

2021 NEW ZEALAND GYMNASTICS CHAMPIONSHIPS
2021 TRAMPOLINE, DOUBLE-MINI AND TUMBLING TIMETABLE

Tuesday 20 July	Training	Training	Training TRA Managers Meeting 1.45 - 2.45pm	Training	Training
	Session 1	Session 2	Session 3	Session 4	Session 5
Wednesday 21 July			Opening Words (all codes) 1.30- 2.00 pm		
				10U, 11-12, 13-14 TUM Stretch: 2:00pm Compete: 2:30-5:30pm Prizegiving: 6:30pm	15-16, 17+, INT TUM Stretch: 5:00pm Compete: 5:30-8:30 Prizegiving: 9:15pm
	Session 6	Session 7	Session 8	Session 9	Session 10
Thursday 22 July	10U, 11-12, 13-14, 15-16, 17 + SYN Stretch: 7:30am Compete: 8:00-11:00am Prizegiving: 12pm	INT SYN Stretch: 11:00am Compete: 11:30-1:30pm Prizegiving: 2:45pm	11-12 TRA Stretch: 2 pm Compete: 2:30-4:30pm Prizegiving: 5:30pm	15-16 TRA Stretch: 4:30pm Compete: 5:00-7:00pm Prizegiving: 8:00pm	International Trampoline Training 7:00-8:30pm
	TRA Judges Meeting (Meeting Room) 7:30am		13-14 DMT Female Stretch: 2:00 pm Compete: 2:30-4:30pm Prizegiving: 5:15pm	13-14 DMT Male Stretch: 4:30pm Compete: 5:00-7:00pm Prizegiving: 7:45pm	International DMT Training 7:00-8:30pm
	Session 11	Session 12	Session 13	Session 14	Session 15
Friday 23 July	10U TRA Stretch: 8am Compete: 8:30-10:30 am Prizegiving: 11:30am	13-14 TRA Female Stretch: 10:30am Compete: 11:00-1:00pm Prizegiving: 2:15pm	13-14 TRA Male Stretch: 1:30pm Compete: 2:00-4:00pm Prizegiving: 4:45pm	17+ TRA Stretch: 4:00 pm Compete: 4:30-6:30pm Prizegiving: 7:45pm	TRA Forum (Meeting Room) 6:45-7:45pm
	YOUTH & SUB JUN DMT Stretch: 8am Compete: 8:30-10:30am Prizegiving: 11:15am	JUNIOR DMT Stretch: 10:30am Compete: 11:00-1:00pm Prizegiving: 1:45 pm	SENIOR DMT Stretch: 1:30pm Compete: 2:00-4:00pm Prizegiving: 5:00 pm	11-12 DMT Stretch: 4pm Compete: 4:30-7:00pm Prizegiving: 8:00pm	

	Session 16	Session 17	Session 18		
Saturday 24 July	YOUTH & SUB JUNIOR TRA Stretch: 8:30am Compete: 9:00-11:00am <i>Prizegiving: 12:15pm</i>	JUNIOR TRA Stretch: 11:00 Compete: 11:30-2:00pm <i>Prizegiving: 3:15 pm</i>	SENIOR TRA Stretch: 2 pm Compete: 2:30-4:30pm <i>Prizegiving: At Closing Awards</i>	Closing Awards 5:30pm	
	17+ DMT Stretch: 8:30am Compete: 9:00-11:00am <i>Prizegiving: 12pm</i>	10U DMT Stretch: 11:00 Compete: 11:30-2:00pm <i>Prizegiving: 3:00 pm</i>	15-16, DMT Stretch: 2pm Compete: 2:30 -4:30pm <i>Prizegiving: At Closing Awards</i>		

Please note:

DMT and TUMBLE

Each flight will be called and put into order. Then they will receive the following warm-up on the floor.

6 touch warm-up for prelims

4 touch warm-up for finals

TRAMPOLINE

Each flight will have a minimum of 15 minutes warm-up on the warm-up trampolines.

2 touch warm up on the floor for prelims

1 touch warm up on the floor for finals