



English Tumbling Silver Championships 2023

Podium Timetable - Friday 9th - Sunday 11th June

Friday Podium training slots			
	Stretch area	Warm up track	Competition Tracks
Friday - Round 1 Podium	15:30 - 16:00	16:00 - 16:30	16:30 - 17:00
Friday - Round 2 Podium	16:00 - 16:30	16:30 - 17:00	17:00 - 17:30
Friday - Round 3 Podium	16:30 - 17:00	17:00 - 17:30	17:30 - 18:00
Friday - Round 4 Podium	17:00 - 17:30	17:30 - 18:00	18:00 - 18:30
Friday - Round 5 Podium	17:30 - 18:00	18:00 - 18:30	18:30 - 19:00
Friday - Round 6 Podium	18:00 - 18:30	18:30 - 19:00	19:00 - 19:30
Friday - Round 7 Podium	18:30 - 19:00	19:00 - 19:30	19:30 - 20:00

Saturday Podium training slots			
	Stretch area	Warm up track	Competition Tracks
Saturday - Round 1 Podium	17:00 - 17:30	17:30 - 18:00	18:00 - 18:30
Saturday - Round 2 Podium	17:30 - 18:00	18:00 - 18:30	18:30 - 19:00
Saturday - Round 3 & 4 Podium	18:00 - 18:30	18:30 - 19:00	19:00 - 19:30



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Podium Groups - Friday 9th - Sunday 11th June

Friday - Round 1 Podium

Checkers Gymnastic Club
Cheshire Gymnastics
Hartlepool Gymnastics Club
Liverpool Trampoline Gymnastics Academy
Saltaire Gym Club
Sandwell Flyers
Sharecroft Gymnastics Club
Walsall Gym Club

Friday - Round 3 Podium

Amber Valley Gym Club (the)
Durham City GC
Jesters Gymnastics Club
Jumpers Trampoline Club
Links Gymnastics (Berkshire) Ltd
Southampton Gym Club
Spelthorne Gymnastics
Splitz Gym Club
Wirral Gymnastics

Friday - Round 2 Podium

DC Gymnastics
Derby City Gymnastics Club
Diamonds Gymnastic Club
Holbeach And Fenland Gym Club
Hollington Gymnastics Club
Inspire Gymnastics Academy
Loughborough Acrobatics Gymnastics Club
Milton Keynes Gym
MK Springers
Sheer Velocity Tumbling Club
Shepton Mallet Gym Club
Sittingbourne Swifts
Sky High Trampoline Gymnastics Academy
York City Gymnastics
Zero Gravity Academy of Gymnastics and Trampoline



ENGLISH GYMNASTICS



Friday - Round 4 Podium

Basingstoke Gym Club
Be...Gymnastics
Bevendean Gymnastics Club
Dyson Gymnastics Club
Newton Abbot Somersaults
Nitro Gymnastics and Trampolineing
Northern Hope Gym Club
Team Treasure
Torbay Olympic Gymnastics Club
Tumble Twist & Turn Gymnastic Club
Eclipse Gymnastics Club (East Mids)
Gymworld Gymnastics Club
Harlequin Gym Squad
Harrogate Gymnastics Club

Friday - Round 5 Podium

Blandford Forum Gymnastics Club
Booker Gym Club
Elmfield Gymnastics Club
Orchard Gymnastics Ltd
Phoenix Gymnastics
Phoenix Tumbling & Gymnastics
Stainsby School of Gymnastics
Utopia Gymnastics
Vivace Gymnastics Club
Wakefield Gym Club
Synergy Gym Club
Teesside Academy of Gymnastics

Friday - Round 6 Podium

Bourne Gymnastics Club
Bromley Valley Gymnastics Centre
Elstree School Of Gymnastics Ltd (ESG)
GymMad Gymnastics Academy Limited
Poole Gymnastics & Trampolineing Club
Portsmouth Gymnastics Club
Redcar Gymnastics and Sports Club
Revolution Gymnastics Club
Eclipse Gymnastics

Friday - Round 7 Podium

ALL EAST REGION GYMNASTS
Rugby Gymnastics Club
Allstarz



ENGLISH GYMNASTICS



Saturday - Round 1 Podium

Abingdon Gymnastics Club
Amber Valley Gym Club (the)
Gryphon West Gym Club
GymMad Gymnastics Academy Limited
Newton Abbot Somersaults
Sheer Velocity Tumbling Club
Southampton Gym Club
Spelthorne Gymnastics
Wakefield Gym Club
Milton Keynes Gym

Saturday - Round 3 Podium

Cheshire Gymnastics
City of Birmingham Gym Club
Hollington Gymnastics Club
Inspire Gymnastics Academy
Walsall Gym Club
Wirral Gymnastics
Zero Gravity
Durham City Gymnastics Club
Derby City Gymnastics Club
Diamonds Gymnastic Club

Saturday - Round 2 Podium

Booker Gym Club
Bourne Gymnastics Club
Bromley Valley Gymnastics Centre
Checkers Gymnastic Club
Harlequin Gym Squad
Harrogate Gymnastics Club
Hartlepool Gymnastics Club
SPring
Stainsby School of Gymnastics
Team Treasure
Torbay Olympic Gymnastics Club
Tumble Twist & Turn Gymnastic Club
Liverpool Trampoline Gymnastics Academy
Loughborough Acrobatics Gymnastics Club
Revolution Gymnastics

Saturday - Round 4 Podium

ALL EAST REGION GYMNASTS
Rugby Gymnastics Club
Northern Hope Gym Club
Teesside Academy of Gymnastics
Sandwell Flyers



English Tumbling Silver Championships 2023

Timetable - Saturday 10th June

FLIGHT	TIME	ACTIVITY TRA	TUM PANEL 7	TUM PANEL 8	TUM PANEL 9	TUM PANEL 10	TUM PANEL 11
1	07:40	Registration	Club 5 9-10 Female (1-10)	Club 5 11-12 Female (1-9)	Club 5 Over 13 Female (1-10)	Club 5 9-10 Male (1-6)	Club 5 11-12 Male (1-10)
	08:00	Warm Up Track					
	08:55	March in					
	09:10	Two Touch					
	09:40	Compete Run 1 & 2					
	09:45	One Touch					
	09:50	Compete Run 3					
10:00	March Out						
2	08:40	Registration	Club 5 9-10 Female (11-21)	Club 5 11-12 Female (10-17)	Club 5 Over 13 Female (11-19)	Club 5 9-10 Male (7-11)	Club 6 11-12 Female (1-10)
	09:00	Warm Up Track					
	09:50	March in					
	09:55	Two Touch					
	10:05	Compete Run 1 & 2					
	10:35	One Touch					
	10:40	Compete Run 3					
11:00	March Out						
3	09:40	Registration	Club 5 Over 13 Male (1-10)	Club 6 13-14 Female (1-10)	Club 6 9-10 male (1-3), 11-12 male (1-6), 13-14 male (1-3), 15 + male (1)	Regional 1 9-10 (1) & 11-12 Female (1-10)	Club 6 11-12 Female (11-19)
	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	Club 6 9-10 Female (1-11)	Club 6 13-14 Female (11-20)	Regional 1 11-12 Male (1-9)	Regional 1 11-12 Female (11-17)	Club 6 Over 15 Female (1-12)
	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						
5	12:45	Registration	Regional 1 Over 13 Female (1-10)	Regional 2 10-12 Female (1-11)	Regional 2 13-14 Female (1-17)	Regional 1 Over 13 Male (1-7)	Regional 2 13-14 Male (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 1 Over 13 Female (11-20)	Regional 2 10-12 Female (12-21)	Regional 2 15 + Female (1-16)	Regional 2 10-12 Male (1-5)	Regional 2 Over 15 Male (1-5)
	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 Tumbling Silver Championships 2023

Timetable - Sunday 11th June

FLIGHT	TIME	ACTIVITY	TUM	TUM	TUM	TUM
			PANEL 7	PANEL 8	PANEL 9	PANEL 10
1	08:00	Registration	Regional 4 9-10 Female (1-16)	Regional 3 Under 13 Male (1-3) Over 13 Male (1-6)	Regional 3 Over 15 Female (1-8)	Regional 3 Under 15 Female (1-8)
	08:15	Warm Up Track				
	09:00	March in				
	09:05	Two Touch				
	09:10	Compete Run 1 & 2				
	09:40	One Touch				
	09:45	Compete Run 3				
10:00	March Out					
2	09:00	Registration	Regional 4 11-12 Female (1-12)	Regional 4 13-14 Female (1-12)	Regional 3 Over 15 Female (9-15)	Regional 3 Under 15 Female (9-13)
	09:15	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 (13-23)	Regional 4 13-14 Female (13-23)	Regional 4 Over 15 Male (1-8)	Regional 4 9-10 Yrs Male (1-9)
	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 11-12 Male (1-6)	Regional 4 13-14 Male (1-9)	Regional 4 Over 15 Male (9-15)	Regional 4 Over 15 Female
	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						