

*have fun \* have fun \* have fun \* have fun \* have fun \* have fun \* have fun \* have fun \* have fun \* have fun \* have fun \* have fun \**

## **EDGBARROW TRAMPOLINE CLUB CHAMPIONSHIPS**

### **CLUB CHAMPIONSHIP NOTES**

1. Each competitor may only bring one spectator to the event.
2. Spectators and competitors must remove their shoes before entering the trampoline hall and may only bring water into the hall. No food may be consumed in the main hall.
3. Each competitor will compete with a set routine and a voluntary routine.
4. Both routines will be timed and the time added to the score.
5. GIRLS - Please wear either a leotard or t-shirt & shorts (no longer than just above the knee).
6. BOYS – Please wear leotard and gym trousers or t-shirt & shorts (no longer than just above the knee).
7. ALL competitors must wear white socks or trampoline shoes.
8. Presentations will take place within 10 minutes of the conclusion of the competition group.
9. All competitors will receive a chocolate medal and a certificate. Top 3 competitors will receive competition medals.
10. If you have any queries please ask your Coach to explain this week.
11. We reserve the right to run 30 minutes ahead of programme time after the first groups of the day have competed so please arrive early for your event
12. Everyone is encouraged to pair up on the day for the fun fancy dress synchro event

#### **Panel 1**

**ELITE – 16+ Men & Ladies**

No 1 to 2/No 1 to 4

**INTERMEDIATE BOYS**

Ages 8 to 11 & 12 to 15

No 1 to 3/No 1 to 3

9.30-10.00 W.U.

10.00-10.35 Compete

**ELITE - Ages 9 to 11 Girls**

**ELITE - Ages 12 to 15 Girls & Boys**

No 1 to 4/No 1 to 5

10.35-11.00 W.U.

11.00-11.30 Compete

**INTERMEDIATE – Ages 8 to 11 Girls**

No 1 to 10

**INTERMEDIATE - 16+ Ladies – No 1 to 1**

11.30- 11.55 W.U.

11.55-12.25 Compete

**INTERMEDIATE – Ages 12 to 15 Girls**

No 1 to 13

12.25-12.50 W.U.

12.50-1.25 Compete

#### **Panel 2**

**NOVICE – Ages 12 to 15 Girls & Boys**

No 1 to 8/No 1 to 4

9.30-9.55 W.U.

9.55-10.35 Compete

**NOVICE – Ages 6 & 7 Girls & Boys**

No 1 to 7

Ages 8 to 11 Boys

No 1 to 3

10.35-10.55 W.U.

10.55-11.25 Compete

**NOVICE – Ages 8 to 11 Girls**

No 1 to 14

11.25-11.55 W.U.

11.55-12.30 Compete

**WARM UP OF AGES 12+ SYNCHRO – 1.25- 1.55pm**

**WARM UP OF AGES UNDER 12 SYNCHRO - 1.00-1.30pm**