

2026 XP GYMNASTICS NATIONALS
Trampoline, Double Mini Trampoline and Tumble Timetable Draft V2 Aug

NB: Warm-up time includes warm-up on floor, equipment warm-up and athlete marshalling.

	Session 1	Session 2	Session 3
Mon 28 Sep	Training TRA/TUM	Training TRA/TUM	Training TRA/TUM
	Session 4	Session 5	Session 6
Tues 29 Sep	Training TRA/DMT	Training TRA/DMT	Training TRA/DMT
	Session 7	Session 8	Session 9
Wed 30 Sep	TUMBLING National Age 11-12 F (2 Flights) 13-14 F (2 Flights)	TUMBLING National Age 13-14 & 15+ M (1 Flights) 15+ F (3 flights)	TUMBLING FIG Junior and Senior M&F
	Session 10	Session 11	Session 12
Thu 1 Oct	TRAMPOLINE National Age 13-14 F (2 Flights) 13-14 M (2 Flights) DMT National Age 15+ F (2 Flights) 15+ M (1 Flight)	TRAMPOLINE National Age 11-12 M DMT National Age 11-12 F	*Hero Session* SYNCHRO FIG Junior and Senior M, F, Mixed
	Session 13	Session 14	Session 15
Fri 2 Oct	SYNCHRO National 11-12, 13-14, 15+ Mixed	TRAMPOLINE National Age 11-12 F (3 Flights) DMT PRELIMS FIG Junior and Senior M&F	TRAMPOLINE PRELIMS FIG Junior and Senior M&F

	Session 16	Session 17	Session 18
Sat 3 Oct	TRAMPOLINE National Age 15+ F (2 Flights) 15+ M (1 Flight) DMT National Age 13-14 F (2 Flights) 13-14 M (2 Flights)	*Hero Session* TRAMPOLINE FINALS FIG Junior and Senior M&F DMT National Age 11-12 M	DMT FINALS FIG Junior and Senior M&W

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