

**2024 NEW ZEALAND GYMNASTICS CHAMPIONSHIPS
TRAMPOLINE, TUMBLING, AND DOUBLE-MINI TIMETABLE**

Monday 7 October	Training	Training	Training	Training Managers Meeting 2.30-3.15pm Opening Ceremony 3.30pm	Training
Tuesday 8 Oct	Training	Training	Training	Training	Training
	Session 1	Session 2	Session 3	Session 4	Session 5
Wednesday 9 October	<p>SYNCHRO National 13-14 M&F, 17+ M&F Warmup: 8.15am Compete: 8:30am-10.30am</p> <p>TUMBLING All International M&F Warmup: 8.15am Compete: 8.35am-10.15am</p> <p>Tumbling Prizegiving: 11:15am Synchro Prizegiving: 11:40am</p>	<p>SYNCHRO National 15-16 M&F, 9-10 M&F, 11-12 M&F Warmup: 10.30am Compete: 10.45am-1.30pm</p> <p>TUMBLING National 13-14 M&F, 15-16 M, 17+ M&F Warmup: 10.15am Compete: 10.45am-1.10pm</p> <p>Synchro Prizegiving: 2:45pm Tumbling all but 13-14M at 3:10pm 13+ 14 M Prizegiving at 5:00pm</p>	<p>TRAMPOLINE National 13-14 M Warmup: 2.00pm Compete: 2.25pm-4.00pm</p> <p>TUMBLING National 9-10 F, 11-12 M&F, Warmup: 2.00pm Compete: 2.20pm-5.35pm</p> <p>Trampoline+ 13-14M TUM Prizegiving: 5:00pm Tumbling Prizegiving: 6:30pm</p>	<p>TRAMPOLINE National 13-14 F Warmup: 4.00pm Compete: 4.25pm-6.00pm</p> <p>TUMBLING National 15-16 F Warmup: 5.35pm Compete: 6.10pm-6.50pm</p> <p>Trampoline Prizegiving: 6:40pm Tumbling Prizegiving: 7:30pm</p>	<p>International Training 7.00pm - 8.00pm</p> <p>Athlete Forum 6.00-7.00pm</p> <p>Parent Forum (Int Tours) 7.00-8.00pm</p>
	Session 6	Session 7	Session 8	Session 9	Session 10
Thursday 10 October	<p>SYNCHRO All International M&F Warmup: 8.30am Compete 8.50am-10.30am</p> <p>DMT National 11-12 M Warmup: 8.30am Compete: 8.45am-9.50am</p> <p>DMT Prizegiving: 10:50am Synchro Prizegiving: 12:00pm</p>	<p>TRAMPOLINE National 9-10 M&F Warmup: 10.30am Compete: 10.55am-1.30pm</p> <p>DMT National 11-12 F, 13-14 M&F Warmup: 9.50am Compete: 10.05am-1.45pm</p> <p>DMT Prizegiving: 2:30pm Trampoline Prizegiving at: 6:00pm</p>	<p>TRAMPOLINE National 11-12 M Warmup: 2.15pm Compete: 2.20pm-4.05pm</p> <p>DMT National 17+ F, 9-10 M&F Warmup: 2.15pm Compete: 2.30pm-5.00pm</p> <p>Trampoline Prizegiving at: 5:00pm DMT Prizegiving: 6:00pm</p>	<p>TRAMPOLINE National 11-12 F Warmup: 4.05pm Compete: 4.35pm-6.25pm</p> <p>DMT National 15-16 M&F, 17+ M Warmup: 5.00pm Compete: 5.20pm-7.00pm</p> <p>Trampoline Prizegiving at: 7:00pm DMT Prizegiving: 7:30pm</p>	National 17+ & International Training 7.00pm - 8.00pm
	Session 11	Session 12	Session 13	Session 14	Session 15
Friday 11 October	<p>TRAMPOLINE National 17+ M&F Warmup: 10.00am Compete: 10.20am-12.00pm Trampoline Prizegiving at: 1:00pm</p> <p>DMT PRELIMS All International F&M Warmup: 9.30am Compete: 9.45am - 12.00pm Coaching Medals in front of the trampoline 12:45pm from day one and two</p>	<p>TRAMPOLINE PRELIMS International Sub Junior M&F Junior M, Warmup: 1.00pm Compete: 1.30pm-3.00pm</p>	<p>TRAMPOLINE PRELIMS International Junior F Warmup: 3.00pm Compete: 3.25pm-4.00pm International Senior M Warmup: 4.00pm Compete: 4.30pm-5.00pm International Senior F Warmup: 5.00pm Compete: 5.20pm-5.45pm</p>	National 15-16 & International Training 6.00pm - 7.00pm	Trampoline Forum 7.00pm - 7.30pm
	Session 16	Session 17	Session 18	Session 19	
Saturday 12 October	<p>TRAMPOLINE National 15-16 M Warmup: 9.00am Compete: 9.25am-10.15am</p> <p>DMT FINALS International Sub Junior M&F Warmup: 9.30am Compete: 9.45am - 10.00am International Junior F Warmup: 10.00am Compete: 10.15am - 10.30am</p> <p>DMT and Trampoline Prizegiving: 11:20am</p>	<p>TRAMPOLINE National 15-16 F Warmup: 10.15am Compete: 10.35am-12.00pm</p> <p>DMT FINALS International Junior M Warmup: 10.30am Compete: 10.45am-11.00am International Senior M Warmup: 11.00am Compete: 11.15am-11.30am International Senior F Warmup: 11.30am Compete: 11.45am-12.00pm</p>	<p>TRAMPOLINE FINALS International Sub Junior M&F Warmup: 1.00pm Compete: 1.15pm - 1.30pm International Junior M Warmup: 1.30pm Compete: 1.45pm - 2.00pm International Junior F Warmup: 2.00pm Compete: 2.15pm - 2.30pm International Senior M Warmup: 2.30pm Compete: 2.45pm - 3.00pm International Senior F Warmup: 3.00pm</p>	Closing Ceremony 4:00pm - 5:00pm	

TRAMPOLINE - competition equipment warmup
AGE

- 6 touch warm-up for prelims
- 1 touch warm-up for finals (straight after prelims)

INTERNATIONAL

- 6 touch warm-up for prelims
- 6 touch warm-up on for finals

DMT - competition equipment warmup
AGE

- 6 touch warm-up for prelims
- 2 touch warm-up for finals (straight after prelims)

INTERNATIONAL

- 6 touch warm-up for prelims
- 6 touch warm-up on for finals

SYNCHRO
Competition equipment warmup

- 3 touch warm-up for prelims
- 1 touch warm-up for finals (straight after prelims)

Competition routines

- AGE: 1 voluntary & final
- INTERNATIONAL: 2 voluntary & final

TUMBLE - competition equipment warmup

- 6 touch warm-up for prelims
- 2 touch warm-up for finals (straight after prelims)

		<i>Trampoline Prizegiving: 12:50pm DMT Prizegiving: 5:15pm</i>	<i>Compete: 3.15pm – 3.30pm Trampoline Prizegiving: 5:15pm and all TRA Overall Awards and final coaching awards</i>		
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* Each flight will have 30 minutes warm-up in the warm-up area on the floor. * Marshall 15 minutes before the competition floor warm-up time.