



English Championships Golden Sunday

Individual and Synchro Trampoline

| Level | | Flight | | Panel 1 | | Panel 2 | | Panel 3 | | Level | | Flight | | Panel 4 | |
|----------------------|-----------------|-----------------|--------------------------|------------------|--------------------------|----------------|------------------|---------------------|---------------------|---------------------|---------------------|--------------|---------------|---------|--|
| Golden Sunday | 1 | Age Group: | | TRA 9-10 Female | | TRA 9-10 Male | | TRS 13-14 M & F | | 1 | Age Group: | | 15-16 Male | | |
| | | No: | | (1-14) | | (1-7) | | (1-3 & 1-5) | | | No: | | (1-5) | | |
| | | Registration | | 7:30 | 8:00 | 7:30 | 8:00 | 7:30 | 8:00 | | Registration: | | 7:30 | 8:00 | |
| | | General Warm Up | | 8:00 | 8:30 | 8:00 | 8:30 | 8:00 | 8:30 | | General Warm Up: | | 8:00 | 8:30 | |
| | | March In | | 8:30 | 8:35 | 8:30 | 8:35 | 8:30 | 8:35 | | March In: | | 8:30 | 8:35 | |
| | | One Touch: | | 8:35 | 8:45 | 8:35 | 8:45 | 8:35 | 8:50 | | Two Touch: | | 8:35 | 8:50 | |
| | | Compete: | | 8:45 | 9:10 | 8:45 | 9:10 | 8:50 | 9:35 | | Compete Pass 1 & 2: | | 8:50 | 9:10 | |
| | | One Touch: | | 9:10 | 9:20 | 9:10 | 9:20 | | | | Two Touch: | | 9:10 | 9:20 | |
| | Final: | | 9:20 | 9:35 | 9:20 | 9:35 | | | Compete Pass 3 & 4: | | 9:20 | 9:35 | | | |
| | March Out: | | 9:35 | 9:40 | 9:35 | 9:40 | 9:35 | 9:40 | March Out: | | 9:35 | 9:40 | | | |
| | 2 | Age Group: | | TRA 11-12 Female | | TRA 11-12 Male | | TRS 15 - 16 M & F | | 2 | Age Group: | | Senior Female | | |
| | | No: | | (1-15) | | (1-15) | | (1 & 1-6) | | | No: | | (1-12) | | |
| | | Registration | | 8:45 | 9:10 | 8:45 | 9:10 | 8:45 | 9:10 | | Registration: | | 7:30 | 8:00 | |
| | | General Warm Up | | 9:10 | 9:40 | 9:10 | 9:40 | 9:10 | 9:40 | | General Warm Up: | | 8:00 | 8:30 | |
| | | March In | | 9:35 | 9:40 | 9:35 | 9:40 | 9:35 | 9:40 | | March In: | | 9:40 | 9:45 | |
| | | One Touch: | | 9:40 | 9:50 | 9:40 | 9:50 | 9:40 | 9:55 | | Two Touch: | | 9:45 | 10:00 | |
| Compete: | | 9:50 | 10:15 | 9:50 | 10:15 | 9:55 | 10:40 | Compete Pass 1 & 2: | | | 10:00 | 10:20 | | | |
| One Touch: | | 10:15 | 10:25 | 10:15 | 10:25 | | | Two Touch: | | | 10:20 | 10:30 | | | |
| Final: | | 10:25 | 10:40 | 10:25 | 10:40 | | | Compete Pass 3 & 4: | | 10:30 | 10:40 | | | | |
| March Out: | | 10:40 | 10:45 | 10:40 | 10:45 | 10:40 | 10:45 | March Out: | | 10:40 | 10:45 | | | | |
| 3 | Age Group: | | TRA 13-14 Female | | TRA 13-14 Male | | TRS Mixed 9-12 | | 3 | Age Group: | | Senior Male | | | |
| | No: | | (1-16) | | (1-16) | | (1-9) | | | No: | | (1-11) | | | |
| | Registration | | 9:50 | 10:15 | 9:50 | 10:15 | 9:50 | 10:15 | | Registration: | | 9:10 | 9:35 | | |
| | General Warm Up | | 10:15 | 10:45 | 10:15 | 10:45 | 10:15 | 10:45 | | General Warm Up: | | 9:35 | 10:05 | | |
| | March In | | 10:40 | 10:45 | 10:40 | 10:45 | 10:40 | 10:45 | | March In: | | 10:05 | 10:10 | | |
| | One Touch: | | 10:45 | 10:55 | 10:45 | 10:55 | 10:45 | 11:00 | | Two Touch: | | 10:10 | 10:25 | | |
| | Compete: | | 10:55 | 11:25 | 10:55 | 11:25 | 11:00 | 11:50 | | Compete Pass 1 & 2: | | 10:25 | 10:50 | | |
| | One Touch: | | 11:25 | 11:35 | 11:25 | 11:35 | | | | Two Touch: | | 10:50 | 11:00 | | |
| Final: | | 11:35 | 11:50 | 11:35 | 11:50 | | | Compete Pass 3 & 4: | | 11:00 | 11:20 | | | | |
| March Out: | | 11:50 | 11:55 | 11:50 | 11:55 | 11:50 | 11:55 | March Out: | | 11:20 | 11:25 | | | | |
| 4 | Age Group: | | Disabilities Cat 1 M & F | | Disabilities Cat 2 M & F | | TRS Senior M & F | | 4 | Age Group: | | 15-16 Female | | | |
| | No: | | (1-5 & 1-4) | | (1-4 & 1-8) | | (1-2 & 1-2) | | | No: | | (1-12) | | | |
| | Registration | | 11:00 | 11:25 | 11:00 | 11:25 | 11:00 | 11:25 | | Registration: | | 10:25 | 10:50 | | |
| | General Warm Up | | 11:25 | 11:55 | 11:25 | 11:55 | 11:25 | 11:55 | | General Warm Up: | | 10:50 | 11:20 | | |
| | March In | | 11:50 | 11:55 | 11:50 | 11:55 | 11:50 | 11:55 | | March In: | | 11:20 | 11:25 | | |
| | One Touch: | | 11:55 | 12:05 | 11:55 | 12:05 | 11:55 | 12:10 | | Two Touch: | | 11:25 | 11:40 | | |
| | Compete: | | 12:05 | 12:35 | 12:05 | 12:35 | 12:10 | 13:00 | | Compete Pass 1 & 2: | | 11:40 | 12:05 | | |
| | One Touch: | | 12:35 | 12:45 | 12:35 | 12:45 | | | | Two Touch: | | 12:05 | 12:15 | | |
| Final: | | 12:45 | 13:00 | 12:45 | 13:00 | | | Compete Pass 3 & 4: | | 12:15 | 12:30 | | | | |
| March Out: | | 13:00 | 13:05 | 13:00 | 13:05 | 13:00 | 13:05 | March Out: | | 12:30 | 12:35 | | | | |

Morning Presentation 13:20 - 14:00

Judges Lunch

| | | | | | | | | | | | | |
|----------------------|------------|-----------------|-------|-------------------|-------|---------------------|---------------------|-------|---------------------|-------|---------------------|-------|
| Golden Sunday | 5 | Age Group: | | TRA 15-16 Female | | TRA 15-16 Male | | 5 | Age Group: | | 9-12 Female | |
| | | No: | | (1-15) | | (1-14) | | | No: | | (1-13) | |
| | | Registration | | 13:15 | 13:40 | 13:15 | 13:40 | | Registration: | | 12:40 | 13:05 |
| | | General Warm Up | | 13:40 | 14:10 | 13:40 | 14:10 | | General Warm Up: | | 13:05 | 13:35 |
| | | March In | | 14:05 | 14:10 | 14:05 | 14:10 | | March In: | | 13:35 | 13:40 |
| | | One Touch: | | 14:10 | 14:20 | 14:10 | 14:20 | | Two Touch: | | 13:40 | 13:55 |
| | | Compete: | | 14:20 | 14:50 | 14:20 | 14:50 | | Compete Pass 1 & 2: | | 13:55 | 14:10 |
| | | One Touch: | | 14:50 | 15:00 | 14:50 | 15:00 | | Two Touch: | | 14:10 | 14:20 |
| | Final: | | 15:00 | 15:15 | 15:00 | 15:15 | Compete Pass 3 & 4: | | 14:20 | 14:30 | | |
| | March Out: | | 15:15 | 15:20 | 15:15 | 15:20 | March Out: | | 14:30 | 14:35 | | |
| | 6 | Age Group: | | TRA 17-21 Female | | TRA 17-21 Male | | 6 | Age Group: | | 9-12 Male | |
| | | No: | | (1-16) | | (1-14) | | | No: | | (1-11) | |
| | | Registration | | 14:25 | 14:50 | 14:25 | 14:50 | | Registration: | | 12:40 | 13:05 |
| | | General Warm Up | | 14:50 | 15:20 | 14:50 | 15:20 | | General Warm Up: | | 13:40 | 14:10 |
| | | March In | | 15:15 | 15:20 | 15:15 | 15:20 | | March In: | | 13:35 | 13:40 |
| | | One Touch: | | 15:20 | 15:30 | 15:20 | 15:30 | | Two Touch: | | 14:35 | 14:45 |
| | | Compete: | | 15:30 | 16:00 | 15:30 | 16:00 | | Compete Pass 1 & 2: | | 14:45 | 15:05 |
| | | One Touch: | | 16:00 | 16:10 | 16:00 | 16:10 | | Two Touch: | | 15:05 | 15:15 |
| | Final: | | 16:10 | 16:25 | 16:10 | 16:25 | Compete Pass 3 & 4: | | 15:15 | 15:25 | | |
| | March Out: | | 16:25 | 16:30 | 16:25 | 16:30 | March Out: | | 15:45 | 15:50 | | |
| | 7 | Age Group: | | TRA Senior Ladies | | TRA Senior Male | | 7 | Age Group: | | 13-14 Male & Female | |
| | | No: | | (1-5) | | (1-9) | | | No: | | (1-5 & 1-12) | |
| | | Registration | | 15:35 | 16:00 | 15:35 | 16:00 | | Registration: | | 14:50 | 15:15 |
| | | General Warm Up | | 16:00 | 16:30 | 16:00 | 16:30 | | General Warm Up: | | 15:15 | 15:45 |
| March In | | 16:25 | 16:30 | 16:25 | 16:30 | March In: | | | 15:45 | 15:50 | | |
| One Touch: | | 16:30 | 16:40 | 16:30 | 16:40 | Two Touch: | | | 15:50 | 16:05 | | |
| Compete: | | 16:40 | 17:10 | 16:40 | 17:10 | Compete Pass 1 & 2: | | | 16:05 | 16:30 | | |
| One Touch: | | 17:10 | 17:20 | 17:10 | 17:20 | Two Touch: | | | 16:30 | 16:45 | | |
| Final: | | 17:20 | 17:35 | 17:20 | 17:35 | Compete Pass 3 & 4: | | 16:45 | 17:00 | | | |
| March Out: | | 17:35 | 17:40 | 17:35 | 17:40 | March Out: | | 17:00 | 17:05 | | | |

Presentation for the Evening Group 17:50 - 18:30