



Spectator Information:

Trampoline & Tumbling

Sunday 21st May 2023

Venue: National Indoor Arena, Dublin

www.nationalindoorarena.ie

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 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	TRA NSP Level 1 7-8 yrs F	-
					TRA NSP Level 1 7-8 yrs M	-
					TRA NSP Level 1 9-10 yrs F	-
2	8.45am	8.45am	9am-9.40am	9.45am	TRA NSP Level 1 9-10 yrs M	-
					TRA NSP Level 1 11-12 yrs F	-
3	9.30am	9.30am	9.45am-10.25am	10.30am	TRA NSP Level 1 13-17 yrs F	-
					TRA NSP Level 1 13-17 yrs M	-
					TRA NSP Level 2 9-10 yrs F	-
					TRA NSP Level 2 11-12 yrs M	-
4	10.15am	10.15am	10.30am-11.10pm	11.15pm	TRA NSP Level 2 11-12 yrs F	ALL TUM NSP 1
						TUM NSP Level 2 9-12 yrs F
5	11am	11am	11.15am-11.55am	12pm	TRA NSP Level 2 13-17 yrs F	TUM NSP Level 2 13 yrs plus F
						TUM NSP Level 3 11-14 yrs M
6	11.45am	11.45am	12pm - 12.40pm	12.45pm	ALL TRA NSP 3	TUM NSP Level 3 15 yrs plus F
						ALL TUM NSP 5
				1.30pm	JUDGES LUNCH	
7	1pm	1pm	1.15pm-1.55pm	2pm	ALL TRA NSP Level 4	ALL TUM FIG
8	1.45pm	1.45pm	2pm-2.40pm	2.45pm	ALL TRA NSP Level 5	-
					TRA FIG 11-12 F	-
					TRA FIG 11-12 M	-
9	2.30pm	2.30pm	2.45pm-3.25pm	3.30pm	TRA FIG 13-14 F	-
					TRA FIG 13-14 M	-
					TRA FIG 15-16 F	-
					TRA FIG 15-16 M	-
					TRA FIG 17-21 F	-
					TRA FIG 17-21 M	-
10	3.30pm	3.30pm	3.45pm-4.25pm	4.30pm	ALL TRA SYNCHRO NSP 1 & 2	-
11	4.30pm	4.30pm	4.45pm-5.25pm	5.30pm	ALL TRA SYNCHRO NSP 3 & 4	-
					ALL TRA SYNCHRO FIG	-

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.