

**2025 XP GYMNASTICS NATIONALS**  
**Trampoline, Double Mini Trampoline and Tumble Timetable Final**  
*NB: Warm-up time includes warm-up on floor, equipment warm-up and athlete marshalling.*

|                    | Session 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Session 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Session 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| <b>Mon 22 Sep</b>  | <b>Training TRA/DMT</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Training TRA/DMT</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Training TRA/DMT</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|                    | Session 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Session 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Session 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Tues 23 Sep</b> | <b>Training TRA/TUM</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Training TRA/TUM</b><br><b>Opening Ceremony 1.00pm</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Training TRA/TUM</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|                    | Session 7                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Session 8                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Session 9                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Wed 24 Sep</b>  | <p style="text-align: center;"><b>SYNCHRO</b><br/> <b>National 15+, 9-10, 11-12, 13-14 Mixed</b><br/> 15+ Warm up/ Compete Flight 1 7:15am, Flight 2 7.45am<br/> 9-10 Warm up/ Compete: 8:35am<br/> 11-12 Warm up/ Compete: Flight 1 9.30am, Flight 2 10.05am<br/> 13-14 Warm up/ Compete: Flight 1 10.55am, Flight 2 11.30am</p> <p style="text-align: center;"><b>Prizegiving: 6:15pm</b></p> <p style="text-align: center;"><b>TUMBLING</b><br/> <b>National Age 13-14 F &amp; 15+ F</b><br/> 13-14F Warm up/ Compete: Flight 1 7:15am, Flight 2 8.10am<br/> 15+ F Warm up/ Compete: Flight 1 9:15am, Flight 2 10.00am, Flight 3 10.45am</p> <p style="text-align: center;"><b>Prizegiving: 3:00pm</b></p> | <p style="text-align: center;"><b>TRAMPOLINE</b><br/> <b>National Age 15+ M</b><br/> Warmup/Compete: Flight 1 1:45pm, Flight 2 2.30pm<br/> <b>Prizegiving: 6:15pm</b></p> <p style="text-align: center;"><b>TUMBLING</b><br/> <b>National Age 9-10, 11-12, 13-14 &amp; 15+M; then 9-10 F, then 11-12 F</b><br/> 9-10M, 11-12M, 13-14M &amp; 15+ M<br/> Warmup/Compete: 12.45pm<br/> 9-10 F Warmup/Compete: 1.40pm<br/> 11-12F Warmup/Compete: Flight 1 2.25pm, Flight 2 3.10pm</p> <p style="text-align: center;"><b>Prizegiving: 6:15pm</b></p> | <p style="text-align: center;"><b>TRAMPOLINE</b><br/> <b>National Age 13-14 M</b><br/> Warmup/Compete: Flight 1 4.45pm, Flight 2 5.35pm<br/> <b>Prizegiving: 8:00pm</b></p> <p style="text-align: center;"><b>TUMBLING</b><br/> <b>FIG Junior and Senior M&amp;F</b><br/> Jnr Int M&amp;F Warmup/Compete: 4.45pm<br/> Snr Int M&amp;F Warmup/Compete: 5.45pm<br/> <b>Prizegiving: 9:00pm</b></p> <p style="text-align: center;"><b>Followed by International Training</b><br/> <b>@ 7.30pm–8.30pm</b></p> |
|                    | Session 10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Session 11                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Session 12                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Thu 25 Sep</b>  | <p style="text-align: center;"><b>TRAMPOLINE</b><br/> <b>National Age 13-14 F</b><br/> Warmup/Compete: Flight 1 7.45am, Flight 2 8.55am</p> <p style="text-align: center;"><b>Prizegiving: 12:20pm</b></p> <p style="text-align: center;"><b>DMT</b><br/> <b>National Age 9-10 M&amp;F, 11-12 M</b><br/> 9-10 M Warmup/Compete: 7.45am<br/> 9-10F Warmup/Compete: 8.25am<br/> 11-12 M Warmup/Compete: 9.35am</p> <p style="text-align: center;"><b>Prizegiving: 12:20pm</b></p>                                                                                                                                                                                                                               | <p style="text-align: center;"><b>TRAMPOLINE</b><br/> <b>National Age 11-12 F</b><br/> Warmup/Compete: Flight 1 11.45am, Flight 2 12.55pm</p> <p style="text-align: center;"><b>Prizegiving: 4:10pm</b></p> <p style="text-align: center;"><b>DMT</b><br/> <b>National Age 13-14 M, 15+ F</b><br/> 13-14 M Warmup/Compete: 11.45am<br/> 15+ F Warmup/Compete: Flight 1 12.45pm Flight 2 1.20pm</p> <p style="text-align: center;"><b>Prizegiving: 4:10pm</b></p>                                                                                 | <p style="text-align: center;"><b>*Senior Session*</b><br/> <b>SYNCHRO</b><br/> <b>FIG Junior and Senior M, F, Mixed</b><br/> Jnr Int Warmup/Compete: 3.15pm<br/> Snr Int Warmup/Compete: 4.20pm</p> <p style="text-align: center;"><b>Followed by International Training</b><br/> <b>@ 6.30pm–7.30pm</b></p> <p style="text-align: center;"><b>Prizegiving: 7:40pm</b></p> <p style="text-align: center;"><b>TRA Forum 7.45pm</b></p>                                                                    |

|                       | Session 13                                                                                                                                                                                                                                                                                                                                           | Session 14                                                                                                                                                                                                                                                                                                                                                  | Session 15                                                                                                                                                                                                                                                                                                            |
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| <b>Fri<br/>26 Sep</b> | <p><b>TRAMPOLINE<br/>National Age 15+ F</b><br/>Warmup/Compete: Flight 1 7.45am, Flight 2 8.55am<br/><b>Prizegiving: 12:00pm</b></p> <p><b>DMT<br/>National Age 11-12 F</b><br/>Warmup/Compete: Flight 1 8.15am, Flight 2 8.50am<br/><b>Prizegiving: 11:00am</b></p> <p><i>Coaches' medals presentation on the competition floor<br/>11:10am</i></p> | <p><b>TRAMPOLINE<br/>National Age 11-12 M</b><br/>Warmup/Compete: Flight 1 11.15am, Flight 2 12.15pm<br/><b>Prizegiving: 3:10pm</b></p> <p><b>DMT PRELIMS<br/>FIG Junior and Senior M&amp;F</b><br/>Jnr Int M Warmup/Compete: 11.15am<br/>Jnr Int F Warmup/Compete: 11.50am<br/>Snr Int M Warmup/Compete: 12.20pm<br/>Snr Int F Warmup/Compete: 12.50pm</p> | <p><b>TRAMPOLINE PRELIMS<br/>FIG Junior and Senior M&amp;F</b><br/>Jnr Int M Warmup/Compete: Flight 1 2.15pm, Flight 2 3.05pm<br/>Jnr Int F Warmup/Compete: 4.00pm<br/>Snr Int M Warmup/Compete: 4.45pm<br/>Snr Int F Warmup/Compete: 5.40pm</p> <p><b>Followed by International Training<br/>@ 7.45pm-8.45pm</b></p> |

|                           | Session 16                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Session 17                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Session 18 |
|---------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| <b>Sat<br/>27<br/>Sep</b> | <p><b>TRAMPOLINE<br/>National Age 9-10 M&amp;F</b><br/>9-10 M Warmup/Compete: Flight 1 7.15am, Flight 2 8.05am<br/>9-10 F Warmup/Compete: Flight 1 9.20am, Flight 2 10.10am<br/><b>Prizegiving: 1:00pm</b></p> <p><b>DMT FINALS<br/>FIG Junior and Senior M&amp;W</b><br/>Jnr Int M Warmup/Compete: 9.00am<br/>Jnr Int F Warmup/Compete: 9.30am<br/>Snr Int M Warmup/Compete: 10.00am<br/>Snr Int F Warmup/Compete: 10.30am<br/><b>Prizegiving: 3:45pm</b></p> <p><i>Coaches' medals presentation on the competition floor<br/>12:30pm</i></p> | <p><b>*Senior Session*</b><br/><b>TRAMPOLINE FINALS<br/>FIG Junior and Senior M&amp;F</b><br/>Jnr Int M Warmup/Compete: 12.00pm<br/>Jnr Int F Warmup/Compete: 12.30pm<br/>Snr Int M Warmup/Compete: 1.00pm<br/>Snr Int F Warmup/Compete: 1.50pm<br/><b>Prizegiving: 3:45pm</b></p> <p><b>DMT<br/>National Age 13-14 F, 15+ M</b><br/>13-14 F Warmup/Compete: Flight 1 12.00pm,<br/>Flight 2 12.30pm<br/>15+ M Warmup/Compete: 1.20pm<br/><b>Prizegiving: 4:00pm</b></p> |            |

#### SYNCHRO

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

Marshall 15 minutes before competing - each flight will be called and put in order.

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

#### TRAMPOLINE

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

Marshall 15 minutes before competing - each flight will be called and put in order.

Competition Equipment warm-up:  
6 touch warm-up on the floor prelims  
2 touch warm-up on the floor for finals  
FIG Finals 4 touch warm-up on the floor

#### DMT and TUMBLING

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

Marshall 15 minutes before competition equipment warmup - each flight will be called and put in order.

Competition Equipment warm-up:  
6 touch warm-up on the floor prelims  
3 touch warm-up on the floor for finals  
FIG Finals 6 touch warm-up on the floor