



**LONDON TRAMPOLINE NDP REGIONAL SERIES  
SATURDAY 5<sup>TH</sup> DECEMBER 2015, at THE ARENA, KINGSTON**

Welcome to the Kingston College home of Kingston Trampoline Academy. There has been an entry of 94 Trampoline Gymnasts and 25 DMT gymnasts from 5 clubs, taking part in this London competition. We are running two panels for Trampolining and one panel for DMT. Thanks are due to the following:

- Andrew Freeman plus members, parents and friends of Kingston Trampoline Academy
- Staff and management for their help in staging this event.
- All officials who have given up their time voluntarily once again.
- The competitors, without whom there would be no competition.

Please ensure that you take all litter with you or use the rubbish bins around the Arena – PLEASE DO NOT LEAVE RUBBISH ON THE FLOOR. Ensure that you have all your property when you leave.

**FLOOR ACCESS:**

It is not permitted for non British Gymnastics members to set foot on the competition floor due to insurance issues. The competition floor is the matted area around the trampolines, the matted area around the DMT, the DMT run and the officials' areas.

**CLUBS COMPETING TODAY:**

**Must be British Gymnastics *registered* & London Gymnastics *affiliated***

Airscape Trampoline Club  
Camden Gymnastics Club  
Heathrow Gymnastics Club  
Kingston Trampoline Academy  
Zenith Trampoline Club

## MEDALS & PRESENTATION:

Medals will be awarded to the top three individuals in each TRA and DMT group at the end of each discipline.

## RESULTS:

Results will be displayed on the wall after each group has finished, therefore please do not crowd around the recorders. Please do not remove results from the wall. Results will be emailed to team managers and will be available on London Gymnastics website.

## WELFARE OFFICER:

The Welfare Officer for the London region is Christine Cason who can be contacted on 07504 420629.

## COACHING/PERFORMER QUALIFICATION:

Competitors are only allowed to perform competitively those moves that lie within the syllabus of those who are on the competition floor with them. Failure to have a coach adequately qualified with you may mean you have to withdraw, or you have to perform only those moves which lie within your coach's qualification syllabus.

## TRA NDP REGIONAL SERIES:

Two London qualification events leading to the NDP Regional Team Qualifier.

### NDP Levels 1-3

All gymnasts at NDP Levels 1-3 will be required to perform:

2 x Compulsory Routine

### NDP Levels 4-7

All gymnasts at NDP Levels 4-7 will be required to perform:

1 x Compulsory 'A' Routine

1 x Compulsory 'B' Routine

Trampoline Individual (All NDP Levels 1-7):

- 2 round accumulative score will determine the ranking
- Time of Flight **will not** be included as qualification is based on the execution score only
- Incomplete/incorrect routines will result in a zero 'DNF' score
- A nominated panel (Member of Regional TC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

Gymnasts should enter the age group that they will be eligible for on 1st January 2016.

The NDP Regional Series events may be used as 'Test' events, enabling gymnasts to try one or more levels (at different competitions) in order to ascertain the appropriate level for them to try and qualify for the NDP Regional Team Qualifier.

### Qualification to the NDP Regional Team Qualifier

All gymnasts who achieve a minimum standard, 2 round execution score of 42.0 are eligible to qualify to the NDP Regional Team Qualifier (at the appropriate level the minimum score was achieved).

## DMT NDP REGIONAL SERIES:

### **NDP Levels 1 to 7**

All gymnasts at NDP Levels 1-7 will be required to perform:

1 x Compulsory Round 1

1 x Compulsory Round 2

Pass one and pass two, in both compulsory rounds must be competed in the order stated below. Failure to do so will result in a zero score

Incomplete passes (that which is different from the requirements listed below) will result in a zero 'DNF' score

Medals for gymnasts receiving a zero score will be at the discretion of the Region

A nominated panel (Member of TC, Chair of Panel & 1 x appropriately qualified coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

## NDP RANGE & CONDITIONING REGIONAL SERIES:

The Range & Conditioning score is not included in the ranking BUT a gymnast must achieve a 70% pass mark for the range & conditioning to proceed to the ranking list to be eligible to qualify for the Regional Team Final/NDP Semi Final.

### **NDP Levels 1-7, All Age Groups**

Forward Roll to Dish Shape (SL) - hold for 2 seconds

4 x 1 Leg Alternate V Sit (2 x left & 2 x right)

Back Support – hold for 2 seconds

Straddle Fold – hold for 2 seconds

Pike Fold – hold for 2 seconds

Left Splits, Right Splits

Back Arch – hold for 2 seconds

Press up to Front Support – hold for 2 seconds

Burpee to Stand & vertical jump

Standing Shoulder Flexibility – hold for 2 seconds

**Minimum Standard to qualify to NDP Regional Team  
Final/NDP Semi Final**

## WARM UP & COMPETE:

WARM UP: There will be no warm up marshals – performers must form an orderly queue for their turn. There will be a timed warm up therefore no guarantee of any specific number of warm ups can be given. Performers may use either trampoline. Club managers are responsible for their performers at the trampolines during this time (i.e. there will be no official at each bed). Spotting, assistance for performers getting on or off the trampoline or any other assistance is the responsibility of the club. Competitors will need to warm up both their set and voluntary routines during their allotted warm up time – there will be no separate warm up session for the voluntary.

COMPULSORY ROUTINES A or B: After warm up, there will be a one touch warm up where the competitor will have to choose which routine to practise. The performers will then return to the marshalling area and be called to compete in programme order. They will all compete their Compulsory routines in the same order. There will be no warm ups between routines so performers must be ready to compete (with spotters) as soon as required.

All timings are approximate. The competition organisers reserve the right to start groups early if the event is running ahead of time but will not run more than one hour ahead of programme time. The competition organisers accept no responsibility for competitors who miss their turn due to changes to the above nor for the competition running early or late.

## TIMETABLE

### PANEL 1

### PANEL 2

#### *SESSION 1*

Warm Up 12:00-12:30  
One Touch 12:30-12:45  
Compete 12:45-14:00

NDP CLUB 1 (26)

NDP 1 (15)  
NDP 2 (12)

#### *SESSION 2*

Warm Up 14:00-14:20  
One Touch 14:20-14:30  
Compete 14:30-15:30

NDP CLUB 2 (12)  
NDP 3 (7)  
NDP 7 (1)

NDP 4 (11)  
NDP 6 (4)

#### *SESSION 3*

Warm Up 15:30-15:45  
One Touch 15:45-15:55  
Compete 15:55-16:15

NDP 5 (11)

16:15-16:45

*PRESENTATIONS - TRAMPOLINE*

#### *SESSION 4*

General Warm Up 16:15-16:50  
Specific Warm Up 16:50-17:15  
Compete 17:15-18:30

NDP DMT 1 (14)  
NDP DMT 2 (4)  
NDP DMT 3 (6)  
NDP DMT 6 (1)

18:30-18:45

*PRESENTATIONS - DMT*

Presentations will take place as soon as possible after the end of each discipline. All those receiving awards MUST be in club kit. No one will be allowed on the podium unless correctly dressed. Please note that all timings are approximate and the organisers reserve the right to begin groups early if the event is running ahead of schedule. The organisers accept no responsibility for those missing their turn due to changes to the above.

## OFFICIALS

<b>PANEL 1</b>		
Chair	Michael Freeman	Kingston TA
Execution Judge 1	Karla Palmer	Heathrow
Execution Judge 2	Natalie Sacre	Kingston TA
Execution Judge 3	Ayo Ayeni	Zenith
Execution Judge 4	Jane Evans	Airscape
Execution Judge 5	Lucy McSweeney	Kingston TA
Tariff Judge 1	Claire Mitchell	Kingston TA
Tariff Judge 2	Carole Charters	Zenith
Computer Recorder	Carol Freeman	Kingston TA
Recorder	Emilie Wardle	Airscape
Marshal	Jenny Egbor	Heathrow
<b>PANEL 2</b>		
Chair	Sarah Warren-Smith	Kingston TA
Execution Judge 1	Claire Collet	Airscape
Execution Judge 2	Peter Freeman	Kingston TA
Execution Judge 3	Daniel Aka	Camden
Execution Judge 4	Louise Cardomone-Ward	Heathrow
Execution Judge 5	Kat Smith	Camden
Tariff Judge 1	Hayley Durnsford	Camden
Tariff Judge 2	Fay Mitchell	Kingston TA
Computer Recorder	Jennifer Michial	Kingston TA
Recorder	Oscar Parker	Kingston TA
Marshal	Clare Gwilliam	Zenith
<b>NDP RANGE</b>		
Judge 1	Sophie Clift	Kingston TA
<b>PANEL 3</b>		
<b>DMT</b>		
Chair	Michael Freeman	Kingston TA
Execution Judge 1	Fay Mitchell	Kingston TA
Execution Judge 2	Peter Freeman	Kingston TA
Execution Judge 3	Claire Mitchell	Kingston TA
Execution Judge 4	Katie Drewett	Kingston TA
Execution Judge 5	?	
Tariff Judge 1	Sarah Warren-Smith	Kingston TA
Tariff Judge 2	?	
Computer Recorder	?	
Recorder	?	
Marshal	Sophie Clift	Kingston TA

<b>Qualified Reserves</b>	None	
<b>Unqualified Reserves</b>	None	
<b>Organisation</b>		
Competition Organiser	Bal Dowrich	Independent
Competition Organiser	Kirsty Sweet	London TA
Database	Karen Gent (not present on the day)	Coney Hall Cosmonauts
Judges	Linda Lawrie (not present on the day)	Harlington Hawks
Computers	Andrew Wood	Harlington Hawks
Floor Manager	Andrew Freeman	Kingston TA
Medals	Organisers	

**NO CHANGES TO THE ABOVE WITHOUT THE PRIOR CONSENT OF THE JUDGING COORDINATOR**

**OCCASIONALLY IT MAY BE NECESSARY TO ASK OFFICIALS TO CHANGE JOB AND/OR PANEL ON THE DAY.**

**SHOULD THIS OCCUR, THE JUDGING CO-ORDINATOR ASKS FOR YOUR COOPERATION IN THIS MATTER**

## London TRA NDP Regional Series:

Start No	Club Name	Competition	Gymnast
1	Kingston Trampoline Academy	TRA Club level 1 7-8 years	Chloe Annett
2	Kingston Trampoline Academy	TRA Club level 1 7-8 years	Joshua Baker
3	Kingston Trampoline Academy	TRA Club level 1 7-8 years	Jemima Carratu
4	Kingston Trampoline Academy	TRA Club level 1 7-8 years	Toby Eckes
5	Kingston Trampoline Academy	TRA Club level 1 7-8 years	Eloise Gardner
6	Kingston Trampoline Academy	TRA Club level 1 7-8 years	Freya Georges
7	Kingston Trampoline Academy	TRA Club level 1 7-8 years	Lilia Hamblin
8	Kingston Trampoline Academy	TRA Club level 1 7-8 years	Kelly Hendrick
9	Heathrow Gym Club	TRA Club level 1 7-8 years	Asif Malik
10	Kingston Trampoline Academy	TRA Club level 1 7-8 years	Emily Mccarthy
11	Kingston Trampoline Academy	TRA Club level 1 7-8 years	Ciara McLaren
12	Kingston Trampoline Academy	TRA Club level 1 7-8 years	Jessie Nesbitt
1	Kingston Trampoline Academy	TRA Club level 1 9-10 years	Jasmine Dhawan
3	Kingston Trampoline Academy	TRA Club level 1 9-10 years	Elodie Morgan
4	Kingston Trampoline Academy	TRA Club level 1 9-10 years	Eva Nugent
5	Kingston Trampoline Academy	TRA Club level 1 9-10 years	Elodie Osmand
6	Kingston Trampoline Academy	TRA Club level 1 9-10 years	Charlotte Rolfe
7	Kingston Trampoline Academy	TRA Club level 1 9-10 years	Joe Spensley
1	Kingston Trampoline Academy	TRA Club level 1 11-12 years	Rebecca Woodcock
2	Kingston Trampoline Academy	TRA Club level 1 11-12 years	Priya Nokes
1	Kingston Trampoline Academy	TRA Club level 1 13+ years	Leila Suma
1	Heathrow Gym Club	TRA Club level 2 9-10 years	Hannah Bunce
1	Zenith Trampoline Club	TRA Club level 2 11-12 years	Trinity Brierley
2	Zenith Trampoline Club	TRA Club level 2 11-12 years	Edward Cecil
1	Kingston Trampoline Academy	TRA NDP level 1 9-10 years	Bethan Calder
2	Kingston Trampoline Academy	TRA NDP level 1 9-10 years	Ben Hallett
3	Kingston Trampoline Academy	TRA NDP level 1 9-10 years	Campbell McLaren
4	Kingston Trampoline Academy	TRA NDP level 1 9-10 years	Jonas Morland
5	Kingston Trampoline Academy	TRA NDP level 1 9-10 years	Daisy Poole
6	Kingston Trampoline Academy	TRA NDP level 1 9-10 years	Bethany Randall
7	Camden Gymnastics Club	TRA NDP level 1 9-10 years	Jaycee Harris
1	Kingston Trampoline Academy	TRA NDP level 1 11-12 years	Benjamin Catling
2	Kingston Trampoline Academy	TRA NDP level 1 11-12 years	Amelia Ketteringham
3	Kingston Trampoline Academy	TRA NDP level 1 11-12 years	Elizabeth Mcdonagh
4	Kingston Trampoline Academy	TRA NDP level 1 11-12 years	Francesca Baty-Symes
1	Kingston Trampoline Academy	TRA NDP level 1 13+ years	Maisie Appleby
2	Kingston Trampoline Academy	TRA NDP level 1 13+ years	Georgia Rasmussen
3	Kingston Trampoline Academy	TRA NDP level 1 13+ years	Daniel Smith
4	Kingston Trampoline Academy	TRA NDP level 1 13+ years	Michael Williams
5	Kingston Trampoline Academy	TRA NDP level 1 13+ years	Tiyana Meade-Blanchar

6	Kingston Trampoline Academy	TRA NDP level 1 13+ years	Kate Hickman
1	Kingston Trampoline Academy	TRA NDP level 2 9-10 years	Holly Baxter
2	Kingston Trampoline Academy	TRA NDP level 2 9-10 years	Sasha Khan
3	Kingston Trampoline Academy	TRA NDP level 2 9-10 years	Jemima Eckes
4	Kingston Trampoline Academy	TRA NDP level 2 9-10 years	Dovydas Olekas
5	Kingston Trampoline Academy	TRA NDP level 2 9-10 years	Daniel Mayger
1	Airscape	TRA NDP level 2 11-12 years	Alfie Scarborough
2	Camden Gymnastics Club	TRA NDP level 2 11-12 years	Stan Brassington
3	Kingston Trampoline Academy	TRA NDP level 2 11-12 years	Poppy Ringshall
4	Camden Gymnastics Club	TRA NDP level 2 11-12 years	Thomas Lutman
5	Camden Gymnastics Club	TRA NDP level 2 11-12 years	Isadora Mill
6	Camden Gymnastics Club	TRA NDP level 2 11-12 years	Petar Stanchev
7	Camden Gymnastics Club	TRA NDP level 2 11-12 years	Georgia Blackender- Jard
1	Airscape	TRA NDP level 2 13+ years	Marlowe Mcglynn
1	Kingston Trampoline Academy	TRA NDP level 3 9-10 years	Anna Dyball
1	Heathrow Gym Club	TRA NDP level 3 11-12 years	Joao Lorga-Croca-Cheir
2	Kingston Trampoline Academy	TRA NDP level 3 11-12 years	Vaishali Balachandran
3	Kingston Trampoline Academy	TRA NDP level 3 11-12 years	Martha Collins
1	Camden Gymnastics Club	TRA NDP level 3 13+ years	Shalika Korona
2	Kingston Trampoline Academy	TRA NDP level 3 13+ years	Bebe Cook-Abbott
3	Kingston Trampoline Academy	TRA NDP level 3 13+ years	Rebecca Oram
4	Kingston Trampoline Academy	TRA NDP level 3 13+ years	Susie Hamzeh
5	Zenith Trampoline Club	TRA NDP level 3 13+ years	Ben Mudd
6	Kingston Trampoline Academy	TRA NDP level 3 13+ years	Kate Dyball
1	Airscape	TRA NDP level 4 11-12 years	Amy Ingram
2	Camden Gymnastics Club	TRA NDP level 4 11-12 years	Lauran Leslie
3	Airscape	TRA NDP level 4 11-12 years	Cade Nation
4	Heathrow Gym Club	TRA NDP level 4 11-12 years	Amelia Saul
5	Zenith Trampoline Club	TRA NDP level 4 11-12 years	Roman Steel
6	Heathrow Gym Club	TRA NDP level 4 11-12 years	Roberta Tan
7	Kingston Trampoline Academy	TRA NDP level 4 11-12 years	Freddy Tolcher
1	Airscape	TRA NDP level 4 13+ years	Elis Carson
2	Airscape	TRA NDP level 4 13+ years	Ellie Scarborough
3	Airscape	TRA NDP level 4 13+ years	Serena Sugrue
1	Heathrow Gym Club	TRA NDP level 5 9-10 years	Josie Nugent
2	Heathrow Gym Club	TRA NDP level 5 9-10 years	Aaliyah Swaby
1	Zenith Trampoline Club	TRA NDP level 5 11-12 years	Zak Demetriades
2	Zenith Trampoline Club	TRA NDP level 5 11-12 years	William Gallo
3	Heathrow Gym Club	TRA NDP level 5 11-12 years	Sara Kowalczyk
1	Kingston Trampoline Academy	TRA NDP level 5 13-14 years	Caitlin Fahey
2	Kingston Trampoline Academy	TRA NDP level 5 13-14 years	Rosie Swan



3	Kingston Trampoline Academy	TRA NDP level 5 13-14 years	Jasmine Bates
4	Kingston Trampoline Academy	TRA NDP level 5 13-14 years	Oliver Cubillos
5	Kingston Trampoline Academy	TRA NDP level 5 13-14 years	Alfie Tolcher
1	Heathrow Gym Club	TRA NDP level 5 15+ years	Megan King Martin
1	Camden Gymnastics Club	TRA NDP level 6 9-12 years	Michael Cheetham
4	Kingston Trampoline Academy	TRA NDP level 6 13-14 years	Tyler Stote
1	Camden Gymnastics Club	TRA NDP level 6 15-16 years	Bailey Pizzey
1	Heathrow Gym Club	TRA NDP level 7 11-14 years	Tyric Egbor

### London DMT NDP Regional Series:

Start No	Club	Competition	Gymnast
1	Kingston Trampoline Academy	DMT NDP level 1 9-10 years	Bethan Calder
2	Kingston Trampoline Academy	DMT NDP level 1 9-10 years	Bethany Randall
3	Kingston Trampoline Academy	DMT NDP level 1 9-10 years	Campbell McLaren
4	Kingston Trampoline Academy	DMT NDP level 1 9-10 years	Anna Dyball
5	Kingston Trampoline Academy	DMT NDP level 1 9-10 years	Daisy Poole
6	Kingston Trampoline Academy	DMT NDP level 1 9-10 years	Sasha Khan
7	Kingston Trampoline Academy	DMT NDP level 1 9-10 years	Jemima Eckes
8	Kingston Trampoline Academy	DMT NDP level 1 9-10 years	Daniel Mayger
9	Kingston Trampoline Academy	DMT NDP level 1 9-10 years	Ben Hallett
10	Kingston Trampoline Academy	DMT NDP level 1 9-10 years	Jonas Morland
1	Kingston Trampoline Academy	DMT NDP level 1 11-12 years	Vaishali Balachandran
2	Kingston Trampoline Academy	DMT NDP level 1 11-12 years	Poppy Ringshall
1	Kingston Trampoline Academy	DMT NDP level 1 13+ years	Kate Dyball
2	Kingston Trampoline Academy	DMT NDP level 1 13+ years	Susie Hamzeh
1	Kingston Trampoline Academy	DMT NDP level 2 11-12 years	Freddy Tolcher
1	Kingston Trampoline Academy	DMT NDP level 2 13+ years	Jasmine Bates
2	Kingston Trampoline Academy	DMT NDP level 2 13+ years	Rosie Swan
3	Kingston Trampoline Academy	DMT NDP level 2 13+ years	Alfie Tolcher
1	Kingston Trampoline Academy	DMT NDP level 3 9-10 years	Theo Butcher
1	Kingston Trampoline Academy	DMT NDP level 3 11-12 years	Mia Instrall
2	Kingston Trampoline Academy	DMT NDP level 3 11-12 years	Piper Stote
1	Kingston Trampoline Academy	DMT NDP level 3 13+ years	Tyler Stote
2	Kingston Trampoline Academy	DMT NDP level 3 13+ years	Caitlin Fahey
3	Kingston Trampoline Academy	DMT NDP level 3 13+ years	Oliver Cubillos
1	Kingston Trampoline Academy	DMT NDP level 6 15-16 years	Oscar Parker

## JEWELLERY AND BODY PIERCING:

[http://www.britishgymnastics.org/site/index.php?option=com\\_docman&task=cat\\_view&gid=374&Itemid=1134](http://www.britishgymnastics.org/site/index.php?option=com_docman&task=cat_view&gid=374&Itemid=1134) Please see the above link for the latest British Gymnastics policy on this.

The policy applies to all participants and coaches in training and in events at home and abroad. Failure to comply with the policy will prohibit the individual's participation on the grounds of reasonable safety and may render the individual's insurance invalid should an accident result directly from non-compliance with this policy.

Please note that the chewing of gum is not allowed at any phase of the competition for competitors, coaches and officials.

## ELECTRONIC DEVICES:

Spectators and gymnasts using any electronic devices including mobile phones should have the volume turned down or wear earphones. Any games being played on these devices should not cause a distraction during the competition.

## PHOTOGRAPHY:

It is no longer necessary for people to register their intention to take photos and/or videos. Please note that flashlight photography is not permitted whilst the competition is going on (this includes warm-ups). However, please see the BG Photo Policy below.

### BRITISH GYMNASTICS PHOTOGRAPHY POLICY

#### **British Gymnastics Conditions for Audience Photography at Gymnastic Events Short Form:**

In order to protect the welfare of children at the event, photography at this event is permitted only on conditions set by British Gymnastics

This is a summary of those conditions. A copy of the full text can be obtained from the Competition Organiser or from the British Gymnastics website [www.british-gymnastics.org](http://www.british-gymnastics.org). If you do not agree to these conditions you may not bring any photo equipment into the venue or take any photos.

1. 'Photos' includes any form of video or still image including those taken with mobile phones.
2. The Competition Organiser (or a person acting on his or her authority) may require anyone at the event:
  - a. Not to take photos – either generally or in particular circumstances.
  - b. To provide their full name and address and evidence of this
  - c. To let the Competition Organiser view any images recorded and to delete any images.
  - d. To surrender media or equipment on which the images have been recorded if they cannot be viewed (e.g. photos on traditional film), or if they can not be deleted.
3. Photos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
4. Photos may not be used, distributed or copied for commercial purposes.
5. Flash may not be used at any time while gymnasts are warming up or competing.

<b>Event Name &amp; Date</b>	<b>Closing Date</b>	<b>Venue</b>
<b>London NDP Regional Series 1</b>		
Saturday 5 <sup>th</sup> December 2015	23:00hrs Monday 16 <sup>th</sup> November 2015	Kingston Trampoline Academy Arena, Kingston College, Kingston upon Thames, Surrey KT1 2AQ 020 8941 7083
<b>London Regional DMT 1</b> Thursday 14 <sup>th</sup> January 2016	23:00hrs Monday 14 <sup>th</sup> December 2015	London DMT Reynolds Sports Centre, Gunnersbury Lane, W3 8EY 07950 267655
<b>London Regional TRA 1</b> Sunday 17 <sup>th</sup> January 2016	23:00hrs Monday 14 <sup>th</sup> December 2016	Harlington Hawks Harlington Sports Centre Pinkwell Lane, Hayes. UB3 1PB 020 8569 3211
<b>London Regional DMT 2</b> Thursday 4 <sup>th</sup> February 2016	23:00hrs Monday 18 <sup>th</sup> January 2016	London DMT Reynolds Sports Centre, Gunnersbury Lane, W3 8EY 07950 267655
<b>London NDP Regional Series 2</b> Saturday 6 <sup>th</sup> February 2016	23:00hrs Monday 18 <sup>th</sup> January 2016	Harlington Hawks Harlington Sports Centre Pinkwell Lane, Hayes. UB3 1PB 020 8569 3211
<b>London Regional TRA 2</b> Sunday 7 <sup>th</sup> February 2016	23:00hrs Monday 18 <sup>th</sup> January 2016	Harlington Hawks Harlington Sports Centre Pinkwell Lane, Hayes. UB3 1PB 020 8569 3211
<b>London Regional DMT 3</b> Thursday 3 <sup>rd</sup> March 2016	23:00hrs Monday 15 <sup>th</sup> February 2016	London DMT Reynolds Sports Centre, Gunnersbury Lane, W3 8EY 07950 267655
<b>TRA NDP Regional Team Qualifier</b> Saturday 5 <sup>th</sup> March 2016	23:00hrs Monday 15 <sup>th</sup> February 2016	Harlington Hawks Harlington Sports Centre Pinkwell Lane, Hayes. UB3 1PB 020 8569 3211
<b>London Regional TRA 3</b> Sunday 6 <sup>th</sup> March 2016	23:00hrs Monday 15 <sup>th</sup> February 2016	Harlington Hawks Harlington Sports Centre Pinkwell Lane, Hayes. UB3 1PB 020 8569 3211
<b>London Regional DMT 4</b> Thursday 21st April 2016	23:00hrs Mon 4 <sup>th</sup> April 2016	London DMT Reynolds Sports Centre,

Gunnersbury Lane, W3 8EY  
07950 267655

**London Regional TRA 4**  
Sunday 10th April 2016

23:00hrs Monday

Harlington Hawks

21st March 2016

Harlington Sports Centre  
Pinkwell Lane, Hayes. UB3 1PB  
020 8569 3211

**London Region Trampoline Championships 2016**

Saturday 11<sup>th</sup> & Sunday 12<sup>th</sup> June 2016

23:00hrs Monday

Harlington Hawks

16<sup>th</sup> May 2016

Harlington Sports Centre  
Pinkwell Lane, Hayes. UB3 1PB  
020 8569 3211

**Synchro & DMT plus London Closed**

Sunday 9<sup>th</sup> October 2016

23:00hrs Monday

Harlington Hawks

19<sup>th</sup> September 2016

Harlington Sports Centre  
Pinkwell Lane, Hayes. UB3 1F  
020 8569 3211