

T&T PROVINCIAL CHAMPIONSHIPS 2022 - TRAMPOLINE - DMT - TUMBLING  
SUNDAY APRIL 24 2022

DMT

	DMT PP1 M	1	DMT PP2 M	2
	DMT PP1 W	6	DMT PP2 W	8
Stretch	8:40 - 9:00	DMT PP1 M & W		7
Specific Warm-Up	9:00 - 9:10	DMT PP1 M & W		7
Competition	9:10 - 9:20	DMT PP1 M & W		7
Stretch	9:10 - 9:30	DMT PP2 M & W		10
Specific Warm-Up	9:30 - 9:40	DMT PP2 M & W		10
Competition	9:30 - 9:45	DMT PP2 M & W		10
Awards // Cleaning	10:00 - 10:20			

	TRI PP1 M	1	TRI PP2 M	2
	TRI PP1 W	6	TRI PP2 W	6
Stretch	8:40 - 9:00	TRI PP2 M & W		8
Specific Warm-Up	9:00 - 9:10	TRI PP2 M & W		8
Competition	9:10 - 9:30	TRI PP2 M & W		8
Stretch	9:10 - 9:30	TRI PP1 M & W		7
Specific Warm-Up	9:30 - 9:40	TRI PP1 M & W		7
Competition	9:40 - 10:00	TRI PP1 M & W		7
Awards // Cleaning	10:00 - 10:20			

T&T PROVINCIAL CHAMPIONSHIPS 2022 - TRAMPOLINE - DMT - TUMBLING

SUNDAY APRIL 24 2022

DMT & ROD FLOOR

DMT L1 12U M	1	DMT L1 13+ W	13	TUM L1 13+ W	3
DMT L1 12U W	4	TUM PP1	1	TUM L2 W	2
DMT L1 13+ M	5	TUM L1 12U W	5	TUM L3 W	3
				TUM L4 W	2
Stretch	10:30 - 10:50	DMT L1 13+ W	13		
Specific Warm-Up	10:50 - 11:05	DMT L1 13+ W	13		
Competition	11:05 - 11:30	DMT L1 13+ W	13		
Finals	11:30 - 11:45	DMT L1 13+ W	10		
Stretch	11:25 - 11:45	DMT L1 12U M & W, L1 13+ M	10		
Specific Warm-Up	11:45 - 12:00	DMT L1 12U M & W, L1 13+ M	10		
Competition	12:00 - 12:25	DMT L1 12U M & W, L1 13+ M	10		
Finals	12:25 - 12:40	DMT L1 12U M & W, L1 13+ M	10		
Stretch	12:20 - 12:40	TUM L2, L3, L4	7		
Specific Warm-Up	12:40 - 12:55	TUM L2, L3, L4	7		
Competition	12:55 - 1:15	TUM L2, L3, L4	7		
Finals	1:15 - 1:30	TUM L2, L3, L4	7		
Stretch	1:10 - 1:30	TUM PP1, L1 12U & L1 13+	11		
Specific Warm-Up	1:30 - 1:40	TUM PP1, L1 12U & L1 13+	11		
Competition	1:40 - 1:55	TUM PP1, L1 12U & L1 13+	11		
Finals	1:55 - 2:05	TUM L1 12U & L1 13+	10		
Awards // Cleaning	2:05 - 2:30				

Trampoline

TRI 12U M	1	TRI L1 13+ M	4		
TRI 12U W	3	TRI L1 13+ W	11	TRS L1	8
Stretch	10:30 - 10:50	TRI L1 12U M & W, L1 13+ M	8		
Specific Warm-Up	10:50 - 11:00	TRI L1 12U M & W, L1 13+ M	8		
Competition	11:00 - 11:20	TRI L1 12U M & W, L1 13+ M	8		
Finals	11:20 - 11:35	TRI L1 12U M & W, L1 13+ M	8		
Stretch	11:15 - 11:35	TRI L1 13+ W	11		
Specific Warm-Up	11:35 - 11:50	TRI L1 13+ W	11		
Competition	11:50 - 12:15	TRI L1 13+ W	11		
Finals	12:15 - 12:35	TRI L1 13+ W	10		
Stretch	12:15 - 12:35	TRS L1	8		
Specific Warm-Up	12:35 - 12:50	TRS L1	8		
Competition	12:50 - 1:05	TRS L1	8		
Awards // Cleaning	2:05 - 2:30				

T&T PROVINCIAL CHAMPIONSHIPS 2022 - TRAMPOLINE - DMT - TUMBLING

SUNDAY APRIL 24 2022

DMT

DMT L2 M	4	DMT L4 M	3
DMT L2 W	6	DMT L4 W	2
DMT L3 M	2	DMT I5 17+ W	2
DMT L3 W	5		
Stretch	2:40 - 3:00	DMT L2 M & W, L3 M & W	14
Specific Warm-Up	3:00 - 3:20	DMT L2 M & W, L3 M & W	14
Competition	3:20 - 3:50	DMT L2 M & W, L3 M & W	14
Final	3:50 - 4:20	DMT L2 M & W, L3 M & W	14
Stretch	4:00 - 4:20	DMT L4 M & W, L5 W	10
Specific Warm-Up	4:20 - 4:35	DMT L4 M & W, L5 W	10
Competition	4:35 - 5:00	DMT L4 M & W, L5 W	10
Finals	5:00 - 5:25	DMT L4 M & W, L5 W	10
<p><u>Any Athletes with a TRI/DMT overlap will compete in the DMT L4/L5 Timeslot</u></p>			
Awards // Cleaning	6:40 - 7:10		

Trampoline

TRI L2 M	2	TRI L4 W	3	TRS 2	5
TRI L2 W	11	TRI L5 M 14U		1 TRS 3	3
TRI L3 M	3	TRI L5 15-16		1W / 2M TRS 4	3
TRI L3 W	5	TRI L5 M 17+		1 TRS 5	3
TRI L4 M	4	TRI L5 W 17+		3	
Stretch	2:40 - 3:00	TRI L4 M & W, L5 M & W			15
Specific Warm-Up	3:00 - 3:20	TRI L4 M & W, L5 M & W			15
Competition	3:15 - 3:50	TRI L4 M & W, L5 M & W			15
Final	3:50 - 4:10	TRI L4 M & W, L5 M & W			15
Stretch	3:50 - 4:10	TRI L2 M, L3 M & W			10
Specific Warm-Up	4:10 - 4:25	TRI L2 M, L3 M & W			10
Competition	4:25 - 4:55	TRI L2 M, L3 M & W			10
Final	4:55 - 5:10	TRI L2 M, L3 M & W			10
Stretch	4:50 - 5:10	TRI L2 W			11
Specific Warm-Up	5:10 - 5:25	TRI L2 W			11
Competition	5:25 - 5:55	TRI L2 W			11
Final	5:45 - 6:10	TRI L2 W			10
Stretch	5:50 - 6:10	TRS L2, L3, L4, L5			14
Specific Warm-Up	6:10 - 6:25	TRS L2, L3, L4, L5			14
Competition	6:25 - 6:40	TRS L2, L3, L4, L5			14
Awards // Cleaning	6:40 - 7:10				