

T&T PROVINCIAL CHAMPIONSHIPS 2023 - TRAMPOLINE - DMT - TUMBLING

SUNDAY APRIL 2 2023

Rod Floor

TUM PP1 W	TUM L1 12U W	TUM L2 W	
TUM PP2 W	TUM L1 13+ W	TUM L3 W	
		TUM L4 W	
Stretch	7:40 - 8:00	TUM PP1, PP2, L1 12U & L1 13+	7
Specific Warm-Up	8:00 - 8:20	TUM PP1, PP2, L1 12U & L1 13+	7
Competition	8:20 - 8:55	TUM PP1, PP2, L1 12U & L1 13+	7
Finals	8:55 - 9:15	TUM L1 12U & L1 13+	7
Stretch	8:55 - 9:15	TUM L2, L3	9
Specific Warm-Up	9:15 - 9:30	TUM L2, L3	9
Competition	9:30 - 9:55	TUM L2, L3	9
Finals	9:55 - 10:10	TUM L2, L3	9
Stretch	9:50 - 10:10	TUM L4, L5	5
Specific Warm-Up	10:10 - 10:20	TUM L4, L5	5
Competition	10:20 - 10:35	TUM L4, L5	5
Finals	10:35 - 10:50	TUM L4, L5	5
Awards	10:50 - 11:20		

Trampoline

TRI PP2 M			
TRI PP2 W			
Stretch	8:40 - 9:00	TRI PP2 M & W	11
Specific Warm-Up	9:00 - 9:15	TRI PP2 M & W	11
Competition	9:15 - 9:45	TRI PP2 M & W	11
DMT			
DMT PP1 M		DMT PP2 M	
DMT PP1 W		DMT PP2 W	
Stretch	9:40 - 10:00	DMT ALL PP1 & PP2	12
Specific Warm-Up	10:00 - 10:10	DMT ALL PP1 & PP2	12
Competition	10:10 - 10:30	DMT ALL PP1 & PP2	12
Awards	10:50 - 11:20		

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DMT & ROD FLOOR

DMT L1 12U M		DMT L1 13+ W	
DMT L1 12U W		DMT L1 13+ M	
Stretch	11:10 - 11:30	DMT L1 12U M & W	7
Specific Warm-Up	11:30 - 11:40	DMT L1 12U M & W	7
Competition	11:40 - 12:00	DMT L1 12U M & W	7
Finals	12:00 - 12:15	DMT L1 12U M & W	7
Stretch	12:10 - 12:30	DMT L1 13+ M & W	12
Specific Warm-Up	12:30 - 12:45	DMT L1 13+ M & W	12
Competition	12:45 - 1:15	DMT L1 13+ M & W	12
Finals	1:15 - 1:35	DMT L1 13+ M & W	12
Awards	1:55 - 2:30		

Trampoline

TRI 12U M	TRI L1 13+ M		
TRI 12U W	TRI L1 13+ W	TRS L1	5
Stretch	11:10 - 11:30	TRI L1 13+ M & W	11
Specific Warm-Up	11:30 - 11:45	TRI L1 13+ M & W	11
Competition	11:45 - 12:15	TRI L1 13+ M & W	11
Finals	12:15 - 12:30	TRI L1 13+ M & W	11
Stretch	12:10 - 12:30	TRI L1 12U M & W	6
Specific Warm-Up	12:30 - 12:40	TRI L1 12U M & W	6
Competition	12:40 - 12:55	TRI L1 12U M & W	6
Finals	12:55 - 1:05	TRI L1 12U M & W	6
Stretch	1:15 - 1:35	TRS L1	5
Specific Warm-Up	1:35 - 1:45	TRS L1	5
Competition	1:45 - 1:55	TRS L1	5
Awards	1:55 - 2:30		

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DMT

DMT L2 M	DMT L4 M
DMT L2 W	DMT L4 W
DMT L3 M	DMT I5 17+ W
DMT L3 W	

Stretch	2:50 - 3:10	DMT L2, L3, L5 M	8
Specific Warm-Up	3:10 - 3:25	DMT L2, L3, L5 M	8
Competition	3:25 - 3:50	DMT L2, L3, L5 M	8
Final	3:50 - 4:15	DMT L2, L3, L5 M	8
Stretch	4:30 - 4:50	DMT L3, L4, L5 W	10
Specific Warm-Up	4:50 - 5:05	DMT L3, L4, L5 W	10
Competition	5:05-5:30	DMT L3, L4, L5 W	10
Finals	5:30 - 5:55	DMT L3, L4, L5 W	10
Stretch	6:00 - 6:20	DMT L2 W	14
Specific Warm-Up	6:20 - 6:35	DMT L2 W	14
Competition	6:35 - 7:15	DMT L2 W	14
Finals	7:15 - 7:35	DMT L2 W	10
Awards	8:15 - 8:45		

Trampoline

TRI L2 M	TRI L4 W	TRS 2	
TRI L2 W	TRI L5 M 14U	TRS 3	
TRI L3 M	TRI L5 15-16	TRS 4	
TRI L3 W	TRI L5 M 17+	TRS 5	
TRI L4 M	TRI L5 W 17+		
Stretch	2:10 - 2:30	TRI L3, 4, 5 W	11
Specific Warm-Up	2:30 - 2:45	TRI L3, 4, 5 W	11
Competition	2:45 - 3:10	TRI L3, 4, 5 W	11
Final	3:10 - 3:25	TRI L3, 4, 5 W	11
Stretch	3:35 - 3:55	TRI L2 W	8
Specific Warm-Up	3:55 - 4:15	TRI L2 W	8
Competition	4:15 - 4:50	TRI L2 W	8
Final	4:50 - 5:05	TRI L2 W	8
Stretch	5:15 - 5:35	TRI L2, 3, 4, 5 M	10
Specific Warm-Up	5:35 - 5:55	TRI L2, 3, 4, 5 M	10
Competition	5:55 - 6:20	TRI L2, 3, 4, 5 M	10
Final	6:20 - 6:35	TRI L2, 3, 4, 5 M	10
Stretch	7:15 - 7:35	TRS L2, L3, L4, L5	12
Specific Warm-Up	7:35 - 7:55	TRS L2, L3, L4, L5	12
Competition	7:55 - 8:15	TRS L2, L3, L4, L5	12
Awards	8:15 - 8:45		