 Female (9-16)	Regional 4 13-14 Female (1-10)	Regional 3 13+ Female (10-17) U13 Female (1)
	9:15	Warm Up Track				
	10:00	March in				
	10:05	Two Touch				
	10:10	Compete Run 1 & 2				
	10:40	One Touch				
	10:45	Compete Run 3				
	11:00	March Out				
3	10:00	Registration	Regional 4 11-12 Female (10-18)	Regional 4 15+ Female (1-10)	Regional 4 13-14 Female (11-20)	Regional 3 13+ Yrs Male (1-4)
	10:15	Warm Up Track				
	11:00	March in				
	11:05	Two Touch				
	11:10	Compete Run 1 & 2				
	11:50	One Touch				
	11:55	Compete Run 3				
	12:00	March Out				
4	11:00	Registration	Regional 4 15+ Male (1-10)	Regional 4 15+ Female (11-20)	Regional 4 13-14 Male (1-10)	
	11:15	Warm Up Track				
	12:00	March in				
	12:05	Two Touch				
	12:35	Compete Run 1 & 2				
	13:05	One Touch				
	13:10	Compete Run 3				
	13:00	March Out				

Presentations