

The background of the entire page is a purple-tinted photograph of two female gymnasts performing a handstand. They are wearing dark leotards and white socks. The gymnast in the foreground is more prominent, with her legs spread wide and arms supporting her weight. The second gymnast is slightly behind and to the right.

TRP Competition Work Order

Version 1

Published: 18 June 2025

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 2: 08-Jun-25

Session 1, Sat 12th July		TRP 1	TRP 2	DMT	TUM
7:00 am	7:30 am	78 Athletes for all disciplines in session			
	Training Hall Access	23 athletes	22 athletes	23 athletes	10 athletes
7:30 am	7:35 am				
7:35 am	7:40 am				
7:40 am	7:45 am				
7:45 am	7:50 am				
7:50 am	7:55 am				
7:55 am	8:00 am				
8:00 am	8:05 am				
8:05 am	8:10 am				
8:10 am	8:15 am				
8:15 am	8:20 am				
8:20 am	8:25 am				
8:25 am	8:30 am				
8:30 am	8:35 am				
8:35 am	8:40 am				
8:40 am	8:45 am				
8:45 am	8:50 am				
8:50 am	8:55 am				
8:55 am	9:00 am				
9:00 am	9:05 am	24 8.1 SYN Youth Male Flight 1	12 4.1 SYN Youth Female Flight 1	20 8.1 Junior U17 DMT Female Flight 1	
9:05 am	9:10 am	19	7	15	
9:10 am	9:15 am	14	2	10	
9:15 am	9:20 am	9	5 mins prepare finalists	5	
9:20 am	9:25 am	4	8 4 SYN Youth Female FINAL	20 8.2 Junior U17 DMT Male Flight 1	
9:25 am	9:30 am	5 mins prepare finalists	3	15	
9:30 am	9:35 am	16 8 SYN Youth Male FINAL	-2	10	
9:35 am	9:40 am	11	45 9.2 Junior U22 TRP Female Flight 1	5	
9:40 am	9:45 am	6	40	18 7.2 Junior U17 DMT Male Flight 2	
9:45 am	9:50 am	40 8.2 Junior U22 TRP Male Flight 1	35	13	
9:50 am	9:55 am	35	30	8	
9:55 am	10:00 am	30	25	3	
10:00 am	10:05 am	25	20		21 7.2 Youth U15 TUM Female Flight 1
10:05 am	10:10 am	20	15		16
10:10 am	10:15 am	15	10		11
10:15 am	10:20 am	10	5		6
10:20 am	10:25 am	5	45 9.2 Junior U22 TRP Female Flight 2		9 3.1 Youth U15 TUM Male Flight 1
10:25 am	10:30 am	35 7.2 Junior U22 TRP Male Flight 2	40		4
10:30 am	10:35 am	30	35		-1
10:35 am	10:40 am	25	30		5 mins prepare finalists
10:40 am	10:45 am	20	25		20 8 Youth U15 TUM Female FINAL
10:45 am	10:50 am	15	20		15
10:50 am	10:55 am	10	15		10
10:55 am	11:00 am	5	10		5
11:00 am	11:05 am		5		5 mins prepare finalists
11:05 am	11:10 am				6 3 Youth U15 TUM Male FINAL
11:10 am	11:15 am				1
11:15 am	11:20 am				-4
11:20 am	11:25 am				AWARDS CEREMONY
11:25 am	11:30 am				

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 2: 08-Jun-25

Session 2, Sat 12th July		TRP 1	TRP 2	DMT	TUM
11:30 am	12:00 pm	57 Athletes for all disciplines in session 13 athletes	12 athletes	20 athletes	12 athletes
12:00 pm	12:05 pm	57 Athletes for all disciplines in session 13 athletes	12 athletes	20 athletes	12 athletes
12:05 pm	12:10 pm				
12:10 pm	12:15 pm				
12:15 pm	12:20 pm				
12:20 pm	12:25 pm				
12:25 pm	12:30 pm				
12:30 pm	12:35 pm				
12:35 pm	12:40 pm				
12:40 pm	12:45 pm				
12:45 pm	12:50 pm				
12:50 pm	12:55 pm	Due to no Rod Floor in Training Hall			
12:55 pm	1:00 pm				
1:00 pm	1:05 pm	International Tumblers have Podium Access for 30mins from 45mins prior to the Scheduled Session Comp Start	39 13.1 SYN Junior Female Flight 1	23 9.2 Senior DMT Male Flight 1	
1:05 pm	1:10 pm	International Finals Warmups If Finals directly follows prelim of 1 flight Athletes Warmup = 1x no. of routines competed All other Finals Athletes Warmup = 1x comp routines + 1 All National Stream, Youth U13, SYN, & TUM Finals Will directly follow Prelims	34	18	
1:10 pm	1:15 pm		29	13	
1:15 pm	1:20 pm		24	8	
1:20 pm	1:25 pm		19	3	
1:25 pm	1:30 pm		14	20 8.2 Senior DMT Male Flight 2	
1:30 pm	1:35 pm		9	15	
1:35 pm	1:40 pm		4	10	
1:40 pm	1:45 pm		5 mins prepare finalists	5	
1:45 pm	1:50 pm		39 13.1 SYN Junior Male Flight 1	24 8 SYN Junior Female FINAL	
1:50 pm	1:55 pm		34	19	
1:55 pm	2:00 pm		29	14	
2:00 pm	2:05 pm		24	9	
2:05 pm	2:10 pm		19	4	
2:10 pm	2:15 pm		14	30 12.1 Senior DMT Female Flight 1	
2:15 pm	2:20 pm		9	25	
2:20 pm	2:25 pm		4	20	
2:25 pm	2:30 pm	5 mins prepare finalists		15	
2:30 pm	2:35 pm	24 8 SYN Junior Male FINAL		10	
2:35 pm	2:40 pm	19		5	
2:40 pm	2:45 pm	14			20 8.1 Youth U13 TUM Female Flight 1
2:45 pm	2:50 pm	9			15
2:50 pm	2:55 pm	4			10
2:55 pm	3:00 pm				5
3:00 pm	3:05 pm		42 12.1 SYN U22/SNR MIXED DEMO Flight 1		10 4.1 Youth U13 TUM Male Flight 1
3:05 pm	3:10 pm		37		5
3:10 pm	3:15 pm		32		5 mins prepare finalists
3:15 pm	3:20 pm		27		16 8 Youth U13 TUM Female FINAL
3:20 pm	3:25 pm		22		11
3:25 pm	3:30 pm		17		6 AWARDS CEREMONY
3:30 pm	3:35 pm		12		8 4 Youth U13 TUM Male FINAL
3:35 pm	3:40 pm		7		3 AWARDS CEREMONY

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 2: 08-Jun-25

Session 3, Sat 12th July		TRP 1	TRP 2	DMT	TUM			
4:30 pm	5:00 pm	76 Athletes for all disciplines in session 29 athletes	14 athletes	15 athletes	18 athletes			
5:00 pm	5:05 pm							
5:05 pm	5:10 pm							
5:10 pm	5:15 pm							
5:15 pm	5:20 pm							
5:20 pm	5:25 pm							
5:25 pm	5:30 pm							
5:30 pm	5:35 pm							
5:35 pm	5:40 pm							
5:40 pm	5:45 pm							
5:45 pm	5:50 pm							
5:50 pm	5:55 pm	Interne International TUM Podium Access						
5:55 pm	6:00 pm	Due to no Rod Floor in Training Hall						
6:00 pm	6:05 pm	55 10.3 Senior TRP Male Flight 1	39 7.2 Senior TRP Female Flight 1	25 10.1 Youth U15 DMT Female Flight 1				
6:05 pm	6:10 pm	50	34	20				
6:10 pm	6:15 pm	45	29	15				
6:15 pm	6:20 pm	40	24	10				
6:20 pm	6:25 pm	35	19	5				
6:25 pm	6:30 pm	30	14	13 5.1 Youth U15 DMT Male Flight 1				
6:30 pm	6:35 pm	25	9	8				
6:35 pm	6:40 pm	20	4	3				
6:40 pm	6:45 pm	15	39 7.2 Senior TRP Female Flight 2	30 12.1 Junior U17 TUM Female Flight 1				
6:45 pm	6:50 pm	10	34	25				
6:50 pm	6:55 pm	5	29	20				
6:55 pm	7:00 pm	55 10.3 Senior TRP Male Flight 2	24	15				
7:00 pm	7:05 pm	50	19	10				
7:05 pm	7:10 pm	45	14	5				
7:10 pm	7:15 pm	40	9	15 6.1 Junior U17 TUM Male Flight 1				
7:15 pm	7:20 pm	35	4	10				
7:20 pm	7:25 pm	30		5				
7:25 pm	7:30 pm	25		5 mins prepare finalists				
7:30 pm	7:35 pm	20		20 8 Junior U17 TUM Female FINAL				
7:35 pm	7:40 pm	15		15				
7:40 pm	7:45 pm	10		10				
7:45 pm	7:50 pm	5		5 AWARDS CEREMONY				
7:50 pm	7:55 pm	50 9.3 Senior TRP Male Flight 3		15 6 Junior U17 TUM Male FINAL				
7:55 pm	8:00 pm	45		10				
8:00 pm	8:05 pm	40		5				
8:05 pm	8:10 pm	35		0 AWARDS CEREMONY				
8:10 pm	8:15 pm	30						
8:15 pm	8:20 pm	25						
8:20 pm	8:25 pm	20						
8:25 pm	8:30 pm	15						
8:30 pm	8:35 pm	10						
8:35 pm	8:40 pm	5						

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 2: 08-Jun-25

SESSION 1, Sun 13th July		TRP 1	TRP 2	DMT	TUM
7:00 am	7:30 am	0 Athletes for all disciplines in session 0 athletes	0 athletes	0 athletes	0 athletes
7:30 am	7:35 am	NO COMPETITION	NO COMPETITION	NO COMPETITION	NO COMPETITION
7:35 am	7:40 am				
7:40 am	7:45 am				
7:45 am	7:50 am				
7:50 am	7:55 am				
7:55 am	8:00 am				
8:00 am	8:05 am				
8:05 am	8:10 am				
8:10 am	8:15 am				
8:15 am	8:20 am				
8:20 am	8:25 am				
8:25 am	8:30 am				
8:30 am	8:35 am				
8:35 am	8:40 am				
8:40 am	8:45 am				
8:45 am	8:50 am				
8:50 am	8:55 am				
8:55 am	9:00 am				
9:00 am	9:05 am				
9:05 am	9:10 am				
9:10 am	9:15 am				
9:15 am	9:20 am				
9:20 am	9:25 am				
9:25 am	9:30 am				
9:30 am	9:35 am				
9:35 am	9:40 am				
9:40 am	9:45 am				
9:45 am	9:50 am				
9:50 am	9:55 am				
9:55 am	10:00 am				
10:00 am	10:05 am				
10:05 am	10:10 am				
10:10 am	10:15 am				
10:15 am	10:20 am				
10:20 am	10:25 am				
10:25 am	10:30 am				

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 2: 08-Jun-25

SESSION 2, Sun 13th July		TRP 1	TRP 2	DMT	TUM
		42 Athletes for all disciplines in session			
10:00 am	10:30 am	8 athletes	7 athletes	11 athletes	16 athletes
10:30 am	10:35 am	42 Athletes for all disciplines in session	7 athletes	11 athletes	16 athletes
10:35 am	10:40 am				
10:40 am	10:45 am				
10:45 am	10:50 am				
10:50 am	10:55 am				
10:55 am	11:00 am				
11:00 am	11:05 am				
11:05 am	11:10 am				
11:10 am	11:15 am				
11:15 am	11:20 am				
11:20 am	11:25 am				
11:25 am	11:30 am				
11:30 am	11:35 am	42 12.1 SYN Senior Male Flight 1	25 7.1 SYN Senior Female Flight 1	30 12.1 Youth U13 DMT Male Flight 1	
11:35 am	11:40 am	37	20	25	
11:40 am	11:45 am	32	15	20	
11:45 am	11:50 am	27	10	15	
11:50 am	11:55 am	22	5	10	
11:55 am	12:00 pm	17	5 mins prepare finalists	5	
12:00 pm	12:05 pm	12	14 7 SYN Senior Female FINAL	8 3.1 Youth U13 DMT Female Flight 1	
12:05 pm	12:10 pm	7	9	3	
12:10 pm	12:15 pm	5 mins prepare finalists	4	5 mins prepare finalists	
12:15 pm	12:20 pm	16 8 SYN Senior Male FINAL	60 12.1 Junior U17 TRP Female Flight 1	20 8 Youth U13 DMT Male FINAL	
12:20 pm	12:25 pm	11	55	15	
12:25 pm	12:30 pm	6 AWARDS CEREMONY	50	10	
12:30 pm	12:35 pm	50 10.2 Junior U17 TRP Male Flight 1	45	5 AWARDS CEREMONY	
12:35 pm	12:40 pm	45	40	7.5 3 Youth U13 DMT Female FINAL	
12:40 pm	12:45 pm	40	35	2.5 AWARDS CEREMONY	
12:45 pm	12:50 pm	35	30		25 10.1 Junior U22 TUM Female Flight 1
12:50 pm	12:55 pm	30	25		20
12:55 pm	1:00 pm	25	20		15
1:00 pm	1:05 pm	20	15		10
1:05 pm	1:10 pm	15	10		5
1:10 pm	1:15 pm	10	5		20 8.1 Junior U22 TUM Male Flight 1
1:15 pm	1:20 pm	5			15
1:20 pm	1:25 pm	45 9.2 Junior U17 TRP Male Flight 2			10
1:25 pm	1:30 pm	40			5
1:30 pm	1:35 pm	35			5 mins prepare finalists
1:35 pm	1:40 pm	30			20 8 Junior U22 TUM Female FINAL
1:40 pm	1:45 pm	25			15
1:45 pm	1:50 pm	20			15
1:50 pm	1:55 pm	15			10 AWARDS CEREMONY
1:55 pm	2:00 pm	10			20 8 Junior U22 TUM Male FINAL
2:00 pm	2:05 pm	5			15
2:05 pm	2:10 pm				10
2:10 pm	2:15 pm				5 AWARDS CEREMONY

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025
FINAL Version 2: 08-Jun-25

SESSION 3, Sun 13th July		TRP 1	TRP 2	DMT	TUM	
		68 Athletes for all disciplines in session				
3:30 pm	4:00 pm	16 athletes	16 athletes	29 athletes	7 athletes	
4:00 pm	4:05 pm	International Warmup & Competition Procedure 1. Athletes Check In Training Hall 2. Training Hall Access 1 Hr prior to compete time 3. Athletes marshalled at Podium 15min prior to compete 4. Athletes march onto Podium to Warmup & Compete 5. INDIVIDUAL PRELIM Warmup = 1x comp routines + 1 6. SYN PRELIM Warmup = 2 touch 7. Athletes Compete 8. Athletes Marshall for Finals 9. Medal Presentation or March Out				
4:05 pm	4:10 pm					
4:10 pm	4:15 pm					
4:15 pm	4:20 pm					
4:20 pm	4:25 pm					
4:25 pm	4:30 pm					
4:30 pm	4:35 pm					
4:35 pm	4:40 pm					
4:40 pm	4:45 pm					
4:45 pm	4:50 pm					
4:50 pm	4:55 pm	Interernational TUM Podium Access				
4:55 pm	5:00 pm	Due to no Rod Floor in Training Hall				
5:00 pm	5:05 pm	International Tumblers have Podium Access for 30mins from 45mins prior to the Scheduled Session Comp Start	28 8 Junior U22 TRP Female FINAL		9 3.1 Senior TUM Female Flight 1	
5:05 pm	5:10 pm	International Finals Warmups If Finals directly follows prelim of 1 flight Athletes Warmup = 1x no. of routines competed All other Finals Athletes Warmup = 1x comp routines + 1 All National Stream, Youth U13, SYN, & TUM Finals Will directly follow Prelims	23		4	
5:10 pm	5:15 pm		18		12 4.1 Senior TUM Male Flight 1	
5:15 pm	5:20 pm		13		7	
5:20 pm	5:25 pm		8		5 mins prepare finalists	
5:25 pm	5:30 pm		3		AWARDS CEREMONY	9 3 Senior TUM Female FINAL
5:30 pm	5:35 pm		28 8 Junior U22 TRP Male FINAL			4
5:35 pm	5:40 pm		23			12 4 Senior TUM Male FINAL
5:40 pm	5:45 pm		18			7
5:45 pm	5:50 pm		13			20 8 Youth U15 DMT Female FINAL
5:50 pm	5:55 pm		8			15
5:55 pm	6:00 pm	3	AWARDS CEREMONY	10		
6:00 pm	6:05 pm		28 8 Senior TRP Female FINAL	5		AWARDS CEREMONY
6:05 pm	6:10 pm		23	12.5 5 Youth U15 DMT Male FINAL		
6:10 pm	6:15 pm		18	7.5		
6:15 pm	6:20 pm		13	2.5		AWARDS CEREMONY
6:20 pm	6:25 pm		8	20 8 Junior U17 DMT Female FINAL		
6:25 pm	6:30 pm		3	AWARDS CEREMONY	15	
6:30 pm	6:35 pm		28 8 Senior TRP Male FINAL		10	
6:35 pm	6:40 pm		23		5	AWARDS CEREMONY
6:40 pm	6:45 pm		18		20 8 Junior U17 DMT Male FINAL	
6:45 pm	6:50 pm		13		15	
6:50 pm	6:55 pm	8	10			
6:55 pm	7:00 pm	3	AWARDS CEREMONY		5	
7:00 pm	7:05 pm					
7:05 pm	7:10 pm					
7:10 pm	7:15 pm					
7:15 pm	7:20 pm					
7:20 pm	7:25 pm					
7:25 pm	7:30 pm					
7:30 pm	7:35 pm					
7:35 pm	7:40 pm					
7:40 pm	7:45 pm					
7:45 pm	7:50 pm					
7:50 pm	7:55 pm					
7:55 pm	8:00 pm					

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 2: 08-Jun-25

Session 1, Mon 14th July		TRP 1	TRP 2	DMT	TUM				
		57 Athletes for all disciplines in session							
7:00 am 7:30 am	Training Hall Access	14 athletes	11 athletes	32 athletes	0 athletes				
7:30 am 7:35 am	International Warmup & Competition Procedure 1. Athletes Check In Training Hall 2. Training Hall Access 1 Hr prior to compete time 3. Athletes marshalled at Podium 15min prior to compete 4. Athletes march onto Podium to Warmup & Compete 5. INDIVIDUAL PRELIM Warmup = 1x comp routines + 1 6. SYN PRELIM Warmup = 2 touch 7. Athletes Compete 8. Athletes Marshall for Finals 9. Medal Presentation or March Out								
7:35 am 7:40 am									
7:40 am 7:45 am									
7:45 am 7:50 am									
7:50 am 7:55 am									
7:55 am 8:00 am									
8:00 am 8:05 am									
8:05 am 8:10 am									
8:10 am 8:15 am									
8:15 am 8:20 am									
8:20 am 8:25 am	International TUM Podium Access								
8:25 am 8:30 am	Due to no Rod Floor in Training Hall								
8:30 am 8:35 am	International Tumblers have Podium Access for 30mins from 45mins prior to the Scheduled Session Comp Start								
8:35 am 8:40 am									
8:40 am 8:45 am									
8:45 am 8:50 am	Intenatonal Finals Warmups					30 6.1 Youth U15 TRP Male Flight 1	35 7.1 Youth U15 TRP Female Flight 1	21 7.2 Junior U22 DMT Female Flight 1	
8:50 am 8:55 am	If Finals directly follows prelim of 1 flight	25	30	16					
8:55 am 9:00 am	Athletes Warmup = 1x no. of routines competed	20	25	11					
9:00 am 9:05 am	All other Finals	15	20	6					
9:05 am 9:10 am	Athletes Warmup = 1x comp routines + 1	10	15	18 6.2 Junior U22 DMT Female Flight 2					
9:10 am 9:15 am	All National Stream, Youth U13, SYN, & TUM Finals	5	10	13					
9:15 am 9:20 am	Will directly follow Prelims	0	5	8					
9:20 am 9:25 am		40 8.2 Youth U13 TRP Male Flight 1	20 4.1 Youth U13 TRP Female Flight 1	3					
9:25 am 9:30 am		35	15	30 10.2 Junior U22 DMT Male Flight 1					
9:30 am 9:35 am		30	10	25					
9:35 am 9:40 am		25	5	20					
9:40 am 9:45 am		20	5 mins prepare finalists	15					
9:45 am 9:50 am		15	12 4 Youth U13 TRP Female FINAL	10					
9:50 am 9:55 am		10	7	5					
9:55 am 10:00 am		5	2 AWARDS CEREMONY	27 9.2 Junior U22 DMT Male Flight 2					
10:00 am 10:05 am		5 mins prepare finalists		22					
10:05 am 10:10 am		24 8 Youth U13 TRP Male FINAL		17					
10:10 am 10:15 am		19		12					
10:15 am 10:20 am		14		7					
10:20 am 10:25 am		9		2					
10:25 am 10:30 am		4 AWARDS CEREMONY							
10:30 am 10:35 am									
10:35 am 10:40 am									
10:40 am 10:45 am									
10:45 am 10:50 am									
10:50 am 10:55 am									
10:55 am 11:00 am									

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 2: 08-Jun-25

Session 2, Mon 14th July		TRP 1	TRP 2	DMT	TUM
10:30 am	11:00 am	0 Athletes for all disciplines in session 0 athletes	0 athletes	0 athletes	0 athletes
11:00 am	11:05 am	International Warmup & Competition Procedure 1. Athletes Check In Training Hall 2. Training Hall Access 1 Hr prior to compete time 3. Athletes marshalled at Podium 15min prior to compete 4. Athletes march onto Podium to Warmup & Compete 5. INDIVIDUAL PRELIM Warmup = 1x comp routines + 1 6. SYN PRELIM Warmup = 2 touch 7. Athletes Compete 8. Athletes Marshall for Finals 9. Medal Presentation or March Out			
11:05 am	11:10 am				
11:10 am	11:15 am				
11:15 am	11:20 am				
11:20 am	11:25 am				
11:25 am	11:30 am				
11:30 am	11:35 am				
11:35 am	11:40 am				
11:40 am	11:45 am				
11:45 am	11:50 am				
11:50 am	11:55 am	Interenational TUM Podium Access			
11:55 am	12:00 pm	Due to no Rod Floor in Training Hall			
12:00 pm	12:05 pm		21 7 Youth U15 TRP Female FINAL	24 8 Junior U22 DMT Female FINAL	
12:05 pm	12:10 pm		16	19	
12:10 pm	12:15 pm		11	14	
12:15 pm	12:20 pm		6 1	9	
12:20 pm	12:25 pm		AWARDS CEREMONY		
12:25 pm	12:30 pm	18 6 Youth U15 TRP Male FINAL		24 8 Junior U22 DMT Male FINAL	
12:30 pm	12:35 pm	13		19	
12:35 pm	12:40 pm	8		14	
12:40 pm	12:45 pm	3		9	
12:45 pm	12:50 pm	-2	AWARDS CEREMONY		
12:50 pm	12:55 pm		24 8 Junior U17 TRP Female FINAL	24 8 Senior DMT Female FINAL	
12:55 pm	1:00 pm		19	19	
1:00 pm	1:05 pm		14	14	
1:05 pm	1:10 pm		9	9	
1:10 pm	1:15 pm		AWARDS CEREMONY		
1:15 pm	1:20 pm	24 8 Junior U17 TRP Male FINAL		24 8 Senior DMT Male FINAL	
1:20 pm	1:25 pm	19		19	
1:25 pm	1:30 pm	14		14	
1:30 pm	1:35 pm	9		9	
1:35 pm	1:40 pm	4	AWARDS CEREMONY		
1:40 pm	1:45 pm				
1:45 pm	1:50 pm				
1:50 pm	1:55 pm				
1:55 pm	2:00 pm				
2:00 pm	2:05 pm				
2:05 pm	2:10 pm				
2:10 pm	2:15 pm				
2:15 pm	2:20 pm				
2:20 pm	2:25 pm				
2:25 pm	2:30 pm				

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 2: 08-Jun-25

Session 3, Mon 14th July		TRP 1	TRP 2	DMT	TUM
		120 Athletes for all disciplines in session			
3:30 pm 4:00 pm	Training Hall Warmup	20 athletes	20 athletes	40 athletes	40 athletes
4:00 pm 4:05 pm	TEAM FINAL COMPETITION STARTS				
4:05 pm 4:10 pm	1. Athletes Check In at Podium ready for Warmup				
4:10 pm 4:15 pm	2. Podium Access 45 Min prior for 30 Min				
4:15 pm 4:20 pm	3. Marshall Event 15min prior				
4:20 pm 4:25 pm	4. Athletes warmup 1x no. of routines competed				
4:25 pm 4:30 pm	TEAM DISCIPLINE FINAL STARTS				
4:30 pm 4:35 pm	1. Rotation 1 (TRP, DMT, TUM)				
4:35 pm 4:40 pm	1. Athletes warmup and compete to own timing x16				
4:40 pm 4:45 pm	2. Then Rotation 2 (TRP, DMT, TUM) repeats this process				
4:45 pm 4:50 pm	3. Medal Presentation or March Out				
4:50 pm 4:55 pm	TEAM ALL AROUND TEAM FINAL STARTS				
4:55 pm 5:00 pm	1. There are 2 Rotations of TUM, DMT, TRP				
5:00 pm 5:05 pm	2. Athletes alternate (TUM 1, DMT 1, TRP 1) x 4				
5:05 pm 5:10 pm	3. Then Rotation 2 repeats this process				
5:10 pm 5:15 pm	4. Medal Presentation or March Out				
5:15 pm 5:20 pm	TEAM APPARATUS FINALS				
5:20 pm 5:25 pm					
5:25 pm 5:30 pm					
5:30 pm 5:35 pm					
5:35 pm 5:40 pm					
5:40 pm 5:45 pm					
5:45 pm 5:50 pm					
5:50 pm 5:55 pm					
5:55 pm 6:00 pm					
6:00 pm 6:05 pm					
6:05 pm 6:10 pm					
6:10 pm 6:15 pm					
6:15 pm 6:20 pm					
6:20 pm 6:25 pm					
6:25 pm 6:30 pm					
6:30 pm 6:35 pm	TEAM ALL AROUND FINALS				
6:35 pm 6:40 pm					
6:40 pm 6:45 pm					
6:45 pm 6:50 pm					
6:50 pm 6:55 pm					
6:55 pm 7:00 pm					
7:00 pm 7:05 pm	TRANS TASMAN CHALLENGE				
7:05 pm 7:10 pm					
7:10 pm 7:15 pm					
7:15 pm 7:20 pm					
7:20 pm 7:25 pm					
7:25 pm 7:30 pm					
7:30 pm 7:35 pm					
7:35 pm 7:40 pm					
7:40 pm 7:45 pm					
7:45 pm 7:50 pm					
7:50 pm 7:55 pm					
7:55 pm 8:00 pm					

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 2: 08-Jun-25

SESSION 1, Tue 15th July		TRP 1	TRP 2	DMT	TUM
7:30 am 8:00 am	Training Hall Access	0 Athletes for all disciplines in session 0 athletes	0 athletes	0 athletes	0 athletes
8:00 am 8:05 am	National Stream Warmup & Competition Procedure	NO COMPETITION	NO COMPETITION	NO COMPETITION	NO COMPETITION
8:05 am 8:10 am	1. Athletes Check In Training Hall				
8:10 am 8:15 am	2. Training Hall Access 1 Hr prior to compete time				
8:15 am 8:20 am	3. Athletes marshalled at Podium 15min prior to compete				
8:20 am 8:25 am	4. Athletes march onto Podium to Warmup & Compete				
8:25 am 8:30 am	5. INDIVIDUAL PRELIM Warmup = 2x comp routines				
8:30 am 8:35 am	6. SYN PRELIM Warmup = 2x comp routines				
8:35 am 8:40 am	7. Athletes Compete				
8:40 am 8:45 am	8. Athletes Marshall for Finals				
8:45 am 8:50 am	9. Medal Presentation or March Out				
8:50 am 8:55 am	National Stream Finals Warmups				
8:55 am 9:00 am	If Finals directly follows prelim of 1 flight				
9:00 am 9:05 am	Athletes Warmup = 1x no. of routines competed				
9:05 am 9:10 am	All other Finals				
9:10 am 9:15 am	Athletes Warmup = 2x comp routines				
9:15 am 9:20 am	All National Stream, Youth U13, SYN, & TUM Finals				
9:20 am 9:25 am	Will directly follow Prelims				
9:25 am 9:30 am					
9:30 am 9:35 am					
9:35 am 9:40 am					
9:40 am 9:45 am					
9:45 am 9:50 am					
9:50 am 9:55 am					
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11:05 am 11:10 am					
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11:15 am 11:20 am					
11:20 am 11:25 am					
11:25 am 11:30 am	11:30 am				
11:30 am 11:35 am					
11:35 am 11:40 am					
11:40 am 11:45 am					
11:45 am 11:50 am					
11:50 am 11:55 am					
11:55 am 12:00 pm					

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 2: 08-Jun-25

Session 2, Tue 15th July		TRP 1	TRP 2	DMT	TUM
		75 Athletes for all disciplines in session 17 athletes	17 athletes	0 athletes	41 athletes
11:30 am	12:00 pm	Training Hall Access			
12:00 pm	12:05 pm	National Stream Warmup & Competition Procedure 1. Athletes Check In Training Hall 2. Training Hall Access 1 Hr prior to compete time 3. Athletes marshalled at Podium 15min prior to compete 4. Athletes march onto Podium to Warmup & Compete 5. INDIVIDUAL PRELIM Warmup = 2x comp routines 6. SYN PRELIM Warmup = 2x comp routines 7. Athletes Compete 8. Athletes Marshall for Finals 9. Medal Presentation or March Out			
12:05 pm	12:10 pm				
12:10 pm	12:15 pm				
12:15 pm	12:20 pm				
12:20 pm	12:25 pm				
12:25 pm	12:30 pm				
12:30 pm	12:35 pm				
12:35 pm	12:40 pm				
12:40 pm	12:45 pm				
12:45 pm	12:50 pm				
12:50 pm	12:55 pm				
12:55 pm	1:00 pm	National Stream Finals Warmups If Finals directly follows prelim of 1 flight			
1:00 pm	1:05 pm	Athletes Warmup = 1x no. of routines competed	18 6.1 SYN Nat 6 Male Flight 1	12 4.1 SYN Nat 5 Female Flight 1	30 10.4 Nat 6 TUM Female Flight 1
1:05 pm	1:10 pm	All other Finals	13 7		25
1:10 pm	1:15 pm	Athletes Warmup = 2x comp routines	8 2		20
1:15 pm	1:20 pm	All National Stream, Youth U13, SYN, & TUM Finals	3	5 mins prepare finalists	15
1:20 pm	1:25 pm	Will directly follow Prelims	5 mins prepare finalists	8 4 SYN Nat 5 Female FINAL	10
1:25 pm	1:30 pm		12 6 SYN Nat 6 Male FINAL	3	5
1:30 pm	1:35 pm		7	-2	30 10.4 Nat 6 TUM Female Flight 2
1:35 pm	1:40 pm		2	AWARDS CEREMONY	25
1:40 pm	1:45 pm		18 6.1 SYN Nat 7 Male Flight 1	15 5.1 SYN Nat 7 Female Flight 1	20
1:45 pm	1:50 pm		13 5	AWARDS CEREMONY	15
1:50 pm	1:55 pm		8	5 mins prepare finalists	10
1:55 pm	2:00 pm		3	10 5 SYN Nat 7 Female FINAL	5
2:00 pm	2:05 pm		5 mins prepare finalists	5	30 10.4 Nat 6 TUM Female Flight 3
2:05 pm	2:10 pm		12 6 SYN Nat 7 Male FINAL	24 8.2 SYN Nat 6 Female Flight 1	25
2:10 pm	2:15 pm		7	AWARDS CEREMONY	20
2:15 pm	2:20 pm		15 5.1 SYN Nat 5 Male Flight 1	19	15
2:20 pm	2:25 pm		10	14	10
2:25 pm	2:30 pm		5	9	5
2:30 pm	2:35 pm		0	4	21 7.4 Nat 6 TUM Female Flight 4
2:35 pm	2:40 pm		5 mins prepare finalists	5 mins prepare finalists	16
2:40 pm	2:45 pm		10 5 SYN Nat 5 Male FINAL	16 8 SYN Nat 6 Female FINAL	11
2:45 pm	2:50 pm		5	11	6
2:50 pm	2:55 pm		0	6	1
2:55 pm	3:00 pm		AWARDS CEREMONY		9 3.1 Nat 6 TUM Male Flight 1
3:00 pm	3:05 pm				4
3:05 pm	3:10 pm				5 mins prepare finalists
3:10 pm	3:15 pm				18 12 Nat 6 TUM Female FINAL
3:15 pm	3:20 pm				13
3:20 pm	3:25 pm				8
3:25 pm	3:30 pm				3
3:30 pm	3:35 pm				AWARDS CEREMONY
3:35 pm	3:40 pm				3 3 Nat 6 TUM Male FINAL
3:40 pm	3:45 pm				-2
3:45 pm	3:50 pm				AWARDS CEREMONY
3:50 pm	3:55 pm				
3:55 pm	4:00 pm				

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 2: 08-Jun-25

SESSION 3, Tue 15th July		TRP 1	TRP 2	DMT	TUM
		84 Athletes for all disciplines in session 16 athletes	68 Athletes for all disciplines in session 28 athletes	22 athletes	18 athletes
4:00 pm	4:30 pm	Training Hall Access National Stream Warmup & Competition Procedure 1. Athletes Check In Training Hall 2. Training Hall Access 1 Hr prior to compete time 3. Athletes marshalled at Podium 15min prior to compete 4. Athletes march onto Podium to Warmup & Compete 5. INDIVIDUAL PRELIM Warmup = 2x comp routines 6. SYN PRELIM Warmup = 2x comp routines 7. Athletes Compete 8. Athletes Marshall for Finals 9. Medal Presentation or March Out National Stream Finals Warmups If Finals directly follows prelim of 1 flight			
4:30 pm	4:35 pm				
4:35 pm	4:40 pm				
4:40 pm	4:45 pm				
4:45 pm	4:50 pm				
4:50 pm	4:55 pm				
4:55 pm	5:00 pm				
5:00 pm	5:05 pm				
5:05 pm	5:10 pm				
5:10 pm	5:15 pm				
5:15 pm	5:20 pm				
5:20 pm	5:25 pm				
5:25 pm	5:30 pm				
5:30 pm	5:35 pm	Athletes Warmup = 1x no. of routines competed	60 10.3 Nat 6 TRP Female Flight 1	30 10.1 Nat 5 DMT Female Flight 1	
5:35 pm	5:40 pm	All other Finals			
5:40 pm	5:45 pm	Athletes Warmup = 2x comp routines			
5:45 pm	5:50 pm	All National Stream, Youth U13, SYN, & TUM Finals			
5:50 pm	5:55 pm	Will directly follow Prelims			
5:55 pm	6:00 pm				
6:00 pm	6:05 pm				
6:05 pm	6:10 pm				
6:10 pm	6:15 pm				
6:15 pm	6:20 pm				
6:20 pm	6:25 pm				
6:25 pm	6:30 pm				
6:30 pm	6:35 pm				
6:35 pm	6:40 pm				
6:40 pm	6:45 pm				
6:45 pm	6:50 pm				
6:50 pm	6:55 pm				
6:55 pm	7:00 pm				
7:00 pm	7:05 pm				
7:05 pm	7:10 pm				
7:10 pm	7:15 pm				
7:15 pm	7:20 pm				
7:20 pm	7:25 pm				
7:25 pm	7:30 pm				
7:30 pm	7:35 pm				
7:35 pm	7:40 pm				
7:40 pm	7:45 pm				
7:45 pm	7:50 pm				
7:50 pm	7:55 pm				
7:55 pm	8:00 pm				
8:00 pm	8:05 pm				
8:05 pm	8:10 pm				
8:10 pm	8:15 pm				
8:15 pm	8:20 pm				
8:20 pm	8:25 pm				
8:25 pm	8:30 pm				

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025
FINAL Version 2: 08-Jun-25

SESSION 1, Wed 16th July		TRP 1	TRP 2	DMT	TUM
7:00 am	7:30 am	46 Athletes for all disciplines in session 11 athletes		12 athletes	13 athletes
7:30 am	7:35 am	<div>National Stream Warmup & Competition Procedure</div> <div>1. Athletes Check In Training Hall</div> <div>2. Training Hall Access 1 Hr prior to compete time</div> <div>3. Athletes marshalled at Podium 15min prior to compete</div> <div>4. Athletes march onto Podium to Warmup & Compete</div> <div>5. INDIVIDUAL PRELIM Warmup = 2x comp routines</div> <div>6. SYN PRELIM Warmup = 2x comp routines</div> <div>7. Athletes Compete</div> <div>8. Athletes Marshall for Finals</div> <div>9. Medal Presentation or March Out</div> <div>National Stream Finals Warmups</div> <div>If Finals directly follows prelim of 1 flight</div>			
7:35 am	7:40 am				
7:40 am	7:45 am				
7:45 am	7:50 am				
7:50 am	7:55 am				
7:55 am	8:00 am				
8:00 am	8:05 am				
8:05 am	8:10 am				
8:10 am	8:15 am				
8:15 am	8:20 am				
8:20 am	8:25 am				
8:25 am	8:30 am				
8:30 am	8:35 am	<div>Athletes Warmup = 1x no. of routines competed</div> <div>All other Finals</div> <div>Athletes Warmup = 2x comp routines</div> <div>All National Stream, Youth U13, SYN, & TUM Finals</div> <div>Will directly follow Prelims</div>			
8:35 am	8:40 am				
8:40 am	8:45 am				
8:45 am	8:50 am				
8:50 am	8:55 am				
8:55 am	9:00 am				
9:00 am	9:05 am	6611.1Nat 5 TRP Male Flight 1	7212.1Nat 5 TRP Female Flight 1	248.1Nat 7 DMT Male Flight 1	
9:05 am	9:10 am	61	67	19	
9:10 am	9:15 am	56	62	14	
9:15 am	9:20 am	51	57	9	
9:20 am	9:25 am	46	52	4	
9:25 am	9:30 am	41	47	5 mins	prepare finalists
9:30 am	9:35 am	36	42	168Nat 7 DMT Male FINAL	
9:35 am	9:40 am	31	37	11	
9:40 am	9:45 am	26	32	6	AWARDS CEREMONY
9:45 am	9:50 am	21	27	155.1Nat 7 DMT Female Flight 1	
9:50 am	9:55 am	16	22	10	
9:55 am	10:00 am	11	17	5	
10:00 am	10:05 am	6	12	5 mins	prepare finalists
10:05 am	10:10 am	5 mins	7	105Nat 7 DMT Female FINAL	
10:10 am	10:15 am	248Nat 5 TRP Male FINAL	5 mins	5	
10:15 am	10:20 am	19	248Nat 5 TRP Female FINAL	0	AWARDS CEREMONY
10:20 am	10:25 am	14	19		62.1Nat 7 TUM Male Flight 1
10:25 am	10:30 am	9	14		1
10:30 am	10:35 am	4	9		248.1Nat 5 TUM Male Flight 1
10:35 am	10:40 am		4	AWARDS CEREMONY	19
10:40 am	10:45 am				14
10:45 am	10:50 am				9
10:50 am	10:55 am				4
10:55 am	11:00 am				5 mins
11:00 am	11:05 am				prepare finalists
11:05 am	11:10 am				22Nat 7 TUM Male FINAL
11:10 am	11:15 am				AWARDS CEREMONY
11:15 am	11:20 am				AWARDS CEREMONY
11:20 am	11:25 am				88Nat 5 TUM Male FINAL
11:25 am	11:30 am				3
					AWARDS CEREMONY

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 2: 08-Jun-25

SESSION 2, Wed 16th July		TRP 1	TRP 2	DMT	TUM
11:30 am	12:00 pm	105 Athletes for all disciplines in session 9 athletes	10 athletes	38 athletes	48 athletes
12:00 pm	12:05 pm	National Stream Warmup & Competition Procedure 1. Athletes Check In Training Hall 2. Training Hall Access 1 Hr prior to compete time 3. Athletes marshalled at Podium 15min prior to compete 4. Athletes march onto Podium to Warmup & Compete 5. INDIVIDUAL PRELIM Warmup = 2x comp routines 6. SYN PRELIM Warmup = 2x comp routines 7. Athletes Compete 8. Athletes Marshall for Finals 9. Medal Presentation or March Out National Stream Finals Warmups If Finals directly follows prelim of 1 flight			
12:05 pm	12:10 pm				
12:10 pm	12:15 pm				
12:15 pm	12:20 pm				
12:20 pm	12:25 pm				
12:25 pm	12:30 pm				
12:30 pm	12:35 pm				
12:35 pm	12:40 pm				
12:40 pm	12:45 pm				
12:45 pm	12:50 pm				
12:50 pm	12:55 pm				
12:55 pm	1:00 pm				
1:00 pm	1:05 pm	Athletes Warmup = 1x no. of routines competed	60 10.1 Nat 7 TRP Female Flight 1	24 8.2 Nat 6 DMT Male Flight 1	36 12.4 Nat 5 TUM Female Flight 1
1:05 pm	1:10 pm	All other Finals	55	19	31
1:10 pm	1:15 pm	Athletes Warmup = 2x comp routines	50	14	26
1:15 pm	1:20 pm	All National Stream, Youth U13, SYN, & TUM Finals	45	9	21
1:20 pm	1:25 pm	Will directly follow Prelims	40	4	16
1:25 pm	1:30 pm		35	21 7.2 Nat 6 DMT Male Flight 2	11
1:30 pm	1:35 pm		30	16	6
1:35 pm	1:40 pm		25	11	36 12.4 Nat 5 TUM Female Flight 2
1:40 pm	1:45 pm		20	6	31
1:45 pm	1:50 pm		15	5 mins prepare finalists	26
1:50 pm	1:55 pm		10	16 8 Nat 6 DMT Male FINAL	21
1:55 pm	2:00 pm		5	11	16
2:00 pm	2:05 pm		5 mins prepare finalists	6	11
2:05 pm	2:10 pm		16 8 Nat 7 TRP Female FINAL	1	AWARDS CEREMONY
2:10 pm	2:15 pm		11	36 12.2 Nat 6 DMT Female Flight 1	36 12.4 Nat 5 TUM Female Flight 3
2:15 pm	2:20 pm		6	AWARDS CEREMONY	
2:20 pm	2:25 pm	54 9.1 Nat 7 TRP Male Flight 1		31	31
2:25 pm	2:30 pm	49		26	26
2:30 pm	2:35 pm	44		21	21
2:35 pm	2:40 pm	39		16	16
2:40 pm	2:45 pm	34		11	11
2:45 pm	2:50 pm	29		6	6
2:50 pm	2:55 pm	24		33 11.2 Nat 6 DMT Female Flight 2	33 11.4 Nat 5 TUM Female Flight 4
2:55 pm	3:00 pm	19		28	28
3:00 pm	3:05 pm	14		23	23
3:05 pm	3:10 pm	9		18	18
3:10 pm	3:15 pm	4		13	13
3:15 pm	3:20 pm	5 mins prepare finalists		8	8
3:20 pm	3:25 pm	16 8 Nat 7 TRP Male FINAL		3	3
3:25 pm	3:30 pm	11		5 mins prepare finalists	18 12 Nat 5 TUM Female FINAL
3:30 pm	3:35 pm	6	AWARDS CEREMONY	24 8 Nat 6 DMT Female FINAL	13
3:35 pm	3:40 pm			19	8
3:40 pm	3:45 pm			14	3
3:45 pm	3:50 pm			9	AWARDS CEREMONY
3:50 pm	3:55 pm			4	AWARDS CEREMONY
3:55 pm	4:00 pm				
4:00 pm	4:05 pm				
4:05 pm	4:10 pm				
4:10 pm	4:15 pm				
4:15 pm	4:20 pm				
4:20 pm	4:25 pm				
4:25 pm	4:30 pm				

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 2: 08-Jun-25

SESSION 3, Wed 16th July		TRP 1	TRP 2	DMT	TUM
4:00 pm	4:30 pm	0 Athletes for all disciplines in session 0 athletes	0 athletes	0 athletes	0 athletes
4:30 pm	4:35 pm	NO COMPETITION	NO COMPETITION	NO COMPETITION	NO COMPETITION
4:35 pm	4:40 pm				
4:40 pm	4:45 pm				
4:45 pm	4:50 pm				
4:50 pm	4:55 pm				
4:55 pm	5:00 pm				
5:00 pm	5:05 pm				
5:05 pm	5:10 pm				
5:10 pm	5:15 pm				
5:15 pm	5:20 pm				
5:20 pm	5:25 pm				
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7:45 pm	7:50 pm				
7:50 pm	7:55 pm				
7:55 pm	8:00 pm				
8:00 pm	8:05 pm				
8:05 pm	8:10 pm				
8:10 pm	8:15 pm				
8:15 pm	8:20 pm				
8:20 pm	8:25 pm				
8:25 pm	8:30 pm				