

**2023 NEW ZEALAND GYMNASTICS CHAMPIONSHIPS
TRAMPOLINE, TUMBLING, AND DOUBLE-MINI TIMETABLE**

Tuesday 4 July	Training	Training TRA Managers Meeting 12.30pm-1.30pm	Training	Training	Training
	Session 1	Session 2	Session 3	Session 4	Session 5
Wednesday 5 July	TRA Judges Meeting 7.30-8.30am SYNCHRO National 9-10, 11-12, 13-14, 15-16, 17+ M&W TUMBLING All FIG M&F, National 17+ & 15-16 M Warmup: 8.30am Compete: 9.00am-12.00pm SYNCHRO Prizegiving: 12:45pm TUM Prizegiving: 1:15pm	SYNCHRO FIG 11-12, 13-14, 15-16, 17-21, Senior M&W TUMBLING National 15-16 W,13-14, 11-12, 9-10 M&W Warmup: 12.00pm Compete: 12.30pm-4.35pm TUMBLING Prizegiving: 6:40pm SYNCHRO Prizegiving: 4:30pm	TRAMPOLINE National 15-16 M&W Warmup: 3.30pm Compete: 4.00pm-6.00pm Prizegiving: 6:40pm	TRAMPOLINE National 17+ M&W Warmup: 6.00pm Compete: 6.30pm-8.00pm Prizegiving: 8:30pm	
	Session 6	Session 7	Session 8	Session 9	Session 10
Thursday 6 July	TRAMPOLINE National 9-10 M&W Warmup: 8.30am Compete 9.00am-10.30am DMT FIG 11-12, FIG 13-14 M&W Warmup: 8.30am Compete:9.00am-10.30am Prizegiving: 11:45am Prizegiving FIG 11-12 M 2:10pm	TRAMPOLINE National 11-12 Male Warmup: 10.30am Compete: 11.00am-1.30pm DMT National 13-14 Male Warmup: 10.30am Compete:11.00am-1.30pm Prizegiving and FIG DMT 11-12 M at 2:10pm	TRAMPOLINE National 11-12 Women Warmup: 1.30pm Compete: 2.00pm-4.00pm DMT National 13-14 Women Warmup: 1.30pm Compete: 2.00pm-4.00pm Prizegiving: 4:30pm	DMT National 15-16 M&W Warmup: 4.00pm Compete: 4.30pm-6.00pm Prize Giving: 6:30pm	DMT National 17+ M&W Warmup: 6.00pm Compete: 6.30pm-8.30pm Prize Giving: 9:15pm TRA International Training (after completion of DMT competition)
	Session 11	Session 12	Session 13	Session 14	Session 15
Friday 7 July	TRAMPOLINE FIG 11-12, FIG 13-14 M&W Warmup: 8.30am Compete: 9.00am-10.30am DMT National 9-10 M&W Warmup: 8.30am Compete: 9.00am - 10.30am Prizegiving: 11:10am Prizegiving FIG 11-12 M TRA at 2:10pm	TRAMPOLINE FIG 15-16 M&W Warmup: 10.30am Compete: 11.00am-1.30pm DMT National 11-12 Male Warmup: 10.30am Compete: 11.00am-1.30pm Prizegiving: 2:10pm and FIG 11-12 M TRA at 2:10pm	TRAMPOLINE FIG 17-21 M&W Warmup: 1.30pm Compete: 2.00pm-4.30pm DMT National 11-12 Women Warmup: 1.30pm Compete: 2.00pm-4.30pm Prizegiving: 5:00pm	TRAMPOLINE FIG Senior M&W Warmup: 4.30pm Compete: 5.00pm-7.00pm DMT FIG 15-16 M&W Warmup: 4.30pm Compete: 5.00pm-7.00pm Prizegiving: 7:30pm	Trans Tasman Training and DMT International Training
	Session 16	Session 17	Session 18	Session 19	
Saturday 8 July	TRAMPOLINE National 13-14 Male Warmup: 8.30am Compete: 9.00am-11.00am DMT FIG 17-21 M&W Warmup: 8.30am Compete: 9.00am-11.00am Prizegiving: 11:50am	TRAMPOLINE National 13-14 Women Warmup: 11.00am Compete: 11.30am-2.00pm Prizegiving: 2:30pm DMT FIG Senior M&W Warmup: 11.00am Compete: 11.30am-2.00pm Prizegiving at 4:30pm	TRANS TASMAN Compete 2:30pm - 4:15pm Prizegiving: 4:30pm	Closing Ceremony 4:45pm	

DMT and TUMBLE

Each flight will be called and put into order.
Each flight/group will have 30 minutes warm-up in the warm-up area on the floor.

Competition equipment warm-up:
6 touch warm-up for prelims
3 touch warm-up for finals

TRAMPOLINE

Each flight/group will have 30minutes warm-up in the warm-up area on the floor.

Competition Equipment warmup:
6 touch warm-up on the floor for prelims
2 touch warm-up on the floor for finals

SYNCHRO

Each flight/group will have 30minutes warm-up in the warm-up area on the floor.

Competition Equipment warmup:
3 touch warm-up on the floor for prelims
2 touch warm-up on the floor for finals