

Activ8 Award Competition

Saturday 14th April 2018

Timetable V3

DMT

13:00	WARM UP	P1 / P2
13:10	COMPETE	
13:15	WARM UP	P3 / P4
13:25	COMPETE	

FIN 13:30

PANEL 1

13:40	WARM UP	OPEN
14:00	COMPETE	

14:25	WARM UP	AWARD 10 - U11
14:45	COMPETE	AWARD 10 - 11+

15:10	WARM UP	AWARD 9 - U11
15:30	COMPETE	AWARD 9 - 11+

15:55	WARM UP	NDP1
16:25	COMPETE	ALL OLD AWARD 9

17:00	WARM UP	AWARD 8 - U9
17:20	COMPETE	AWARD 8 - 9+

FIN 17:45

PANEL 2

13:00	WARM UP	AWARD 5 - U7
13:15	COMPETE	AWARD 5 - 11+

13:40	WARM UP	AWARD 6 - U9
14:00	COMPETE	

14:25	WARM UP	AWARD 6 - U7
14:45	COMPETE	AWARD 6 - 9+

15:10	WARM UP	AWARD 7 9+
15:30	COMPETE	

15:55	WARM UP	AWARD 7 - U7
16:25	COMPETE	AWARD 7 - U9

17:00	WARM UP	ADULTS
17:20	COMPETE	DISABILITY

FIN 17:35

Warm Up Times-

This is an allocated time, not a number of routines to be warmed up...

While during warm up, competitors may choose to use 1 trampoline... This will reduce the number of routines you can warm up. Therefore, warm up on the trampoline of your choice and consider using the other trampoline for extra warm up.

DMT Running Order

Warm up pass 1 and pass 2

Warm up pass 3 and pass 4

Compete pass 1 and 2

Compete pass 3 and 4