**DMT**

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| **Time** | **Groups** | **Panel 1** |
| 8.00 | **Warm up and compete prelims passes**  **General warm up 10 mins then controlled warm up for each pass** | **9-10F L1 (4), 9-10 M L1 (3), 11-12F L1 (3), 11-12M L1 (2), 13+F L1 (1), 9-10F L2 (6), 9-10F L3 (1),** |
| 8.30 | **Controlled warm up and compete final passes** |  |
| 9.00 | **Warm up and compete prelims passes**  **General warm up 10 mins then controlled warm up for each pass** | **11-12F L2 (2), 11-12M L2 (2), 13+F L2 (2), 9-10M L3(1),11-12M L3 (1), 13+M L2 (2), 13+ F L3 (1), 11-12F L4 (2), 13+F L4 (3), 9-12F L5 (1), 13-14M L5(1),** |
| 9.30 | **Controlled warm up and compete final passes** |  |
| 10.00 | **Warm up and compete prelims passes**  **General warm up 10 mins then controlled warm up for each pass** | **13-14F L5 (2), 15+F L5 (3), 15+M L5(1), 11-14F L6(8), 15-16F L6 (1), 17+ F L6 (2), 15-16F FIG (1), 17+F FIG (1)** |
| 10.30 | **Controlled warm up and compete final passes** |  |

**Trampoline** - This will start as soon as the DMT is complete

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| **Time** | **Groups** | **Panel 1** | **Panel 2** | **Panel 3** | **Panel 4** |
| 11.00 | **Warm up sets and vols** | 9-10F L1 (9)  11-12F L2 (9) | 13+F L4 (1-17) | 9-10F L3 (2)  7-8F L4 (1)  7-8M L1 (2)  9-10M L5 (1)  11-12F L5 (5)  11-12M L5 (4) | 13+M L4 (3)  13-14M L5 (7)  11-14F L6 (4)  17+F L6 (2) |
| 11.40 | **Compete sets and vols** |  |  |  |  |
| 12.20 | **Warm up sets and vols**  **Judges lunch** | 7-8F L1 (2)  11-12F L1 (9)  13+M L1 (4) | 13+F L4 (18-28)  9-10F L2 (3)  9-10M L2 (1)  11-12F L3 (3) | 13-14F L5 (11)  11-12F L4 (5) | 9-10F L5 (3)  15-16F L6 (4)  15-16M L6 (1)  11-12M L4 (2)  9-10F L4 (4)  17+M L6 (1) |
| 1.00 | **Compete sets and vols** |  |  |  |  |
| 1.40 | **Warm up sets and vols** | Disabilities (3)  13+F L1 (13) | 9-10M L1 (2)  11-12M L1 (3)  11-12M L2 (2)  11-12M L3 (1)  13+F L3 (9) | 13+F L2 (15) | 15+F L5 (11)  15+M L5 (4) |
| 2.20 | **Compete Sets and vols** |  |  |  |  |

3pm Finish