



## ENGLISH SILVER TUMBLING CHAMPIONSHIPS - SATURDAY

Podium Training for Saturday's Gymnasts			Panel A Track 1	Panel B Track 1	Panel C Track 2	Panel D Track 2
17:00 - 17:30			Round 1 gymnasts	Round 1 gymnasts	Round 1 gymnasts	Round 1 gymnasts
17:30 - 18:00			Round 2 gymnasts	Round 2 gymnasts	Round 2 gymnasts	Round 2 gymnasts
18:00 - 18:30			Round 3 gymnasts	Round 3 gymnasts	Round 3 gymnasts	Round 3 gymnasts
18:30 - 19:00			Round 4 gymnasts	Round 4 gymnasts	Round 4 gymnasts	Round 4 gymnasts
19:00 - 19:30			Round 5 gymnasts	Round 5 Gymnasts	Round 5 Gymnasts	Round 5 Gymnasts
19:30 - 20:00			Round 6 gymnasts	Round 6 gymnasts	Round 6 gymnasts	Round 6 gymnasts
20:00 - 20:30			Round 7 gymnasts	Round 7 gymnasts	Round 7 gymnasts	Round 7 gymnasts
Saturday Competition						
Competition Track	Times	Warm Up Track				
	09:00 - 09:45	Round 1 gymnasts				
Round 1	09:45 - 10:30	Round 2 gymnasts	NDP 1 G 9-10 (1-8)	NDP 1 G 11-12 (1-8)	NDP 1 G 13+ (1-10)	NDP 1 M 9-10 (1-12)
Round 2	10:30 - 11:15	Round 3 gymnasts	NDP 1 G 9-10 (9-17)	NDP 1 G 11-12 (9-17)	NDP 1 G 13+ (11-19)	NDP 1 M 11-12 (1-9)
Round 3	11:15 - 12:00	Round 4 gymnasts	NDP 2 G 9-10 (1-7)	NDP 2 G 11-12 (1-9)	NDP 2 G 13+ (1-9)	NDP 1 M 11-12 (10-13), NDP 1 M 13+ (1-4)
Round 4	12:00 - 12:45	Round 5 gymnasts	NDP 2 G 9-10 (8-13)	NDP 2 G 11-12 (10-18)	NDP 2 G 13+ (10-17)	NDP 2 M 9-10 (1-9)
12.45 - 13.15			Lunch Break			
Round 5	13:15 - 14:00	Round 6 gymnasts				
Round 6	14:00 - 14:45	Round 7 gymnasts	NDP 2 M 11-12 (1-14)	NDP 2 M 13+ (1-10)	NDP 3 G 9-10 (1-5)	NDP 3 G 11-12 (1-9)
Round 7	14:45 - 15:30		NDP 3 M 13+ (1-15)	NDP 3 M 9-10 (1-2)	NDP 3 M 11-12 (1-8)	NDP 3 M 13+ (1-11)
15.45 - 16.15			Medal Presentation			

## ENGLISH SILVER TUMBLING CHAMPIONSHIPS - SUNDAY

Podium Training for Sunday's Gymnasts			Panel A Track 1	Panel B Track 1	Panel C Track 2	Panel D Track 2
17:00 - 17:30			Round 1 gymnasts	Round 1 gymnasts	Round 1 gymnasts	Round 1 gymnasts
17:30-18:00			Round 2 gymnasts	Round 2 gymnasts	Round 2 gymnasts	Round 2 gymnasts
18:00-18:30			Round 3 gymnasts	Round 3 gymnasts	Round 3 gymnasts	Round 3 gymnasts
18:30-19:00			Round 4 gymnasts	Round 4 gymnasts	Round 4 gymnasts	Round 4 gymnasts
19:00-19:30			Round 5 gymnasts	Round 5 Gymnasts	Round 5 Gymnasts	
Sunday Competition						
Competition Track	Times	Warm up Track				
	09:00 - 09:45	Round 1 gymnasts				
Round 1	09:45 - 10:30	Round 2 gymnasts	NDP 4 G 9-10 (1-9)	NDP 4 G 11-12 (1-9)	NDP 4 G 13+ (1-10)	NDP 5 M 15+ (1-6)
Round 2	10:30 - 11:15	Round 3 gymnasts	NDP 4 M 9-10 (1-3), NDP 4 M 11-12 (1-8)	NDP 4 G 11-12 (10-16)	NDP 4 G 13+ (11-20)	NDP 6 G U13 (1-2) NDP 6 G 13+ (1-7)
Round 3	11:15 - 12:00	Round 4 gymnasts	NDP 4 M 13+ (1-7)	NDP 5 G 10-12 (1-7)	NDP 5 G 13-14 (1-7)	NDP 6 M U13 (1), NDP 6 M 13+ (1-3)
Round 4	12:00 - 12:45	Round 5 gymnasts	NDP 4 M 13+ (8-15)	NDP 5 G 10-12 (8-13)	NDP 5 G 13-14 (8-14)	NDP 7 G 13+ (1-2), M U13 (1), M 13+ (1-2)
Round 5	12:45 - 13:15		NDP 5 G 15 + (1-12)	NDP 5 M 10-12 (1-7)	NDP 5 M 13-14 (1-6)	
13.15 - 14.00			Medal Presentation			