



# ENGLISH GYMNASTICS

## English Qualifier 1 Competition Time Table (v2)

### Sunday Programme

TRI Prelims										Ind DMT Prelims							
Level	Flight	Panel 1			Panel 2			Panel 3			Level	Flight	Panel 4				
Gold	1	Age Group:	Disabilities			Disabilities			9-10 Male & Female			Gold	1	Age Group:	15-16 Male & Female		
		No:	Cat 1			(1-18)			(1-6) & (1-7)					No:	(1-5) & (1-11)		
		Floor Warm Up:	07:30	08:00		07:30	08:00		07:30	08:00				Floor Warm Up:	07:30	08:00	
		March On:	08:00	08:10		08:00	08:10		08:00	08:10				March On:	08:00	08:10	
		Tramp Warm Up:	08:10	08:35		08:10	08:35		08:10	08:35				Warm up Pass 1 & 2:	08:10	08:30	
		One Touch:	08:35	08:45		08:35	08:45		08:35	08:45				Compete Pass 1 & 2:	08:30	08:50	
		Compete:	08:45	09:10		08:45	09:10		08:45	09:10				Warm up Pass 3 & 4:	08:50	09:10	
		One Touch:	09:10	09:20		09:10	09:20		09:10	09:20				Compete Pass 3 & 4:	09:10	09:30	
		Compete Final:	09:20	09:30		09:20	09:30		09:20	09:30				March Out:	09:30	09:35	
March Out:	09:30	09:35		09:30	09:35		09:30	09:35									
Gold	2	Age Group:	11-12 Male			11-12 Female			13-14 Female			Gold	2	Age Group:	Senior Female		
		No:	(1-15)			(1-15)			(1-15)					No:	(1-13)		
		Floor Warm Up:	09:05	09:35		09:05	09:35		09:05	09:35				Floor Warm Up:	09:05	09:35	
		March On:	09:35	09:45		09:35	09:45		09:35	09:45				March On:	09:35	09:45	
		Tramp Warm Up:	09:45	10:10		09:45	10:10		09:45	10:10				Warm up Pass 1 & 2:	09:45	10:05	
		One Touch:	10:10	10:20		10:10	10:20		10:10	10:20				Compete Pass 1 & 2:	10:05	10:25	
		Compete:	10:20	10:45		10:20	10:45		10:20	10:45				Warm up Pass 3 & 4:	10:25	10:45	
		One Touch:	10:45	10:55										Compete Pass 3 & 4:	10:45	11:05	
		Compete Final:	10:55	11:05										March Out:	11:05	11:10	
March Out:	11:05	11:10		11:05	11:10		11:05	11:10									
Gold	3	Age Group:	13-14 Male			11-12 & 15-16 Female			13-14 Female & 15-16 Male			Gold	3	Age Group:	Senior Female & Male		
		No:	(1-15)			(16-21) & (1-11)			(16-19) & (1-10)					No:	(14-17) & (1-9)		
		Floor Warm Up:	10:30	11:00		10:30	11:00		10:30	11:00				Floor Warm Up:	10:30	11:00	
		March On:	11:00	11:10		11:00	11:10		11:00	11:10				March On:	11:00	11:10	
		Tramp warm Up:	11:10	11:35		11:10	11:35		11:10	11:35				Warm up Pass 1 & 2:	11:10	11:30	
		One Touch:	11:35	11:45		11:35	11:45		11:35	11:45				Compete Pass 1 & 2:	11:30	11:50	
		Compete:	11:45	12:10		11:45	12:10		11:45	12:10				Warm up Pass 3 & 4:	11:50	12:10	
		One Touch Final:	12:10	12:20		12:10	12:20		12:10	12:20				Compete Pass 3 & 4:	12:10	12:30	
		Compete Final:	12:20	12:30		12:20	12:30		12:20	12:30				March Out:	12:30	12:35	
March Out:	12:30	12:35		12:30	12:35		12:30	12:35									

### Judges Lunch

Gold	4	Age Group:	17-21 Male			15-16 Female			17-21 Female			Gold	4	Age Group:	9-12 Female		
		No:	(1-10)			(12-19)			(1-10)					No:	(1-16)		
		Floor Warm Up:	12:10	12:40		12:10	12:40		12:10	12:40				Floor Warm Up:	12:10	12:40	
		March On:	12:40	12:50		12:40	12:50		12:40	12:50				March On:	12:40	12:50	
		Tramp warm Up:	12:50	13:15		12:50	13:15		12:50	13:15				Warm up Pass 1 & 2:	12:50	13:10	
		One Touch:	13:15	13:25		13:15	13:25		13:15	13:25				Compete Pass 1 & 2:	13:10	13:30	
		Compete:	13:25	13:50		13:25	13:50		13:25	13:50				Warm up Pass 3 & 4:	13:30	13:50	
		One Touch Final:				13:50	14:00							Compete Pass 3 & 4:	13:50	14:10	
		Compete Final:				14:00	14:10							March Out:	14:10	14:15	
March Out:	14:10	14:15		14:10	14:15		14:10	14:15									
Gold	5	Age Group:	17-21 Male			Senior Male & Female			17-21 Female			Gold	5	Age Group:	9-12 Male		
		No:	(11-19)			(1-7) & (1-3)			(11-19)					No:	(1-13)		
		Floor Warm Up:	13:35	14:05		13:35	14:05		13:35	14:05				Floor Warm Up:	13:35	14:05	
		March On:	14:05	14:15		14:05	14:15		14:05	14:15				March On:	14:05	14:15	
		Tramp warm Up:	14:15	14:40		14:15	14:40		14:15	14:40				Warm up Pass 1 & 2:	14:15	14:35	
		One Touch:	14:40	14:50		14:40	14:50		14:40	14:50				Compete Pass 1 & 2:	14:35	14:55	
		Compete:	14:50	15:15		14:50	15:15		14:50	15:15				Warm up Pass 3 & 4:	14:55	15:15	
		One Touch Final:	15:15	15:25		15:15	15:25		15:15	15:25				Compete Pass 3 & 4:	15:15	15:35	
		Compete Final:	15:25	15:35		15:25	15:35		15:25	15:35				March Out:	15:35	15:40	
March Out:	15:35	15:40		15:35	15:40		15:35	15:40									
<b>TRS</b>																	
All 9-12 Syncro Pairing will March out @ 14:45-14:55																	
Gold	6	Age Group:	9-12 Mixed			13-14 Male & Female			15-16 Female			Gold	6	Age Group:	9-12 Male (14-18)		
		No:	(1-6)			(1-5) & (1-3)			(1-5)					No:	13-14 Male (1-6)		
		Floor Warm Up:	15:00	15:30		15:00	15:30		15:00	15:30				Floor Warm Up:	15:00	15:30	
		March On:	15:30	15:40		15:30	15:40		15:30	15:40				March On:	15:30	15:40	
		Tramp warm Up:	15:40	16:05		15:40	16:05		15:40	16:05				Warm up Pass 1 & 2:	15:40	15:55	
		One Touch:	16:05	16:15		16:05	16:15		16:05	16:15				Compete Pass 1 & 2:	15:55	16:10	
		Compete:	16:15	16:40		16:15	16:40		16:15	16:40				Warm up Pass 3 & 4:	16:10	16:25	
		One Touch:	16:40	16:45		16:40	16:45		16:40	16:45				Compete Pass 3 & 4:	16:25	16:40	
		March Out:												March Out:	16:40	16:45	
All 9-12 Syncro Pairing will March out @ 14:45-14:55																	
Gold	7	Age Group:	9-12 Mixed			Senior Male & Female						Gold	7	Age Group:	13-14 Female		
		No:	(7-12)			(1) & (1-3)								No:	(1-13)		
		Floor Warm Up:	16:15	16:45		16:15	16:45							Floor Warm Up:	16:15	16:45	
		March On:	15:30	15:40		15:30	15:40							March On:	15:30	15:40	
		Tramp warm Up:	16:45	17:10		16:45	17:10							Warm up Pass 1 & 2:	16:45	17:00	
		One Touch:	17:10	17:20		17:10	17:20							Compete Pass 1 & 2:	17:00	17:15	
		Compete:	17:20	17:45		17:20	17:45							Warm up Pass 3 & 4:	17:15	17:30	
		One Touch:	18:00	18:05		18:00	18:05							Compete Pass 3 & 4:	17:45	18:00	
		March Out:												March Out:	18:00	18:05	