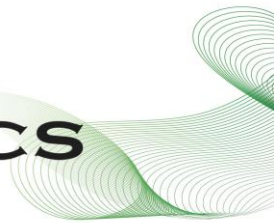
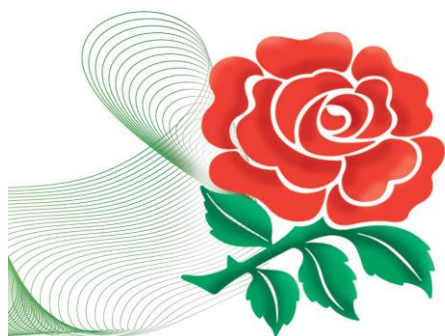


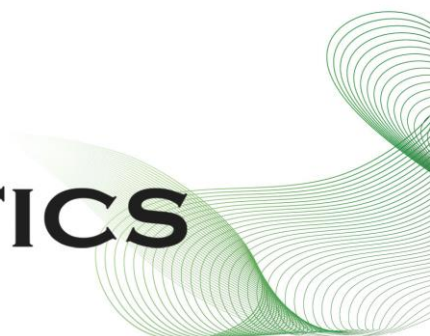
# ENGLISH GYMNASTICS



English Qualifier 1 Competition Time Table										
Saturday Programme										
TRI Prelims										
Level	Flight	Panel 1			Panel 2		Panel 3		Panel 4	
Silver	1	Age Group:	9-10 Male		9-10 Female		11-12 Female		11-12 Male	
		No:	(1-14)		(1-16)		(1-16)		(1-18)	
		Floor Warm Up:	08:00	08:20	08:00	08:20	08:00	08:20	08:00	08:20
		Tramp Warm Up:	08:20	08:50	08:20	08:50	08:20	08:50	08:20	08:50
		One Touch:	08:50	09:00	08:50	09:00	08:50	09:00	08:50	09:00
		Compete:	09:00	09:35	09:00	09:35	09:00	09:35	09:00	09:35
	March Out:	09:35	09:40	09:35	09:40	09:35	09:40	09:35	09:40	
	2	Age Group:	13-14 Male		9-10 Female		11-12 Female		11-12 Male	
		No:	(1-16)		(17-32)		(17-32)		(19-35)	
		Floor Warm Up:	09:15	09:35	09:15	09:35	09:15	09:35	09:15	09:35
		Tramp Warm Up:	09:40	10:10	09:40	10:10	09:40	10:10	09:40	10:10
		One Touch:	10:10	10:20	10:10	10:20	10:10	10:20	10:10	10:20
Compete:		10:20	10:55	10:20	10:55	10:20	10:55	10:20	10:55	
March Out:	10:55	11:00	10:55	11:00	10:55	11:00	10:55	11:00		
3	Age Group:	13-14 & 15-16 Male		9-10 Female		11-12 Female		13-14 Female		
	No:	(17-20) & (1-12)		(33-47)		(33-48)		(1-18)		
	Floor Warm Up:	10:35	10:55	10:35	10:55	10:35	10:55	10:35	10:55	
	Tramp Warm Up:	11:00	11:30	11:00	11:30	11:00	11:30	11:00	11:30	
	One Touch:	11:30	11:40	11:30	11:40	11:30	11:40	11:30	11:40	
	Compete:	11:40	12:10	11:40	12:10	11:40	12:10	11:40	12:10	
March Out:	12:10	12:15	12:10	12:15	12:10	12:15	12:10	12:15		
Judges Lunch										
Silver	4	Age Group:	15-16 & 17+ Male		Disability All		11-12 Female		13-14 Female	
		No:	(13-23) & (1-5)		(1-8)		(49-64)		(19-36)	
		Floor Warm Up:	12:20	12:40	12:20	12:40	12:20	12:40	12:20	12:40
		Tramp Warm Up:	12:45	13:15	12:45	13:15	12:45	13:15	12:45	13:15
		One Touch:	13:15	13:25	13:15	13:25	13:15	13:25	13:15	13:25
		Compete:	13:25	13:55	13:25	13:55	13:25	13:55	13:25	13:55
	March Out:	15:55	14:00	15:55	14:00	15:55	14:00	15:55	14:00	
	5	Age Group:	17+ Male		17+ Female		11-12 Female		13-14 & 15-16 Female	
		No:	(6-21)		(1-17)		(65-79)		(37-42) & (1-12)	
		Floor Warm Up:	13:35	13:55	13:35	13:55	13:35	13:55	13:35	13:55
		Tramp Warm Up:	14:00	14:30	14:00	14:30	14:00	14:30	14:00	14:30
		One Touch:	14:30	14:40	14:30	14:40	14:30	14:40	14:30	14:40
Compete:		14:40	15:10	14:40	15:10	14:40	15:10	14:40	15:10	
March Out:	15:10	15:15	15:10	15:15	15:10	15:15	15:10	15:15		
6	Age Group:	TRS		17+ Female		TRS		15-16 Female		
	No:	Dis (1), 13-14 Female (6)		(18-35)		Mixed TRS		(13-31)		
		15-16 Male (2)				(1-9)				
	Floor Warm Up:	14:50	15:10	14:50	15:10	14:50	15:10	14:50	15:10	
	Tramp Warm Up:	15:15	15:45	15:15	15:45	15:15	15:45	15:15	15:45	
	One Touch:	15:45	15:55	15:45	15:55	15:45	15:55	15:45	15:55	
Compete:	15:55	16:25	15:55	16:25	15:55	16:25	15:55	16:25		
March Out:	16:25	16:30	16:25	16:30	16:25	16:30	16:25	16:30		
7	Age Group:	TRS		TRS		TRS		TRS		
	No:	13-14 Male (1)		15-16, 17+ Female (4&4)		Mixed TRS		Mixed TRS		
						(10-18)				
	Floor Warm Up:			16:05	16:25	16:05	16:25			
	Tramp Warm Up:			16:30	17:00	16:30	17:00			
	One Touch:			17:00	17:10	17:00	17:10			
Compete:			17:10	17:40	17:10	17:40				
March Out:			17:40	17:45	17:40	17:45				



# ENGLISH GYMNASTICS



## English Qualifier 1 Competition Time Table

### Saturday Programme

#### DMT

Level	Flight		Panel 5		Panel 6	
Silver	1	Age Group:	17+ Female (8)		11-12 Female	
		Age Group:	17+ Male (7)		(1-11)	
		Floor Warm Up	08:00	08:20	08:00	08:20
		Warm up Pass 1 & 2	08:25	08:45	08:25	08:45
		Compete Pass 1 & 2:	08:45	09:05	08:45	09:05
		Warm Up Pass 3 & 4	09:05	09:25	09:05	09:25
		Compete Pass 3 & 4	09:25	09:45	09:25	09:45
	March Out	09:45	09:50	09:45	09:50	
	2	Age Group:	15-16 Female		13-14 Female	
		No:	(1-10)		(1-12)	
		Floor Warm Up	09:25	09:45	09:25	09:45
		Warm up Pass 1 & 2	09:50	10:10	09:50	10:10
		Compete Pass 1 & 2:	10:10	10:30	10:10	10:30
		Warm Up Pass 3 & 4	10:30	10:50	10:30	10:50
		Compete Pass 3 & 4	10:50	11:10	10:50	11:10
	March Out	11:10	11:15	11:10	11:15	
	3	Age Group:	Disability		13-14 Female	
		No:	(1-7)		(13-25)	
Floor Warm Up		10:50	11:10	10:50	11:10	
Warm up Pass 1 & 2		11:15	11:35	11:15	11:35	
Compete Pass 1 & 2:		11:35	11:55	11:35	11:55	
Warm Up Pass 3 & 4		11:55	12:15	11:55	12:15	
Compete Pass 3 & 4		12:15	12:35	12:15	12:35	
March Out	12:35	12:40	12:35	12:40		
Judges Lunch						
Silver	4	Age Group:	9-10 Mixed		11-12 Male	
		No:	(1-15)		(1-9)	
		Floor Warm Up	12:15	12:35	12:15	12:35
		Warm up Pass 1 & 2	12:40	13:00	12:40	13:00
		Compete Pass 1 & 2:	13:00	13:20	13:00	13:20
		Warm Up Pass 3 & 4	13:20	13:40	13:20	13:40
		Compete Pass 3 & 4	13:40	14:00	13:40	14:00
	March Out	14:00	14:05	14:00	14:05	
	5	Age Group:	13-14 Male		15-16 Male	
		No:	(1-10)		(1-8)	
		Floor Warm Up	13:40	14:00	13:40	14:00
		Warm up Pass 1 & 2	14:05	14:25	14:05	14:25
		Compete Pass 1 & 2:	14:25	14:45	14:25	14:45
		Warm Up Pass 3 & 4	14:45	15:05	14:45	15:05
Compete Pass 3 & 4		15:05	15:25	15:05	15:25	
March Out	15:25	15:30	15:25	15:30		



# ENGLISH GYMNASTICS

## English Qualifier 1 Competition Time Table

### Sunday Programme

#### TRI Prelims

Level	Flight		Panel 1		Panel 2		Panel 3	
<b>Gold</b>		Age Group:	9-10 Male & Female		11-12 Male		11-12 Female	
		No:	(1-8) & (1-7)		(1-16)		(1-16)	
		Floor Warm Up:	08:30	08:50	08:30	08:50	08:30	08:50
		Tramp Warm Up:	08:55	09:25	08:55	09:25	08:55	09:25
		One Touch:	09:25	09:35	09:25	09:35	09:25	09:35
		Compete:	09:35	10:05	09:35	10:05	09:35	10:05
	March Out:	10:05	10:10	10:05	10:10	10:05	10:10	
	2	Age Group:	15-16 Female		13-14 Female		11-12 Female & 13-14 Male	
		No:	(1-16)		(1-15)		(17-19) & (1-13)	
		Floor Warm Up:	09:45	10:05	09:45	10:05	09:45	10:05
		Tramp Warm Up:	10:10	10:40	10:10	10:40	10:10	10:40
		One Touch:	10:40	10:50	10:40	10:50	10:40	10:50
		Compete:	10:50	11:20	10:50	11:20	10:50	11:20
	March Out:	11:20	11:25	11:20	11:25	11:20	11:25	
	3	Age Group:	15-16 Female		13-14 Female		13-14 Male & 17-21 Male	
		No:	(17-28)		(16-30)		(14-23) & (1-6)	
		Floor Warm Up:	11:00	11:20	11:00	11:20	11:00	11:20
		Tramp warm Up:	11:25	11:55	11:25	11:55	11:25	11:55
One Touch:		11:55	12:05	11:55	12:05	11:55	12:05	
Compete:		12:05	12:35	12:05	12:35	12:05	12:35	
March Out:	12:35	12:40	12:35	12:40	12:35	12:40		
<b>Judges Lunch</b>								
<b>Gold</b>	4	Age Group:	Disability Cat 1 & Cat 2		17-21 Female		17-21 Male	
		No:	(1-9) & (1-9)		(1-12)		(7-21)	
		Floor Warm Up:	12:35	12:55	12:35	12:55	12:35	12:55
		Tramp warm Up:	13:00	13:30	13:00	13:30	13:00	13:30
		One Touch:	13:30	13:40	13:30	13:40	13:30	13:40
		Compete:	13:40	14:10	13:40	14:10	13:40	14:10
	March Out:	14:10	14:15	14:10	14:15	14:10	14:15	
	5	Age Group:	15-16 Male		17-21 Female		Senior Male & Female	
		No:	(1-11)		(13-22)		(1-11) & (1-6)	
		Floor Warm Up:	13:50	14:10	13:50	14:10	13:50	14:10
		Tramp warm Up:	14:15	14:45	14:15	14:45	14:15	14:45
		One Touch:	14:45	14:55	14:45	14:55	14:45	14:55
		Compete:	14:55	15:25	14:55	15:25	14:55	15:25
	March Out:	15:25	15:30	15:25	15:30	15:25	15:30	
	6	Age Group:	TRS		TRS		TRS	
		No:	9-12 Mixed		13-14 Male & Female (3 & 8)		15-16 Female (8)	
		No:	(1-12)		15-16 Male (1) Dis (1)		Senior Male & Female (2&3)	
		Floor Warm Up:	15:05	15:25	15:05	15:25	15:05	15:25
Tramp warm Up:		15:30	16:05	15:30	16:05	15:30	16:05	
One Touch:		16:05	16:20	16:05	16:20	16:05	16:20	
Compete:	16:20	16:55	16:20	16:55	16:20	16:55		
March Out:	16:55	17:00	16:55	17:00	16:55	17:00		



# ENGLISH GYMNASTICS

## English Qualifier 1 Competition Time Table Sunday Programme

DMT

Level	Flight		Panel 5		Panel 6	
Gold	1	Age Group:	Senior Female		Senior Male	
		Age Group:	(1-11)		(1-11)	
		Floor Warm Up	07:30	07:50	08:00	08:20
		Warm up Pass 1 & 2	07:55	08:15	08:25	08:45
		Compete Pass 1 & 2:	08:15	08:35	08:45	09:05
		Warm Up Pass 3 & 4	08:35	08:55	09:05	09:25
		Compete Pass 3 & 4	08:55	09:15	09:25	09:45
	March Out	09:15	09:20	09:45	09:50	
	2	Age Group:	15-16 Female		Senior Female	
		No:	(1-12)		(12-21)	
		Floor Warm Up	08:55	09:15	09:25	09:45
		Warm up Pass 1 & 2	09:20	09:40	09:50	10:10
		Compete Pass 1 & 2:	09:40	10:00	10:10	10:30
		Warm Up Pass 3 & 4	10:00	10:20	10:30	10:50
		Compete Pass 3 & 4	10:20	10:40	10:50	11:10
	March Out	10:40	10:45	11:10	11:15	
	3	Age Group:	15-16 Male		9-10 Mixed & Disability	
		No:	(1-9)		(1-4) & (1-5)	
		Floor Warm Up	10:20	10:40	10:50	11:10
		Warm up Pass 1 & 2	10:45	11:05	11:15	11:35
		Compete Pass 1 & 2:	11:05	11:25	11:35	11:55
Warm Up Pass 3 & 4		11:25	11:45	11:55	12:15	
Compete Pass 3 & 4		11:45	12:05	12:15	12:35	
March Out	12:05	12:10	12:35	12:40		

### Judges Lunch

Gold	4	Age Group:	13-14 Female		13-14 Male	
		No:	(1-8)		(1-8)	
		Floor Warm Up	12:10	12:30	13:00	13:20
		Warm up Pass 1 & 2	12:35	12:55	13:25	13:45
		Compete Pass 1 & 2:	12:55	13:15	13:45	14:05
		Warm Up Pass 3 & 4	13:15	13:35	14:05	14:25
		Compete Pass 3 & 4	13:35	13:55	14:25	14:45
	March Out	13:55	14:00	14:45	14:50	
	5	Age Group:	11-12 Female		11-12 Male	
		No:	(1-12)		(1-10)	
		Floor Warm Up	13:35	13:55	14:25	14:45
		Warm up Pass 1 & 2	14:00	14:20	14:50	15:10
		Compete Pass 1 & 2:	14:20	14:40	15:10	15:30
		Warm Up Pass 3 & 4	14:40	15:00	15:30	15:50
Compete Pass 3 & 4		15:00	15:20	15:50	16:10	
March Out	15:20	15:25	16:10	16:15		