



## FIG A & FIG B TRI COMPETITIONS FOR 2010

	Sunday 7 <sup>th</sup> February	Saturday 6 <sup>th</sup> March	Sunday 28 <sup>th</sup> March	Saturday 24 <sup>th</sup> April	Sunday 23 <sup>rd</sup> May	Saturday 12 <sup>th</sup> June
<b>Comp Date</b>	Sunday 7 <sup>th</sup> February	Saturday 6 <sup>th</sup> March	Sunday 28 <sup>th</sup> March	Saturday 24 <sup>th</sup> April	Sunday 23 <sup>rd</sup> May	Saturday 12 <sup>th</sup> June
<b>Closing date</b>	Monday 18 <sup>th</sup> January	Monday 15 <sup>th</sup> February	Monday 8 <sup>th</sup> March	Monday 5 <sup>th</sup> April	Monday 3 <sup>rd</sup> May	Monday 24 <sup>th</sup> May
<b>Event</b>	South West Gala	Yorkshire Gala	Northern Irish Gala	Welsh Gala	Midlands Gala	Northern Gala
<b>Venue</b>	GL1 Leisure Centre Bruton Way Gloucester, GL1 1DT	GEMTEC Arena Walton Street HULL, HU3 6JP	Ards LC, 64-70 William St Newtownards Northern Ireland, BT23 4EJ	Welsh Institute of Sport Sophia Gardens Cardiff, CF11 9SW	Cocks Moors Woods Alcester Road South Birmingham, B14 6ER	George Carnall Davyhulme Greater Manchester, M41 7FJ
<b>Phone no</b>	0845 643 4203	01482 304800	028 91812837	029 20 300 500	0121 464 1996	0161 7492555
<b>Entry Fee</b>	£12.00	£12.00	£12.00	£12.00	£12.00	£12.00
<b>Cheques Payee</b>	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
<b>Entry to</b>	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
<b>Organiser</b>	Nicky Allen	Julie Williams	Stuart Harper	Welsh Gymnastics	Pam Smith	Hilbra Hockenhull
<b>Email</b>	<a href="mailto:allennicky@hotmail.com">allennicky@hotmail.com</a>	<a href="mailto:julietramp@hotmail.com">julietramp@hotmail.com</a>	<a href="mailto:stu.springboy77@hotmail.co.uk">stu.springboy77@hotmail.co.uk</a>	<a href="mailto:office@welshgymnastics.org">office@welshgymnastics.org</a>	<a href="mailto:pam@cobtc.co.uk">pam@cobtc.co.uk</a>	<a href="mailto:hockenhulla@aol.com">hockenhulla@aol.com</a>

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





## FIG A & FIG B BRITISH NATIONAL TRAMPOLINE CHAMPIONSHIPS 2010

<b>Competition date</b>	Saturday & Sunday 24 <sup>th</sup> – 25 <sup>th</sup> July
<b>Closing date</b>	Monday 14 <sup>th</sup> June
<b>Venue</b>	National Indoor Arena King Edwards Road Birmingham West Midlands B1 2AA
<b>Phone no</b>	0121 200 2202
<b>Entry Fee</b>	£17.50
<b>Cheques payable to</b>	British Gymnastics
<b>Entry to</b>	British Gymnastics
<b>Organiser</b>	Pam Smith
<b>Phone</b>	01527 517024
<b>Email</b>	<a href="mailto:pam@cobtc.co.uk">pam@cobtc.co.uk</a>

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Tel: 0845 1297129 Fax: 01952 822422





## NATIONAL C TRI COMPETITIONS FOR 2010

	Saturday 6 <sup>th</sup> February	Sunday 7 <sup>th</sup> March	Saturday 27 <sup>th</sup> March	Sunday 25 <sup>th</sup> April	Saturday 22 <sup>nd</sup> May	Sunday 13 <sup>th</sup> June
<b>Comp Date</b>	Saturday 6 <sup>th</sup> February	Sunday 7 <sup>th</sup> March	Saturday 27 <sup>th</sup> March	Sunday 25 <sup>th</sup> April	Saturday 22 <sup>nd</sup> May	Sunday 13 <sup>th</sup> June
<b>Closing date</b>	Monday 18 <sup>th</sup> January	Monday 15 <sup>th</sup> February	Monday 8 <sup>th</sup> March	Monday 5 <sup>th</sup> April	Monday 3 <sup>rd</sup> May	Monday 24 <sup>th</sup> May
<b>Event</b>	South West Gala	Yorkshire Gala	Northern Irish Gala	Welsh Gala	Midlands Gala	Northern Gala
<b>Venue</b>	GL1 Leisure Centre Bruton Way Gloucester, GL1 1DT	GEMTEC Arena Walton Street HULL, HU3 6JP	Ards LC, 64-70 William St Newtownards Northern Ireland, BT23 4EJ	Welsh Institute of Sport Sophia Gardens Cardiff, CF11 9SW	Cocks Moors Woods Alcester Road South Birmingham, B14 6ER	George Carnall Davyhulme Greater Manchester, M41 7FJ
<b>Phone no</b>	0845 643 4203	01482 304800	028 91812837	029 20 300 500	0121 464 1996	0161 7492555
<b>Entry Fee</b>	£12.00	£12.00	£12.00	£12.00	£12.00	£12.00
<b>Cheques Payee</b>	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
<b>Entry to</b>	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
<b>Organiser</b>	Nicky Allen	Julie Williams	Stuart Harper	Welsh Gymnastics	Pam Smith	Hilbra Hockenhull
<b>Email</b>	<a href="mailto:allennicky@hotmail.com">allennicky@hotmail.com</a>	<a href="mailto:julietramp@hotmail.com">julietramp@hotmail.com</a>	<a href="mailto:stu.springboy77@hotmail.co.uk">stu.springboy77@hotmail.co.uk</a>	<a href="mailto:office@welshgymnastics.org">office@welshgymnastics.org</a>	<a href="mailto:pam@cobtc.co.uk">pam@cobtc.co.uk</a>	<a href="mailto:hockenhulla@aol.com">hockenhulla@aol.com</a>

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## NATIONAL C NATIONAL TRAMPOLINE FINALS 2010

<b>Competition date</b>	Saturday & Sunday 24 <sup>th</sup> – 25 <sup>th</sup> July
<b>Closing date</b>	Monday 14 <sup>th</sup> June
<b>Venue</b>	National Indoor Arena King Edwards Road Birmingham West Midlands B1 2AA
<b>Phone no</b>	0121 200 2202
<b>Entry Fee</b>	£17.50
<b>Cheques payable to</b>	British Gymnastics
<b>Entry to</b>	British Gymnastics
<b>Organiser</b>	Pam Smith
<b>Phone</b>	01527 517024
<b>Email</b>	<a href="mailto:pam@cobtc.co.uk">pam@cobtc.co.uk</a>

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## FIG A & FIG B DOUBLE MINI TRAMPOLINE (DMT) COMPETITIONS FOR 2010

Comp Date	Saturday 6 <sup>th</sup> February	Sunday 7 <sup>th</sup> March	Saturday 27 <sup>th</sup> March	Sunday 25 <sup>th</sup> April	Saturday 22 <sup>nd</sup> May	Sunday 13 <sup>th</sup> June
<b>Closing date</b>	Monday 18 <sup>th</sup> January	Monday 15 <sup>th</sup> February	Monday 8 <sup>th</sup> March	Monday 5 <sup>th</sup> April	Monday 3 <sup>rd</sup> May	Monday 24 <sup>th</sup> May
<b>Event</b>	South West Gala	Yorkshire Gala	Northern Irish Gala	Welsh Gala	Midlands Gala	Northern Gala
<b>Venue</b>	GL1 Leisure Centre Bruton Way Gloucester, GL1 1DT	GEMTEC Arena Walton Street HULL, HU3 6JP	Ards LC, 64-70 William St Newtownards Northern Ireland, BT23 4EJ	Welsh Institute of Sport Sophia Gardens Cardiff, CF11 9SW	Cocks Moors Woods Alcester Road South Birmingham, B14 6ER	George Carnall Davyhulme Greater Manchester, M41 7FJ
<b>Phone no</b>	0845 643 4203	01482 304800	028 91812837	029 20 300 500	0121 464 1996	0161 7492555
<b>Entry Fee</b>	£12.00	£12.00	£12.00	£12.00	£12.00	£12.00
<b>Cheques Payee</b>	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
<b>Entry to</b>	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
<b>Organiser</b>	Nicky Allen	Julie Williams	Stuart Harper	Welsh Gymnastics	Pam Smith	Hilbra Hockenhull
<b>Email</b>	<a href="mailto:allennicky@hotmail.com">allennicky@hotmail.com</a>	<a href="mailto:julietramp@hotmail.com">julietramp@hotmail.com</a>	<a href="mailto:stu.springboy77@hotmail.co.uk">stu.springboy77@hotmail.co.uk</a>	<a href="mailto:office@welshgymnastics.org">office@welshgymnastics.org</a>	<a href="mailto:pam@cobtc.co.uk">pam@cobtc.co.uk</a>	<a href="mailto:hockenhulla@aol.com">hockenhulla@aol.com</a>

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## FIG A & FIG B DMT BRITISH CHAMPIONSHIPS 2010

<b>Competition date</b>	Saturday & Sunday 24 <sup>th</sup> – 25 <sup>th</sup> July
<b>Closing date</b>	Monday 14 <sup>th</sup> June
<b>Venue</b>	National Indoor Arena King Edwards Road Birmingham West Midlands B1 2AA
<b>Phone no</b>	0121 200 2202
<b>Entry Fee</b>	£17.50
<b>Cheques payable to</b>	British Gymnastics
<b>Entry to</b>	British Gymnastics
<b>Organiser</b>	Pam Smith
<b>Phone</b>	01527 517024
<b>Email</b>	<a href="mailto:pam@cobtc.co.uk">pam@cobtc.co.uk</a>

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





## NATIONAL C DOUBLE MINI TRAMPOLINE (DMT) COMPETITIONS FOR 2010

Comp Date	<a href="#">Sunday 7<sup>th</sup> February</a>	<a href="#">Saturday 6<sup>th</sup> March</a>	<a href="#">Sunday 28<sup>th</sup> March</a>	<a href="#">Saturday 24<sup>th</sup> April</a>	<a href="#">Sunday 23<sup>rd</sup> May</a>	<a href="#">Saturday 12<sup>th</sup> June</a>
<b>Closing date</b>	Monday 18 <sup>th</sup> January	Monday 15 <sup>th</sup> February	Monday 8 <sup>th</sup> March	Monday 5 <sup>th</sup> April	Monday 3 <sup>rd</sup> May	Monday 24 <sup>th</sup> May
<b>Event</b>	South West Gala	Yorkshire Gala	Northern Irish Gala	Welsh Gala	Midlands Gala	Northern Gala
<b>Venue</b>	GL1 Leisure Centre Bruton Way Gloucester, GL1 1DT	GEMTEC Arena Walton Street HULL, HU3 6JP	Ards LC, 64-70 William St Newtownards Northern Ireland, BT23 4EJ	Welsh Institute of Sport Sophia Gardens Cardiff, CF11 9SW	Cocks Moors Woods Alcester Road South Birmingham, B14 6ER	George Carnall Davyhulme Greater Manchester, M41 7FJ
<b>Phone no</b>	0845 643 4203	01482 304800	028 91812837	029 20 300 500	0121 464 1996	0161 7492555
<b>Entry Fee</b>	£12.00	£12.00	£12.00	£12.00	£12.00	£12.00
<b>Cheques Payee</b>	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
<b>Entry to</b>	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
<b>Organiser</b>	Nicky Allen	Julie Williams	Stuart Harper	Welsh Gymnastics	Pam Smith	Hilbra Hockenhull
<b>Email</b>	<a href="mailto:allennicky@hotmail.com">allennicky@hotmail.com</a>	<a href="mailto:julietramp@hotmail.com">julietramp@hotmail.com</a>	<a href="mailto:stu.springboy77@hotmail.co.uk">stu.springboy77@hotmail.co.uk</a>	<a href="mailto:office@welshgymnastics.org">office@welshgymnastics.org</a>	<a href="mailto:pam@cobtc.co.uk">pam@cobtc.co.uk</a>	<a href="mailto:hockenhulla@aol.com">hockenhulla@aol.com</a>

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## NATIONAL C DMT BRITISH FINALS 2010

<b>Competition date</b>	Saturday & Sunday 24 <sup>th</sup> – 25 <sup>th</sup> July
<b>Closing date</b>	Monday 14 <sup>th</sup> June
<b>Venue</b>	National Indoor Arena King Edwards Road Birmingham West Midlands B1 2AA
<b>Phone no</b>	0121 200 2202
<b>Entry Fee</b>	£17.50
<b>Cheques payable to</b>	British Gymnastics
<b>Entry to</b>	British Gymnastics
<b>Organiser</b>	Pam Smith
<b>Phone</b>	01527 517024
<b>Email</b>	<a href="mailto:pam@cobtc.co.uk">pam@cobtc.co.uk</a>

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## SYNCHRONISED TRAMPOLINE COMPETITIONS FOR 2010

(PLEASE NOTE DATES FOR TRS MAY CHANGE DEPENDING ON NUMBER OF ENTRIES)

Comp Date	Sunday 7 <sup>th</sup> February	Saturday 6 <sup>th</sup> March	Sunday 28 <sup>th</sup> March	Saturday 24 <sup>th</sup> April	Sunday 23 <sup>rd</sup> May	Saturday 12 <sup>th</sup> June
<b>Closing date</b>	Monday 18 <sup>th</sup> January	Monday 15 <sup>th</sup> February	Monday 8 <sup>th</sup> March	Monday 5 <sup>th</sup> April	Monday 3 <sup>rd</sup> May	Monday 24 <sup>th</sup> May
<b>Event</b>	South West Gala	Yorkshire Gala	Northern Irish Gala	Welsh Gala	Midlands Gala	Northern Gala
<b>Venue</b>	GL1 Leisure Centre Bruton Way Gloucester, GL1 1DT	GEMTEC Arena Walton Street HULL, HU3 6JP	Ards LC, 64-70 William St Newtownards Northern Ireland, BT23 4EJ	Welsh Institute of Sport Sophia Gardens Cardiff, CF11 9SW	Cocks Moors Woods Alcester Road South Birmingham, B14 6ER	George Carnall Davyhulme Greater Manchester, M41 7FJ
<b>Phone no</b>	0845 643 4203	01482 304800	028 91812837	029 20 300 500	0121 464 1996	0161 7492555
<b>Entry Fee</b>	£12.00	£12.00	£12.00	£12.00	£12.00	£12.00
<b>Cheques Payee</b>	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
<b>Entry to</b>	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
<b>Organiser</b>	Nicky Allen	Julie Williams	Stuart Harper	Welsh Gymnastics	Pam Smith	Hilbra Hockenhull
<b>Email</b>	<a href="mailto:allennicky@hotmail.com">allennicky@hotmail.com</a>	<a href="mailto:julietramp@hotmail.com">julietramp@hotmail.com</a>	<a href="mailto:stu.springboy77@hotmail.co.uk">stu.springboy77@hotmail.co.uk</a>	<a href="mailto:office@welshgymnastics.org">office@welshgymnastics.org</a>	<a href="mailto:pam@cobtc.co.uk">pam@cobtc.co.uk</a>	<a href="mailto:hockenhulla@aol.com">hockenhulla@aol.com</a>

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## BRITISH SYNCHRONISED TRAMPOLINE CHAMPIONSHIPS 2010

<b>Competition date</b>	Saturday 24 <sup>th</sup> July
<b>Closing date</b>	Monday 14 <sup>th</sup> June
<b>Venue</b>	National Indoor Arena King Edwards Road Birmingham West Midlands B1 2AA
<b>Phone no</b>	0121 200 2202
<b>Entry Fee</b>	£17.50
<b>Cheques payable to</b>	British Gymnastics
<b>Entry to</b>	British Gymnastics
<b>Organiser</b>	Pam Smith
<b>Phone</b>	01527 517024
<b>Email</b>	<a href="mailto:pam@cobtc.co.uk">pam@cobtc.co.uk</a>

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## ENGLISH CHAMPIONSHIPS 2010

**Entry by Regional Nomination (See regional selection policy for further details)**

<b>Competition date</b>	Saturday 23 <sup>rd</sup> October
<b>Closing Date</b>	Monday 4 <sup>th</sup> October
<b>Venue</b>	GL1 Leisure Centre Bruton Way Gloucester GL1 1DT
<b>Phone no</b>	0845 643 4203
<b>Entry Fee</b>	£17.50 (£35 per synchronised pair)
<b>Cheques payable to</b>	English Gymnastics
<b>Entry to</b>	English Gymnastics
<b>Organiser</b>	Nicky Allen
<b>Email</b>	<a href="mailto:allennicky@hotmail.com">allennicky@hotmail.com</a>

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Tel: 0845 1297129 Fax: 01952 822422





## HOME NATIONS 2009

Entry by Home Nation Nomination (See home nation selection policy for further details)

<b>Competition date</b>	Sunday 24 <sup>th</sup> October
<b>Closing Date/Publication of Policy</b>	Monday 4 <sup>th</sup> October
<b>Venue</b>	GL1 Leisure Centre Bruton Way Gloucester GL1 1DT
<b>Phone no</b>	0845 643 4203
<b>Entry Fee</b>	£17.50 (£35 per synchronised pair)
<b>Cheques payable to</b>	English Gymnastics
<b>Entry to</b>	English Gymnastics
<b>Organiser</b>	Nicky Allen
<b>Email</b>	<a href="mailto:allennicky@hotmail.com">allennicky@hotmail.com</a>

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## IMPORTANT INFORMATION FOR THE 2009 COMPETITION SEASON

Please enter on-line if possible at <http://www.british-gymnastics.org> and log on to the member's portal.  
Postal entries, online entries not paid online and all cheques must be sent to British Gymnastics on or before the closing date.

Trampoline Competition Entries  
British Gymnastics  
Ford Hall  
Lilleshall National Sports Centre  
Newport, Shropshire  
TF10 9NB

You may enter the Individual Trampoline, Synchronised Trampoline and Double Mini Trampoline events at the same Gala weekend.  
BG membership number for the Club and all Competitors, Coaches and Officials (where applicable) must accompany all competition entries.  
Failure to provide the BG number prior to the closing date will invalidate the entry.

In Individual Trampoline and DMT, you may enter either FIG A, FIG B or NAT C at any one Gala weekend.

Provisional entries will no longer be accepted. You must be qualified for the level of competition by the day of the closing date.

Please note entries received after the closing date will not be accepted unless proof of postage is provided illustrating the validity of an entry.  
For further information on Trampoline Competitions, please refer to the Trampoline Competition Handbook or email... [information@british-gymnastics.org](mailto:information@british-gymnastics.org)

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Tel: 0845 1297129 Fax: 01952 822422



# COMPETITIONS PLANNER - 2010

- National Competitions
- Schools Competitions
- British Finals
- Regional Competitions
- Major British Events
- Other Events

2010	sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	2010		
January																																	January	
February	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28				February		
March	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		March	
April		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		April	
May			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	May
June	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		June		
July		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	July	
August			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	August
September		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		September	
October			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	October
November	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		November		
December		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	December	

European Championships  
 06/04/09 - 11/04/09  
 Sophia, Bulgaria

World Championships  
 11/11/09 - 19/11/09  
 Metz, France

GALA (STH)

GALA (YK)

REG  
D-G

REG  
D-G

GALA (NI)

GALA (WAL)

GALA (MID)

REG  
D-G

GALA (NTH)

BRITISH NIA,  
Bham

BG  
CONFERE  
NCE

REG  
D-G

HOME  
NATION