

TRAMPOLINE GYMNASTICS EASTERN GALA
SATURDAY 28th JANUARY 2012 - FIG 'B' – FIG 'A' - SYNCHRO

1. All competition trampolines this season are 4x4 Eurotramps.
2. Please note that the organisers reserve the right to run one hour ahead of scheduled time.
3. You are not permitted to change your scheduled flight.
4. Warm up will be general and will last for as long as the time specified for your flight.
5. There will be one controlled warm up prior to competition then both routines will run consecutively, with no further general warm up permitted.
6. You must be ready with your spotters in place for competition.
7. Finalists who competed in any Flight of their competition except the last Flight will have two further warm up opportunities. All last Flight finalists will have one further warm up opportunity only.
8. Synchro events may only commence **once** the relevant age group events have concluded.
9. U13/15/17/19 competitors will compete using FIG 'B' requirements. 19+ competitors will compete using FIG 'A' requirements.
10. **NB Time of Flight machines will be used on Panels 1 to 3 and the time of flight score will be added to each round score.**

Panel 1

Under 15/13 Girls
No 1 to 15/1 to 2
 9.00-9.35 W.U.
9.35-10.20 Compete
Finals 10.20-10.50

Panel 2

Under 13/15/17 Boys
No 1to 3-1to 5-1to 7 (15)
 9.00-9.35 W.U.
9.35-10.20 Compete
Finals 10.20-10.55

Panel 3

Under 19 Boys
No 1 to 10
 9.00-9.25 W.U.
9.25-10.00 Compete

Panel 4

FIG 19+ Men
No 1 to 14
 9.00-9.40 W.U.
9.40-10.20 Compete

Under 17 Girls
No 1 to 13
 10.50-11.25 W.U.
11.25-12.05 Compete

SENIOR FIG 'A' MEN
No 1 to 14
 10.55-11.35 W.U.
11.35-12.15 Compete
Final 12.15-12.40

Under 19 Boys
No 11 to 20
 10.00-10.25 W.U.
10.25-11.00 Compete
Final 11.00-11.25

FIG 19+ Men
No 15 to 27
 10.20-10.55 W.U.
10.55-11.40 Compete
Final 11.40-12.00

Under 17 Girls
No 14 to 25
 12.05 – 12.35 W.U.
12.35-1.15 Compete
Final 1.15-1.40
Judges Lunch

SENIOR FIG 'A' LADIES
No 1 to 11
 12.40-1.10 W.U.
1.10-1.50 Compete
Final 1.50-2.15
Judges Lunch

Under 19 Girls
No 1 to 9
 11.25-11.50 W.U.
11.50-12.20 Compete

FIG 19+ Ladies
No 1 to 10
 12.00-12.25 W.U.
12.25-1.00 Compete

Under 19 Girls
No 10 to 17
 12.20-12.45 W.U.
12.45-1.15 Compete
Final 1.15-1.35
Judges Lunch

FIG 19+ Ladies
No 11 to 22
 1.00-1.30 W.U.
Judges Lunch
1.30-2.10 Compete

FIG 19+ Ladies
No 23 to 32
 2.10-2.35 W.U.
2.35-3.10 Compete
Final 3.10-3.30

NB U19/19+ Men & 19+ Ladies Synchro **must not** commence W.U. until the ind. age groups have concluded if the events run ahead on Panel 2 & Panel 3 or there is a delay on Panels 1 and 4.

SYNCHRO

Under 15 Boys/Girls
No 1 to 9/1 to 2
 2.15-2.50 W.U.
2.50-3.40 Compete

19+ Ladies
No 1 to 12
 3.40-4.20 W.U.
4.20-5.00 Compete

SYNCHRO

Under 19/19+ Men
No 1 to 2/1 to 9
 2.00-2.35 W.U.
2.35-3.15 Compete

Under 19 Girls
No 1 to 13
 3.15-3.55 W.U.
3.55-4.40 Compete

**TRAMPOLINE GYMNASTICS EASTERN GALA
SUNDAY 29th JANUARY 2012 - NATIONAL 'C'**

1. Please note that the organisers reserve the right to run one hour ahead of scheduled time.
2. You are not permitted to change your scheduled flight.
3. Warm up will be general and will last for as long as the time specified for your flight.
4. There will be one controlled warm up prior to competition then both routines will run consecutively, with no further general warm up permitted.
5. You must be ready with your spotters in place for competition.
7. Finalists who competed in any Flight of their competition except the last Flight will have two further warm up opportunities. All last Flight finalists will have one further warm up opportunity only.
8. All competition trampolines this season are 4x4 Eurotramps

Panel 1

Under 17 Girls
No 1 to 14
9.00-9.30 W.U.
9.30-10.05 Compete

Panel 2

Under 19 Girls
No 1 to 15
9.00-9.35 W.U.
9.35-10.25 Compete

Panel 3

19+ Men
No 1 to 11
9.00-9.25 W.U.
9.25-10.00 Compete

Panel 4

Under 19 Boys
No 1 to 9
9.00-9.30 W.U.
9.30-10.10 Compete

Under 17 Girls
No 15 to 29
10.05-10.35 W.U.
10.35-11.10 Compete

Under 19 Girls
No 16 to 30
10.25-11.00 W.U.
11.00-11.50 Compete

19+ Men
No 12 to 21
10.00-10.25 W.U.
10.25-11.00 Compete

Under 19 Boys
No 10 to 17
10.10-10.35 W.U.
10.35-11.10 Compete
Final 11.10-11.30

Under 17 Girls
No 30 to 43
11.30-12.05 W.U.
12.05-12.50 Compete
Final 12.50-1.10

Under 19 Girls
No 31 to 45
11.50-12.25 W.U.
12.25-1.15 Compete
Final 1.15-1.35

19+ Men
No 22 to 32
11.00-11.25 W.U.
11.25-12.00 Compete
Final 12.00-12.20

19+ Ladies
No 1 to 12
11.30-12.05 W.U.
12.05-12.50 Compete

Under 13 Girls
No 1 to 12
12.50-1.25 W.U.
Judges Lunch
1.25-2.20 Compete

Under 13 Boys
No 1 to 13
1.35-2.10 W.U.
Judges Lunch
2.10-3.00 Compete
Final 3.00-3.20

Under 15 Girls
No 1 to 14
12.20-12.50 W.U.
Judges Lunch
12.50-1.25 Compete

19+ Ladies
No 13 to 23
12.50-1.25 W.U.
Judges Lunch
1.25-2.20 Compete

Under 13 Girls
No 13 to 24
2.20-2.55 W.U.
2.55-3.40 Compete
Final 3.40-4.00

Under 17 Boys
No 1 to 15
3.20-3.55 W.U.
3.55-4.30 Compete
Final 4.30-4.50

Under 15 Girls
No 15 to 28
1.25-1.55 W.U.
1.55-2.35 Compete

19+ Ladies
No 24 to 35
2.20-2.55 W.U.
2.55-3.40 Compete

Under 15 Boys
No 1 to 15
4.00-4.35 W.U.
4.35-5.15 Compete
Final 5.15-5.35

Under 15 Girls
No 29 to 43
2.35-3.05 W.U.
3.05-3.40 Compete

19+ Ladies
No 36 to 46
3.40-4.15 W.U.
4.15-5.00 Compete
Final 5.00-5.20

Under 15 Girls
No 44 to 58
3.40-4.10 W.U.
4.10-4.45 Compete
Final 4.45-5.05