

Cardiff 2009
Gala Weekend
Timetables



Cardiff Gala Weekend ~ Saturday 25th April 2009 ~ NATIONAL 'C'

Important information ~ all competitors, judges, team managers and marshals should take careful note ~

- 1) The organisers reserve the right to run one hour ahead of scheduled time.
- 2) Warm up will be by time only.
- 3) Competitors will receive ONE warm up only prior to the commencement of the compulsory routine of the Flight with no further warm up.
- 4) All finalists will receive TWO warm ups except those who competed in the last Flight of each age group.

Panel 1

Junior U19 Girls
Flight 1 – No 1 to 14
9.00-9.35 W.U.
9.35-10.25 Compete

Panel 2

Youth U15 Girls
Flight 1 – No 1 to 15
9.00-9.35 W.U.
9.35-10.25 Compete

Panel 3

Senior 19+ Men
Flight 1 – No 1 to 12
9.00-9.30 W.U.
9.30-10.15 Compete

Panel 4

Senior 19+ Ladies
Flight 1 – No 1 to 13
9.00-9.30 W.U.
9.30-10.15 Compete

Junior U19 Girls
Flight 2 – No 15 to 28
10.25-11.00 W.U.
11.00-11.50 Compete

Youth U15 Girls
Flight 2 – No 16 to 30
10.25-11.00 W.U.
11.00-11.50 Compete

Senior 19+ Men
Flight 2 – No 13 to 24
10.15-10.45 W.U.
10.45-11.30 Compete
Final 11.30-11.50

Senior 19+ Ladies
Flight No 2 – No 14 to 25
10.15-10.45 W.U.
10.45-11.30 Compete

Junior U19 Girls
Flight 3 – No 29 to 42
11.50-12.25 W.U.
12.25-1.15 Compete

Youth U15 Girls
Flight 3 – No 31 to 45
11.50-12.25 W.U.
12.25-1.15 Compete

Junior U19 Boys
Flight 1 – No 1 to 16
11.50-12.25 W.U.
12.25-1.20 Compete

Senior 19+ Ladies
Flight No 3 – No 26 to 38
11.30-12.00 W.U.
12.00-12.45 Compete

Junior U19 Girls
Flight 4 – No 43 to 55
1.15-1.50 W.U.
Judges Lunch
1.50-2.40 Compete

Youth U15 Girls
Flight 4 – No 46 to 60
1.15-1.50 W.U.
Judges Lunch
1.50-2.40 Compete

Junior U19 Boys
Flight 2 – No 17 to 32
1.20-1.55 W.U.
Judges Lunch
1.55-2.50 Compete
Final 2.50-3.10

Senior 19+ Ladies
Flight No 4 – No 38 to 50
12.45-1.15 W.U.
Judges Lunch
1.15-2.00 Compete
Final 2.00-2.20

Junior U19 Girls
Flight 5 – No 56 to 69
2.40-3.15 W.U.
3.15-4.10 Compete

Youth U15 Girls
Flight 5 – No 61 to 76
2.40-3.15 W.U.
3.15-4.10 Compete
Final 4.10-4.35

Youth U15 Boys
Flight 1 – No 1 to 10
2.20-2.45 W.U.
2.45-3.15 Compete

Junior U19 Girls
Flight 6 – No 70 to 83
4.10-4.45 W.U.
4.45-5.35 Compete
Final 5.35-6.00

Youth U15 Boys
Flight 2 – No 11 to 19
3.15-3.40 W.U.
3.40-4.10 Compete
Final 4.10-4.30

Cardiff Gala Weekend ~ Sunday 26th April 2009 ~ FIG 'B' ~ FIG 'A' ~ Synchro

Important information ~ all competitors, judges, team managers and marshals should take careful note ~

- 1) The organisers reserve the right to run one hour ahead of scheduled time.
- 2) Warm up will be by time only.
- 3) Competitors will receive ONE warm up only prior to the commencement of the compulsory routine of the Flight with no further warm up.
- 4) Junior U19 Girls will NOT commence warming up until the 15+ Ladies synchro has concluded.
- 5) All finalists will receive TWO warm ups except those who competed in the last Flight of the age group or where there is one Flight only competing. These competitors will receive one final warm up only.

Panel 1

Junior U19 Boys
Flight 1 – No 1 to 12
 9.00-9.30 W.U.
9.30-10.15 Compete

Panel 2

15+ Ladies Synchro
Flight 1 - No 1 to 13
 9.00-9.45 W.U.
9.45-10.45 Compete

Panel 3

Panel 4

U15 Synchro Girls
Flight 1 – No 1 to 12
 9.00-9.45 W.U.
9.45-10.40 Compete

Junior U19 Boys
Flight 2 – No 13 to 23

10.15-10.40 W.U.
10.40-11.20 Compete

15+ Ladies Synchro
Flight 2 – No 14 to 26

10.45-11.30 W.U.
11.30-12.30 Compete

U15 Synchro Girls & Boys
Flight 2 - No 13 to 19 & 1 to 4

10.40-11.25 W.U.
11.25-12.20 Compete

Junior U19 Boys
Flight 3 – No 24 to 34
 11.20-11.45 W.U.
11.45-12.25 Compete
Final 12.25-12.45

FIG 'A' MEN
Flight 1 – No 1 to 8
 12.30-1.00 W.U.
1.00-1.30 Compete

Senior 19+ Men
Flight 1 – No 1 to 10
 12.10-12.40 W.U.
12.40-1.15 Compete

Youth U15 Boys
Flight 1 – No 1 to 13
 12.20-12.50 W.U.
Judges lunch
12.50-1.35 Compete
Final 1.35-1.55

Junior U19 Girls
Flight 1 – No 1 to 13
 12.45-1.15 W.U.
Judges Lunch
1.15-2.00 Compete

FIG 'A' MEN
Flight 2 – No 9 to 16
 1.30-2.00 W.U.
Judges Lunch
2.00-2.30 Compete
Final 2.30-2.50

Senior 19+ Men
Flight 2 – No 11 to 20
 1.15-1.45 W.U.
Judges Lunch
1.45-2.20 Compete
Final 2.20-2.40

Youth U15 Girls
Flight 1 – No 1 to 11
 1.55-2.20 W.U.
2.20-3.00 Compete

Junior U19 Girls
Flight 2 – No 14 to 26
 2.00-2.30 W.U.
2.30-3.15 Compete

FIG 'A' LADIES
Flight 1 – No 1 to 14
 2.50-3.30 W.U.
3.30-4.20 Compete
Final 4.20-4.40

Senior 19+ Ladies
Flight 1 – No 1 to 10
 2.40-3.05 W.U.
3.05-3.40 Compete

Youth U15 Girls
Flight 1 – No 12 to 22
 3.00-3.25 W.U.
3.25-4.05 Compete
Final 4.05-4.25
 Judges to move to Panel 2
 to judge 15+ Mens synchro

Junior U19 Girls
Flight 3 – No 27 to 40
 3.15-3.45 W.U.
3.45-4.30 Compete
Final 4.30-4.50

15+ Mens Synchro
Flight 1 – No 1 to 11
 4.40-5.20 W.U.
5.20-6.00 Compete

Senior 19+ Ladies
Flight No 2 – 11 to 20
 3.40-4.05 W.U.
4.05-4.40 Compete
Final 4.40-5.00

Double Mini Trampoline - Timetable

Cardiff - Sat/Sun 25/26 April 2009

Please note that we will be using only one DMT for warm-up and

Warm-up		Competition	
Start	Finish	Start	Finish
09:00	09:10	09:10	09:30
09:30	09:40	09:40	10:00
10:00	10:10	10:10	10:30
10:30	10:40	10:40	11:00
11:00	11:10	11:10	11:30
11:30	11:40	11:40	12:00
12:00	12:10	12:10	12:30
12:30	12:40	12:40	13:00
13:00	13:10	13:10	13:30
13:30	13:40	13:40	14:00
14:00	14:10	14:10	14:30
14:30	14:40	14:40	15:00
15:00	15:10	15:10	15:30
15:30	15:40	15:40	16:00
16:00	16:10	16:10	16:30
16:30	16:40	16:40	17:00
17:00	17:10	17:10	17:30
17:30	17:40	17:40	18:00
18:00	18:10	18:10	18:30

Saturday

FIG B U15 Girls (11)
FIG B U15 Boys (7)
FIG B 15+ Girls (No 1-11) (11)
FIG B 15+ Girls (No 12-22) (11)
FIG B 15+ Boys (No 1-10) (10)
FIG B 15+ Boys (No 11-20) (10)
FIG A Ladies (11)
FIG A Mens (10)
Judges Lunch (1hr)
Judges Lunch (1hr)
FIG B U15 Girls (Final)
FIG B U15 Boys (Final)
FIG B 15+ Girls (Final)
FIG B 15+ Boys (Final)
FIG A Ladies (Final)
FIG A Mens (Final)
All Presentations

Sunday

NAT C U15 Girls (No 1-12) (12)
NAT C U15 Girls (No 13-24) (12)
NAT C U15 Girls (No 25-36) (12)
NAT C U15 Boys (No 1-10) (10)
NAT C U15 Boys (No 11-20) (10)
NAT C 15+ Girls (No 1-14) (14)
NAT C 15+ Girls (No 15-28) (14)
NAT C 15+ Girls (No 29-42) (14)
NAT C 15+ Girls (No 43-56) (14)
NAT C 15+ Girls (No 57-69) (13)
NAT C 15+ Boys (No 1-13) (13)
NAT C 15+ Boys (No 14-26) (13)
Judges Lunch (1hr)
Judges Lunch (1hr)
NAT C U15 Girls (Final)
NAT C U15 Boys (Final)
NAT C 15+ Boys (Final)
NAT C 15+ Girls (Final)
All Presentations