

2026 XP Gymnastics Nationals
Trampoline, Double Mini Trampoline and Tumbling Timetable FINAL

Note: Floor warm-up (out the back) is 30 mins prior to the warm-up/compete times listed below

Mon 28 Sep	Training: TRA/TUM	Training: TRA/TUM Managers' Meeting: 10:00–11:00 am (Awards Room)	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 & 13-14 F <i>11-12F Warm up/ Compete: Flight 1 8.00am, Flight 2 8.40am 13-14 F Warm up/ Compete: Flight 1 9.20am, Flight 2 10.10am</i> <i>11-12 F Final 11.00am 13-14 F Final 11.20am Session ends: 11:40am</i> <i>Prizegiving: 1:00pm</i>	TUMBLING National Age 13-14 M & 15+ M&F <i>13-14 M & 15+ M Warm up/ Compete: 12.30pm 15+ F Warm up/ Compete: Flight 1 12.50pm, Flight 2 1.30pm, Flight 3 2.20pm</i> <i>13-14 M & 15+ M Final 3.00pm 15+ F Final 3.30pm Session ends: 3:50pm</i> <i>Prizegiving: 4:50pm</i>	TUMBLING FIG Junior and Senior M&F <i>FIG Junior M & F Warm up/ Compete: 4.40pm FIG Senior M & F Warm up/ Compete: 5.20pm FIG Junior M & F Final 5.45pm FIG Senior M & F Final 6.25pm Session ends: 6:50pm</i> <i>Prizegiving: 7:45pm</i> Followed by International Training @ 7:00 – 9:00pm
	Session 10	Session 11	Session 12
Thu 1 Oct	TRAMPOLINE National Age 13-14 M&F <i>13-14 F Warm up/ Compete: Flight 1 8.00am, Flight 2 8.45am 13-14M Warm up/ Compete: Flight 1 9.30am, Flight 2 10.00am 13-14 F Final 10.30am 13-14 M Final 10.45am Session ends: 11:00am Prizegiving: 12:00pm</i> DMT National Age 15+ M&F <i>15+ F Warm up/ Compete: Flight 1 8.00am, Flight 2 8.40am 15+ M Warm up/Compete: Flight 1 9.20am 15+ F Final 10.00am 15+ M Final 10.30am Session ends: 11:00am Prizegiving: 12:00pm</i>	TRAMPOLINE National Age 11-12 M <i>11-12 M Warm up/ Compete: 11.40am 11-12 M Final 12.30PM Session ends: 12:50pm</i> <i>Prizegiving: 1:50pm</i> DMT National Age 11-12 F <i>11-12 F Warm up/ Compete: Flight 1 11.40am, Flight 2 12.20pm 11-12 F Final 1.00pm Session ends: 1:20pm</i> <i>Prizegiving: 2:10pm</i>	*Hero Session* SYNCHRO FIG Junior and Senior Mixed <i>FIG Junior Mixed Warm up/ Compete: 2.00pm FIG Junior Mixed Final 2.45pm FIG Senior Mixed Warm up/ Compete: 3.10pm FIG Senior Mixed Final 4.10pm Session ends: 4:40pm</i> <i>Prizegiving: 5:20pm</i> Followed by International Training @ 5:00 – 7:00pm TRA Forum 7.00-8.00pm (Meeting Room)

	Session 13	Session 14	Session 15
Fri 2 Oct	SYNCHRO National Age 11-12 ,13-14, 15+ Mixed <i>11-12 Mixed Warm up/ Compete: Flight 1 7.30am, Flight 2 8.00am 13-14 Mixed Warm up/ Compete: Flight 1 8.30am, Flight 2 9.00am 15+ Mixed Warm up/ Compete: Flight 1 9.30am, Flight 2 10.00am 11-12 Mixed Final 10.30am 13-14 Mixed Final 10.45am 15+ Mixed Final 11.00am Session ends: 11:15am</i> <i>Prizegiving for 11 – 12 Mixed will be at 3:50pm Prizegiving for 13-14 and 15+ Mixed will be at 7:20pm</i>	TRAMPOLINE National Age 11-12 F <i>11-12 F Warm up/ Compete: Flight 1 12.45pm Flight 2 1.30pm Flight 3 2.15pm 11-12 F Final 3.00pm Session ends: 3:15pm</i> <i>Prizegiving: 3:50pm</i> DMT PRELIMS FIG Junior and Senior M&F <i>Junior F Warm up/ Compete: Flight 1 12.45pm Junior M Warm up/ Compete: Flight 1 1.30pm, Flight 2 2.05pm Senior M and F Warm up/ Compete: Flight 1 2.40pm Session ends: 3:20pm</i>	TRAMPOLINE PRELIMS FIG Junior and Senior M&F <i>Junior F Warm up/ Compete: Flight 1 3.45pm Junior M Warm up/ Compete: Flight 1 4.25pm Flight 2 5.05pm Senior F Warm up/ Compete: Flight 1 5.45pm Senior M Warm up/ Compete: Flight 1 6.30pm Session ends: 7:15pm</i> Prizegiving for 13-14 and 15+ Mixed will be at 7:20pm <i>Followed by International Training @ 7.15pm-9:00pm</i>
	Session 16	Session 17	Session 18
Sat 3 Oct	TRAMPOLINE National Age 15+ M&F <i>15+ F Warm up/ Compete: Flight 1 7.30am, Flight 2 8.20am 15+ M Warm up/ Compete: Flight 1 9.10am 15+ F Final 10.00am 15+ M Final 10.25am Session ends: 10:50pm</i> <i>Prizegiving:11:50am</i> DMT National Age 13-14 M&F <i>13- 14 F Warm up/ Compete: Flight 1 7.30am, Flight 2 8.10am 13- 14 M Warm up/ Compete: Flight 1 8.50am Flight 2 9.20am 13-14 F Final 9.50am 13-14 M Final 10.20am Session ends: 10:50pm</i> <i>Prizegiving: 11:50am</i> Coaches' medals presentation on the competition floor 11:00am	*Hero Session* TRAMPOLINE FINALS FIG Junior and Senior M&F <i>Junior F Warm up/ Compete: 11.30am Junior M Warm up/ Compete: 12.00pm Senior F Warm up/ Compete: 12.30pm Senior M Warm up/ Compete: 1.00pm Session ends: 1:30pm Prizegiving: 5:10pm</i> DMT National Age 11-12 M <i>11- 12M Warm up/ Compete: Flight 1 11.30am 11-12 M Finals 12.20pm Session ends: 12:50pm</i> <i>Prizegiving: 1:30pm</i>	DMT FINALS FIG Junior and Senior M&F <i>Junior F Warm up/ Compete: 2.00pm Junior M Warm up/ Compete: 2.40pm Senior F & M Warm up/ Compete: 3.20pm Session ends: 4:00pm</i> <i>Prizegiving: 5:10pm + Overall Trampoline Awards</i>

Warm up Touches on Apparatus

TUM

Age Prelim 6 Touch, Age Finals 2 Touch
Jnr/Snr Int Prelim 6 Touch, Jnr/Snr Int Finals 4 Touch

TRA

Age Prelim 6 Touch, Age Finals 2 Touch
Jnr/Snr Int Prelim 6 Touch, Jnr/Snr Int Finals 6 Touch

Synchro

Age Prelim 6 Touch, Age Finals 2 Touch
Jnr Snr Int Prelim 6 Touch, Jnr Snr Finals 2 Touch

DMT

Age Prelims 6 Touch, Age Finals 4 Touch
Jnr/Snr Int Prelims 6 Touch, Jnr/Snr Finals 6 Touch