



Spectator Information:

Trampoline & Tumbling

Sunday 10th March 2024

Venue: Sport Ireland National Indoor Arena, Dublin

Admission Price:

ENTRY	PER TICKET
Adult	€13.00
Child	€6.50
Family (2 adults & 2 children or 1 adult & 3 children)	€32.50

Book tickets for this event at www.gymnasticsireland.com

Registration/Competition Times & Levels

Flight	Registration	NGTC Floor Warm up	NGTC TRA/TUM Warm Up	Competition	Trampoline Panel	Tumbling Panel
1	8am	8am	8.15am-8.55am	9am	ALL TRA IDP Levels	-
2	8.45am	8.45am	9am-9.40am	9.45am	TRA NSP Level 1 7-8 yrs F/M TRA NSP Level 1 9-10 yrs F/M	ALL TUM IDP 1
3	9.30am	9.30am	9.45am-10.25am	10.30am	TRA NSP Level 1 11-12 yrs F/M	ALL TUM IDP 2 TUM IDP Level 3 9-12 yrs F/M
4	10.15am	10.15am	10.30am-11.10pm	11.15pm	TRA NSP Level 1 13-17 yrs F TRA NSP Level 2 7-8 yrs F TRA NSP Level 2 9-10 yrs F	TUM IDP Level 3 13 yrs plus F TUM NSP Level 1 9-12 yrs F
5	11am	11am	11.15am-11.55am	12pm	TRA NSP Level 2 9-10 yrs M TRA NSP Level 2 11-12 yrs F	TUM NSP Level 1 13 yrs plus F TUM NSP Level 2 11-12 yrs F
6	11.45am	11.45am	12pm-12.40pm	12.45pm	TRA NSP Level 2 11-12 yrs M TRA NSP Level 2 13-17 yrs F	TUM JUDGES LUNCH
7	12.30pm	12.30pm	12.45pm-1.25pm	1.30pm	ALL TRA NSP 3	TUM NSP Level 2 11-12 yrs M TUM NSP Level 2 13 yrs plus F
8	1.15pm	1.15pm	1.30pm-2.10pm	2.15pm	TRA NSP Level 4 13 yrs plus F/M	TUM NSP Level 3 11-14 yrs F TUM NSP Level 3 15 yrs plus F
9	2pm	2pm	2.15pm-2.55pm	3pm	TRA NSP Level 4 11-12 yrs F/M TRA NSP Level 4 13 yrs plus M TRA NSP Level 5 11-12 yrs F TRA NSP Level 5 13-14 yrs F/M	TUM NSP 5 & FIG
10	2.45pm	2.45pm	3pm-3.40pm	3.45pm	TRA NSP Level 5 15-16 yrs F/M TRA NSP Level 5 17 yrs plus F/M TRA FIG 9-10 yrs F/M TRA FIG 11-12 yrs F/M	- - - -
11	3.30pm	3.30pm	3.45pm-4.25pm	4.30pm	TRA FIG 13-14 yrs M TRA FIG 15-16 yrs F/M TRA FIG Senior F/M	- - -

Sport Starts Here.

Additional Information:

1. *Hello Deer* will be filming the official highlight video and will be posting photos to our social media pages throughout the competition,
2. Please note: *Only authorised personnel (staff, coaches, judges, gymnasts, volunteers and emergency services) will be allowed in warm up and competition area.*

Sport Starts Here.