

**2019 NEW ZEALAND GYMNASTICS CHAMPIONSHIPS  
TRAMPOLINE GYMNASTICS TIMETABLE**

<b>Tuesday 1 October</b>	<b>Training</b>	<b>Training</b> <b>TRA Managers Meeting</b> 1.45-2.45pm	<b>Training</b>	<b>Training</b>	<b>Training</b>
	<b>Session 1</b>	<b>Session 2</b>	<b>Session 3</b>	<b>Session 4</b>	<b>Session 5</b>
<b>Wednesday 2 October</b>			<b>TRA 15-16</b> Stretch: 1.00pm Warm up: 1.30pm Compete: 2.15pm <i>Prize giving: 7.30pm</i>	<b>Opening Ceremony</b> 6.15-7.15pm	<b>TRA Forum</b> (Awards Room) 7.45pm-8.45pm
	<b>Session 6</b>	<b>Session 7</b>	<b>Session 8</b>	<b>Session 9</b>	<b>Session 10</b>
<b>Thursday 3 October</b>	<b>Judges Meeting</b> (Meeting room) 8.00am <b>SYN Session 7</b> Stretch: 7.30am Warm up: 8.00am	<b>10U, 11-12 SYN</b> Compete: 8.30am <i>Prize giving: 1.20pm</i> <b>13-14, 15-16, 17+ SYN</b> Compete: 10.30am <i>Prize giving: 2.00pm</i>	<b>INT SYN</b> Stretch: 1.20pm Warm up: 1.50pm Compete: 2.10pm <i>Prize giving: 5.10pm</i>	<b>17+ TRA</b> Stretch: 4.25pm Warm up: 4.55pm Compete: 5.20pm <i>Prize giving: 7.30pm</i>	<b>INT TRA Training</b> 6.45pm
	<b>Session 11</b>	<b>Session 12</b>	<b>Session 13</b>	<b>Session 14</b>	<b>Session 15</b>
<b>Friday 4 October</b>	<b>10U TRA</b> Stretch: 7.30am Warm up: 8.00am Compete: 8.50am <i>Prize giving: 12.40pm</i>	<b>11-12 TRA</b> Stretch: 11.20am Warm up: 11.50am Compete: 12.40pm <i>Prize giving: 5.10pm</i>		<b>13-14 TRA</b> Stretch: 3.40pm Warm up: 4.10pm Compete: 5.00pm <i>Prize giving: 9.15pm</i>	
	<b>Session 16</b>	<b>Session 17</b>	<b>Session 18</b>		
<b>Saturday 5 October</b>	<b>YOUTH &amp; SUB JUNIOR TRA</b> Stretch: 9.00am Warm up: 9.30am Compete: 10.20am <i>Prize giving: 1.25pm</i>	<b>JUNIOR TRA</b> Stretch: 12.10pm Warm up: 12.40pm Compete: 1.30pm <i>Prize giving: 4.35pm</i>	<b>SENIOR TRA</b> Stretch: 3.00pm Warm up: 3.30pm Compete: 4.20pm <i>Prize giving: 5.30pm</i>	<b>Closing Ceremony</b> 6.00 – 7.00pm	<b>After Party</b> 7.30 – 10:30pm

**2019 NEW ZEALAND GYMNASTICS CHAMPIONSHIPS  
DOUBLE-MINI TRAMPOLINE AND TUMBLING TIMETABLE**

<b>Tuesday 1 October</b>	<b>Training</b>	<b>Training</b> <b>TRA Managers Meeting</b> 1.45-2.45pm	<b>Training</b>	<b>Training</b>	<b>Training</b>
	<b>Session 1</b>	<b>Session 2</b>	<b>Session 3</b>	<b>Session 4</b>	<b>Session 5</b>
<b>Wednesday 2 October</b>				<b>Opening Ceremony</b> 6.15-7.15pm	<b>TRA Forum</b> (Awards Room) 7.45pm-8.45pm
	<b>Session 6</b>	<b>Session 7</b>	<b>Session 8</b>	<b>Session 9</b>	<b>Session 10</b>
<b>Thursday 3 October</b>	<b>Judges Meeting</b> (Meeting room) 8.00am	<b>15-16, 17+, INT TUM</b> Stretch: 7.30am Warm up: 8.00am Compete: 8.30am <i>Prize giving: 2.00pm</i>	<b>10U, 11-12, 13-14 TUM</b> Stretch: 9.45am Warm up: 10.15am Compete: 11.00am <i>Prize giving: 2.00pm</i>		<b>INT DMT Training</b> 5.00pm
	<b>Session 11</b>	<b>Session 12</b>	<b>Session 13</b>	<b>Session 14</b>	<b>Session 15</b>
<b>Friday 4 October</b>	<b>INT DMT</b> Stretch: 8.00am General warm up: 8.30am	<b>YOUTH &amp; SUB JUNIOR DMT</b> General warm up: 9.30am Compete: 10.00am <i>Prize giving: 12.30pm</i>	<b>JUNIOR &amp; SENIOR DMT</b> General warm up: 11.45am Compete: 12.30pm <i>Prize giving: 3.45pm</i>		<b>15-16, 17+, DMT</b> Stretch: 3.30pm General warm up: 4.00pm Compete: 5.00pm <i>Prize giving: 8.10pm</i>
	<b>Session 16</b>	<b>Session 17</b>	<b>Session 18</b>		
<b>Saturday 5 October</b>	<b>10U, 11-12 DMT</b> Stretch: 9.00am General warm up: 9.30am Compete: 10.20am <i>Prize giving: 3.10pm</i>		<b>13-14 DMT</b> Stretch: 1.50pm General warm up: 2.20pm Compete: 3.00pm <i>Prize giving: 5.30pm</i>	<b>Closing Ceremony</b> 6.00 – 7.00pm	<b>After Party</b> 7.30 – 10:30pm