



Spectator Information:

Trampoline & Tumbling

Sunday 26th March 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

Registrations times and levels

Flight	Registration	NGTC Floor Warm up	NGTC TRA/TUM Warm Up	Competition	Trampoline Panel	Tumbling Panel
1	9am	9am	9.15am-9.55am	10am	ALL TRA IDP 1	-
					TRA IDP Level 3 9-10 yrs M/F	-
2	9.45am	9.45am	10am-10.40am	10.45am	TRA IDP Level 3 11-12 yrs F	-
					TRA IDP Level 3 11-12 yrs M	-
					TRA NSP Level 1 7-8 yrs F	-
					TRA NSP Level 1 7-8 yrs M	-
3	10.30am	10.30am	10.45am-11.25am	11.30am	TRA NSP Level 1 9-10 yrs F	TUM IDP Level 1 7-8 yrs F
					TRA NSP Level 1 9-10 yrs M	TUM IDP Level 1 7-8 yrs M
						TUM IDP Level 1 9-10 yrs F
4	11.15am	11.15am	11.30am-12.10pm	12.15pm	TRA NSP Level 1 11-12 yrs F	TUM IDP Level 1 9-10 yrs M
					TRA NSP Level 1 11-12 yrs M	TUM IDP Level 1 11 yrs plus F
						TUM IDP Level 2 9-10 yrs F
						TUM IDP Level 2 11 yrs plus F
5	12pm	12pm	12.15pm-12.55pm	1pm	TRA NSP Level 1 13-17 yrs F	TUM IDP Level 3 9-12 yrs F
					TRA NSP Level 1 13-17 yrs M	TUM IDP Level 3 13 yrs plus F
					TRA NSP Level 2 9-10 yrs F	TUM NSP Level 1 9-12 yrs F
					TRA NSP Level 2 9-10 yrs M	TUM NSP Level 1 11-12 yrs M
					TRA NSP Level 2 11-12 yrs M	TUM NSP Level 1 13 yrs plus F
6	12.45pm	12.45pm	1pm - 1.40pm	1.45pm	TRA NSP Level 2 11-12 yrs F	ALL TUM NSP Level 2
				2.30pm	JUDGES LUNCH	
7	2pm	2pm	2.15pm-2.55pm	3pm	TRA NSP Level 2 13-17 yrs F	ALL TUM NSP Level 3
						ALL TUM NSP Level 5
8	2.45pm	2.45pm	3pm-3.40pm	3.45pm	TRA NSP Level 3 11-12 yrs F	ALL TUM FIG
					TRA NSP Level 3 11-12 yrs M	
					TRA NSP Level 3 13 yrs plus F	
					TRA NSP Level 3 13 yrs plus M	
9	3.30pm	3.30pm	3.45pm-4.25pm	4.30pm	TRA NSP Level 4 11-12 yrs F	-
					TRA NSP Level 4 11-12 yrs M	-
					TRA NSP Level 4 13 yrs plus F	-

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10	4.15pm	4.15pm	4.30pm-5.10pm	5.15pm	TRA NSP Level 4 13 yrs plus M	-
					TRA NSP Level 5 11-12 yrs F	-
					TRA NSP Level 5 13-14 yrs F	-
11	5pm	5pm	5.15pm-5.55pm	6pm	TRA NSP Level 5 15-16 yrs F	-
					TRA NSP Level 5 17 yrs plus F	-
					TRA NSP Level 5 17 yrs plus M	-
					TRA FIG 9-10 yrs F	-
					TRA FIG 9-10 yrs M	-
					TRA FIG 11-12 yrs F	-
12	5.45pm	5.45pm	6pm-6.40pm	6.45pm	TRA FIG 13-14 yrs F	-
					TRA FIG 13-14 yrs M	-
					TRA FIG 15-16 yrs F	-
					TRA FIG 15-16 yrs M	-
					TRA FIG 17-21 yrs F	-
					TRA FIG 17-21 yrs M	-
				TRA FIG Senior M	-	

Additional Information:

1. *PRO Photo* will be taking the official photographs and these will be available to buy online after competition, look out for their QR code onsite.
2. *Hello Deer* will be filming the official highlight video and will be posting photos to our social media pages throughout the competition,
3. Please note: Only authorised personnel (staff, coaches, judges, gymnasts, volunteers and emergency services) will be allowed in warm up and competition area.

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