



# ENGLISH GYMNASTICS

## English Qualifier 2 Competition Time Table

### Sunday Programme

#### Trampoline Time Table

Level	Flight		Panel 1	Panel 2	Panel 3	Panel 4
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<b>TRA Gold</b>	<b>1</b>	Age Group:	<b>Junior Male</b>		<b>13-14 Female Group 1</b>		<b>15-16 Female Group 1</b>		<b>Youth Male Youth Female Group 1</b>	
		No:	<b>(1-10)</b>		<b>(1-13)</b>		<b>(1-12)</b>		<b>(1-10) &amp; (1-4)</b>	
		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	
	<b>2</b>	Age Group:	<b>Junior Female</b>		<b>13-14 Female Group 2</b>		<b>15-16 Female Group 2 15-16 Male</b>		<b>Youth Female Group 2</b>	
		No:	<b>(1-14)</b>		<b>(14-25)</b>		<b>(13-16) &amp; (1-6)</b>		<b>(5-16)</b>	
		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	
	<b>3</b>	Age Group:	<b>TRS Junior Female</b>		<b>TRS Disability, Mixed, Junior Male, Senior Male &amp; Female</b>					
		No:	<b>(1-10)</b>		<b>(1), (1), (1-2), (1), (1-4)</b>					
		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

	<b>4</b>	Age Group:	<b>Seior Female</b>		<b>Disability All 13-14 Male</b>	
		No:	<b>(1-9)</b>		<b>(All), (1-6)</b>	
		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	
	<b>5</b>	Age Group:	<b>Senior Female</b>		<b>Senior Male</b>	
		No:	<b>(10-17)</b>		<b>(1-10)</b>	
		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	
<b>Gold DMT</b>	<b>3</b>	Age Group:		<b>Senior Male 15-16 Female</b>		<b>Youth Male Youth Female</b>	
		No:		<b>(1-6), (1-7)</b>		<b>(1-4) &amp; (1-11)</b>	
		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	12:35	12:20	12:10
		Two Touch Final		12:35	12:50	12:10	12:25
		Compete Final 1 & 2 (**)		12:50	13:05	12:25	12:40
		Leave Field of Play		13:05	13:10	12:40	12:45

**Judges Lunch**

<b>Gold DMT</b>	<b>4</b>	Age Group:		<b>13-14 Female</b>		<b>Senior Female Junior Male</b>	
		No:		<b>(1-14)</b>		<b>(1-13), (1-4)</b>	
		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	14:40	14:25	14:15
		Two Touch Final		14:40	14:55	14:15	14:30
		Compete Final 1 & 2 (**)		14:55	15:10	14:30	14:45
		Leave Field of Play		15:10	15:15	14:45	14:50

<b>Gold DMT</b>	<b>5</b>	Age Group:		<b>Junior Female</b>		<b>13-14 Male 15-16 Male Disability All</b>	
		No:		<b>(1-14)</b>		<b>(1-2), (1-4) (All)</b>	
		Floor Warm Up:		14:55	15:15	14:55	15:15
		Warmup Exercise 1 & 2		15:15	15:40	15:15	15:40
		Two Touch Exercise 1 & 2		15:40	15:55	15:40	15:55
		Compete Exercise 1 & 2		15:55	16:20	15:55	16:20
		Warmup Final 1 & 2 (**)		16:20	16:35	16:20	16:35
		Two Touch Final		16:35	16:50	16:35	16:50
		Compete Final 1 & 2 (**)		16:50	17:05	16:50	17:05
		Leave Field of Play		17:05	17:10	17:05	17:10