



Spectator Information:

Trampoline & Tumbling

Sunday 29th October 2023

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 Times & 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 IDP Levels | - |
| 2 | 9.45am | 9.45am | 10am-10.40am | 10.45am | TRA NSP Level 1 Age 9-10 F | - |
| | | | | | TRA NSP Level 1 Age 9-10 M | - |
| | | | | | TRA NSP Level 1 Age 11-12 F | - |
| 3 | 10.30am | 10.30am | 10.45am-11.25am | 11.30am | TRA NSP Level 1 Age 11-12 M | - |
| | | | | | TRA NSP Level 1 Age 13-17 F | - |
| | | | | | TRA NSP Level 2 Age 7-8 F | - |
| | | | | | TRA NSP Level 2 Age 9-10 F/M | - |
| 4 | 11.15am | 11.15am | 11.30am-12.10pm | 12.15pm | TRA NSP Level 2 Age 11-12 F | - |
| 5 | 12pm | 12pm | 12.15pm-12.55pm | 1pm | TRA NSP Level 2 Age 11-12 M | - |
| | | | | | TRA NSP Level 2 Age 13-17 F | - |
| | | | | | TRA NSP Level 2 Age 13-17 M | - |
| JUDGES LUNCH | | | | | | |
| 6 | 1.30pm | 1.30pm | 1.45pm-2.25pm | 2.30pm | TRA NSP Level 3 Age 9-10 F | ALL TUM IDP Levels |
| | | | | | TRA NSP Level 3 Age 11-12 F | TUM NSP Levels 1-3 |
| | | | | | TRA NSP Level 3 Age 11-12 M | |
| | | | | | TRA NSP Level 3 Age 13 Plus M | |
| 7 | 2.15pm | 2.15pm | 2.30pm-3.10pm | 3.15pm | TRA NSP Level 3 Age 13 Plus F | TUM NSP 5 & FIG |
| 8 | 3pm | 3pm | 3.15pm-3.55pm | 4pm | TRA NSP Level 4 Age 11-12 F | - |
| | | | | | TRA NSP Level 4 Age 11-12 M | - |
| | | | | | TRA NSP Level 4 Age 13 Plus F | - |
| 9 | 3.45pm | 3.45pm | 4pm-4.40pm | 4.45pm | TRA NSP Level 4 Age 13 Plus M | - |
| | | | | | TRA NSP Level 5 Age 13-14 F | - |
| | | | | | TRA NSP Level 5 Age 13-14 M | - |
| 10 | 4.30pm | 4.30pm | 4.45pm-5.25pm | 5.30pm | TRA NSP Level 5 Age 15-16 F | - |
| | | | | | TRA NSP Level 5 Age 17 Plus F | - |
| | | | | | TRA NSP Level 5 Age 17 Plus M | - |
| | | | | | TRA FIG Age 9-10 M | - |
| | | | | | TRA FIG Age 11-12 F | - |
| 11 | 5.15pm | 5.15pm | 5.30pm-6.10pm | 6.15pm | TRA FIG Age 13-14 M | - |
| | | | | | TRA FIG Age 15-16 F | - |
| | | | | | TRA FIG Age 15-16 M | - |
| | | | | | TRA FIG Age 17-21 M | - |
| | | | | TRA FIG Senior F | - | |
| | | | | TRA FIG Senior 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.