

'FIRST 100' COMPETITION TIMETABLE AND NOTES
SUNDAY APRIL 15th 2018 – Bracknell Trampoline Centre

NOTES:-

1. 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.
2. Each competitor will compete with two routines and will have their height in seconds recorded and added to each round competition score.
3. GIRLS - Please wear either a leotard or t-shirt & shorts (no longer than just above the knee).
4. BOYS – Please wear leotard and gym trousers or t-shirt & shorts (no longer than just above the knee).
5. ALL competitors must wear white socks or trampoline shoes.
6. Presentations will take place within 10 minutes of the conclusion of your competition group.
7. All competitors will receive a certificate. Top 3 competitors will receive competition medals.
8. If you have any queries please ask your Coach to answer during the next week.
9. 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.
10. Groups may be mixed gender i.e. male and female competing against each other.

PANEL 1

All League 2 & 3 + Elite

No 1 to 13

9.30-10.00 W.U.

10.00-10.40 Compete

PANEL 2

All NDP 1

No 1 to 10

9.30-9.50 W.U.

9.50-10.15 Compete

All NDP 2 & 3/REG E

No 1 to 15

10.40-11.10 W.U.

11.10-11.55 Compete

All Club 2 & 3

No 1 to 15

10.15-10.45 W.U.

10.45-11.30 Compete

All Club 1

No 1 to 6

11.30-11.45 W.U.

11.45-12.05 Compete

