

A background image of a gymnast in a handstand position, overlaid with a semi-transparent purple filter. The gymnast is wearing a dark leotard and white socks.

TRP Competition Work Order

Version 3

Published: 9 July 2025

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 4: 29-Jun-25

Session 1, Sat 12th July		TRP 1	TRP 2	DMT	TUM			
		85 Athletes for all disciplines in session						
7:00 am	7:30 am	23 athletes	22 athletes	23 athletes	17 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							
8:25 am	8:30 am	Interernational TUM Podium Access						
		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 Internatonal Finals Warmups If Finals directly follows prelim of 1 flight Athletes Warmup = 1x no. of routines competed All other Finals						
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	Athletes Warmup = 1x comp routines + 1	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	All National Stream, Youth U13, SYN, & TUM Finals	19	7	15			
9:10 am	9:15 am	Will directly follow Prelims	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	AWARDS CEREMONY	18 7.2 Junior U17 DMT Male Flight 2			
9:45 am	9:50 am		40 8.2 Junior U22 TRP Male Flight 1	40	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				
10:05 am	10:10 am		20	15		21 7.2 Youth U15 TUM Female Flight 1		
10:10 am	10:15 am		15	10		16		
10:15 am	10:20 am		10	5		11		
10:20 am	10:25 am		5	45 9.2 Junior U22 TRP Female Flight 2		6		
10:25 am	10:30 am		35 7.2 Junior U22 TRP Male Flight 2	40		21 7.2 Youth U15 TUM Female Flight 2		
10:30 am	10:35 am		30	35	16			
10:35 am	10:40 am		25	30	11			
10:40 am	10:45 am		20	25	6			
10:45 am	10:50 am		15	20	9 3.1 Youth U15 TUM Male Flight 1			
10:50 am	10:55 am		10	15	4			
10:55 am	11:00 am		5	10	5 mins prepare finalists			
11:00 am	11:05 am	National Stream Training Hall Access		5	20 8 Youth U15 TUM Female FINAL			
11:05 am	11:10 am				15			
11:10 am	11:15 am				10			
11:15 am	11:20 am				5			
11:20 am	11:25 am				AWARDS CEREMONY			
11:25 am	11:30 am				5 mins prepare finalists			
					6 3 Youth U15 TUM Male FINAL			
					1			
					AWARDS CEREMONY			

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 4: 29-Jun-25

Session 2, Sat 12th July		TRP 1	TRP 2	DMT	TUM
		57 Athletes for all disciplines in session			
11:30 am	12:00 pm	13 athletes	12 athletes	20 athletes	12 athletes
12:00 pm	12:05 pm				
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	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	Internatonal 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	National Stream Training Hall Access	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
3:40 pm	3:45 pm				
3:45 pm	3:50 pm				
3:50 pm	3:55 pm				
3:55 pm	4:00 pm				

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 4: 29-Jun-25

Session 3, Sat 12th July		TRP 1	TRP 2	DMT	TUM		
		76 Athletes for all disciplines in session					
4:30 pm	5:00 pm	29 athletes	14 athletes	15 athletes	18 athletes		
5:00 pm	5:05 pm						
5:05 pm	5:10 pm					International Warmup & Competition Procedure	
5:10 pm	5:15 pm					1. Athletes Check In Training Hall	
5:15 pm	5:20 pm					2. Training Hall Access 1 Hr prior to compete time	
5:20 pm	5:25 pm					3. Athletes marshalled at Podium 15min prior to compete	
5:25 pm	5:30 pm					4. Athletes march onto Podium to Warmup & Compete	
5:30 pm	5:35 pm					5. INDIVIDUAL PRELIM Warmup = 1x comp routines + 1	
5:35 pm	5:40 pm					6. SYN PRELIM Warmup = 2 touch	
5:40 pm	5:45 pm					7. Athletes Compete	
5:45 pm	5:50 pm					8. Athletes Marshall for Finals	
5:50 pm	5:55 pm	9. Medal Presentation or March Out					
5:55 pm	6:00 pm	Interernrtional TUM Podium Access					
Due to no Rod Floor in Training Hall							
6:00 pm	6:05 pm	International Tumblers have Podium Access for 30mins	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	from 45mins prior to the Scheduled Session Comp Start	50	34	20		
6:10 pm	6:15 pm	Internatonal 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	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					
8:40 pm	8:45 pm						
8:45 pm	8:50 pm						
8:50 pm	8:55 pm						
8:55 pm	9:00 pm						

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 4: 29-Jun-25

SESSION 1, Sun 13th July		TRP 1	TRP 2	DMT	TUM
		0 Athletes for all disciplines in session			
7:00 am	7:30 am	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 4: 29-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							
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							
		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						
		Interernational TUM Podium Access						
		Due to no Rod Floor in Training Hall						
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	International Tumblers have Podium Access for 30mins from 45mins prior to the Scheduled Session Comp Start						
11:40 am	11:45 am							
11:45 am	11:50 am							
11:50 am	11:55 am							
11:55 am	12:00 pm							
12:00 pm	12:05 pm							
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							
1:05 pm	1:10 pm							
1:10 pm	1:15 pm							
1:15 pm	1:20 pm							
1:20 pm	1:25 pm							
1:25 pm	1:30 pm							
1:30 pm	1:35 pm							
1:35 pm	1:40 pm							
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							
2:30 pm	2:35 pm							
2:35 pm	2:40 pm							
2:40 pm	2:45 pm							
2:45 pm	2:50 pm							
2:50 pm	2:55 pm							
2:55 pm	3:00 pm							

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 4: 29-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 Due to no Rod Floor in Training Hall						
4:55 pm	5:00 pm							
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	Internatonal 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	National Stream Training Hall Access	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 AWARDS CEREMONY					
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 4: 29-Jun-25

Session 1, Mon 14th July		TRP 1	TRP 2	DMT	TUM
		65 Athletes for all disciplines in session			
7:00 am 7:30 am	Training Hall Access	16 athletes	17 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	Internternational 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				
8:35 am 8:40 am	from 45mins prior to the Scheduled Session Comp Start				
8:40 am 8:45 am	Internatonal Finals Warmups				
8:45 am 8:50 am	If Finals directly follows prelim of 1 flight	40 8.2 Youth U13 TRP Male Flight 1	30 6.1 Youth U15 TRP Male Flight 1	21 7.2 Junior U22 DMT Female Flight 1	
8:50 am 8:55 am	Athletes Warmup = 1x no. of routines competed	35	25	16	
8:55 am 9:00 am	All other Finals	30	20	11	
9:00 am 9:05 am	Athletes Warmup = 1x comp routines + 1	25	15	6	
9:05 am 9:10 am	All National Stream, Youth U13, SYN, & TUM Finals	20	10	18 6.2 Junior U22 DMT Female Flight 2	
9:10 am 9:15 am	Will directly follow Prelims	15	5	13	
9:15 am 9:20 am		10	35 7.1 Youth U15 TRP Female Flight 1	8	
9:20 am 9:25 am		5	30	3	
9:25 am 9:30 am		40 8.2 Youth U13 TRP Male Flight 2	25	30 10.2 Junior U22 DMT Male Flight 1	
9:30 am 9:35 am		35	20	25	
9:35 am 9:40 am		30	15	20	
9:40 am 9:45 am		25	10	15	
9:45 am 9:50 am		20	5	10	
9:50 am 9:55 am		15	20 4.1 Youth U13 TRP Female Flight 1	5	
9:55 am 10:00 am		10	15	27 9.2 Junior U22 DMT Male Flight 2	
10:00 am 10:05 am	National Stream Training Hall Access	5	10	22	
10:05 am 10:10 am		5 mins prepare finalists	5	17	
10:10 am 10:15 am		24 8 Youth U13 TRP Male FINAL	5 mins prepare finalists	12	
10:15 am 10:20 am		19	12 4 Youth U13 TRP Female FINAL	7	
10:20 am 10:25 am		14	7	2	
10:25 am 10:30 am		9	2		
10:30 am 10:35 am		4			
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 4: 29-Jun-25

Session 2, Mon 14th July			TRP 1	TRP 2	DMT	TUM
			0 Athletes for all disciplines in session			
10:30 am	11:00 am	Training Hall Warmup	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	Intererational TUM Podium Access Due to no Rod Floor in Training Hall				
11:50 am	11:55 am					
11:55 am	12:00 pm					
12:00 pm	12:05 pm	International Tumblers have Podium Access for 30mins from 45mins prior to the Scheduled Session Comp Start	21 7 Youth U15 TRP Female FINAL	24 8 Junior U22 DMT Female FINAL		
12:05 pm	12:10 pm	Internatonal 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	16	19		
12:10 pm	12:15 pm		11	14		
12:15 pm	12:20 pm		6	9		
12:20 pm	12:25 pm		1	AWARDS CEREMONY	4	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	4	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	4	AWARDS CEREMONY	4	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	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					
2:30 pm	2:35 pm					
2:35 pm	2:40 pm					
2:40 pm	2:45 pm					
2:45 pm	2:50 pm					
2:50 pm	2:55 pm					
2:55 pm	3:00 pm					

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 4: 29-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	4016 International TEAM TRP Male FINAL				
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	104 TEAM All AROUND FINAL TRP Female	54 TEAM ALL AROUND FINAL DMT Female	54 TEAM ALL AROUND FINAL TUM Male	
6:35 pm	6:40 pm		5	0	0	
6:40 pm	6:45 pm	104 TEAM All AROUND FINAL TRP Male		54 TEAM ALL AROUND FINAL DMT Male	54 TEAM ALL AROUND FINAL TUM Female	
6:45 pm	6:50 pm	5		0	0	
6:50 pm	6:55 pm					
6:55 pm	7:00 pm					
7:00 pm	7:05 pm	TRANS TASMAN CHALLENGE	2412 Trans Tasman Female FINAL	2412 Trans Tasman Male FINAL		
7:05 pm	7:10 pm	National Stream Training Hall Access	20-	20-		
7:10 pm	7:15 pm		15-	15-		
7:15 pm	7:20 pm		10-	10-		
7:20 pm	7:25 pm		5-	5-		
7:25 pm	7:30 pm		5 mins Females move TRP to DMT	5 mins Males move DMT to TRP		
7:30 pm	7:35 pm		2412 Trans Tasman Male FINAL	2412 Trans Tasman Female FINAL		
7:35 pm	7:40 pm		20-	20-		
7:40 pm	7:45 pm		15-	15-		
7:45 pm	7:50 pm		10-	10-		
7:50 pm	7:55 pm		5-	5-		
7:55 pm	8:00 pm					

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 4: 29-Jun-25

SESSION 1, Tue 15th July		TRP 1	TRP 2	DMT	TUM
		0 Athletes for all disciplines in session			
7:30 am	8:00 am	0 athletes	0 athletes	0 athletes	0 athletes
8:00 am	8:05 am	NO COMPETITION	NO COMPETITION	NO COMPETITION	NO COMPETITION
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				
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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				
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				

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 4: 29-Jun-25

Session 2, Tue 15th July		TRP 1	TRP 2	DMT	TUM		
11:30 am	12:00 pm	83 Athletes for all disciplines in session					
12:00 pm	12:05 pm	17 athletes	25 athletes	0 athletes	41 athletes		
12:05 pm	12:10 pm	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					
12:10 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	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	15 5.1 SYN Nat 7 Female Flight 1	25		
1:40 pm	1:45 pm		18 6.1 SYN Nat 7 Male Flight 1	10	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	19	20		
2:15 pm	2:20 pm		15 5.1 SYN Nat 5 Male Flight 1	14	15		
2:20 pm	2:25 pm		10 4		10		
2:25 pm	2:30 pm		5 4		5		
2:30 pm	2:35 pm		0 24 8.2 SYN Nat 6 Female Flight 2		21 7.4 Nat 6 TUM Female Flight 4		
2:35 pm	2:40 pm		5 mins prepare finalists	19	16		
2:40 pm	2:45 pm		10 5 SYN Nat 5 Male FINAL	14	11		
2:45 pm	2:50 pm		5 9		6		
2:50 pm	2:55 pm		0 AWARDS CEREMONY	4	1		
2:55 pm	3:00 pm			5 mins prepare finalists		9 3.1 Nat 6 TUM Male Flight 1	
3:00 pm	3:05 pm			16 8 SYN Nat 6 Female FINAL		4	
3:05 pm	3:10 pm			11 6		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 AWARDS CEREMONY	
3:30 pm	3:35 pm			National Stream Training Hall Access			3 3 Nat 6 TUM Male FINAL
3:35 pm	3:40 pm						-2 AWARDS CEREMONY
3:40 pm	3:45 pm						
3:45 pm	3:50 pm						
3:50 pm	3:55 pm						
3:55 pm	4:00 pm						

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 4: 29-Jun-25

SESSION 3, Tue 15th July		TRP 1	TRP 2	DMT	TUM
4:00 pm	4:30 pm	84 Athletes for all disciplines in session 16 athletes	68 Athletes for all disciplines in session 28 athletes	22 athletes	18 athletes
4:30 pm	4:35 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			
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	National Stream Finals Warmups If Finals directly follows prelim of 1 flight Athletes Warmup = 1x no. of routines competed			
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	All other Finals Athletes Warmup = 2x comp routines All National Stream, Youth U13, SYN, & TUM Finals Will directly follow Prelims			
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				
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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				
8:30 pm					

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 4: 29-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	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				
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				
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				
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				

66	11.1	Nat 5 TRP Male Flight 1	72	12.1	Nat 5 TRP Female Flight 1	24	8.1	Nat 7 DMT Male Flight 1
61			67			19		
56			62			14		
51			57			9		
46			52			4		
41			47			5 mins		prepare finalists
36			42			16	8	Nat 7 DMT Male FINAL
31			37			11		
26			32			6		AWARDS CEREMONY
21			27			15	5.1	Nat 7 DMT Female Flight 1
16			22			10		
11			17			5		
6			12			5 mins		prepare finalists
5 mins		prepare finalists	7			10	5	Nat 7 DMT Female FINAL
24	8	Nat 5 TRP Male FINAL	5 mins		prepare finalists	5		
19			24	8	Nat 5 TRP Female FINAL	0		AWARDS CEREMONY
14			19					
9			14					
4		AWARDS CEREMONY	9					
			4		AWARDS CEREMONY			

TRAMPOLINE GYMNASTICS ORDER OF WORK - AUSTRALIAN GYMNASTICS CHAMPIONSHIPS 2025

FINAL Version 4: 29-Jun-25

SESSION 2, Wed 16th July		TRP 1	TRP 2	DMT	TUM
11:30 am 12:00 pm	Training Hall Access	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				
12:05 pm 12:10 pm	1. Athletes Check In Training Hall				
12:10 pm 12:15 pm	2. Training Hall Access 1 Hr prior to compete time				
12:15 pm 12:20 pm	3. Athletes marshalled at Podium 15min prior to compete				
12:20 pm 12:25 pm	4. Athletes march onto Podium to Warmup & Compete				
12:25 pm 12:30 pm	5. INDIVIDUAL PRELIM Warmup = 2x comp routines				
12:30 pm 12:35 pm	6. SYN PRELIM Warmup = 2x comp routines				
12:35 pm 12:40 pm	7. Athletes Compete				
12:40 pm 12:45 pm	8. Athletes Marshall for Finals				
12:45 pm 12:50 pm	9. Medal Presentation or March Out				
12:50 pm 12:55 pm	National Stream Finals Warmups				
12:55 pm 1:00 pm	If Finals directly follows prelim of 1 flight				
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	6
2:10 pm 2:15 pm			11	AWARDS CEREMONY	36 12.2 Nat 6 DMT Female Flight 1
2:15 pm 2:20 pm			6	31	36 12.4 Nat 5 TUM Female Flight 3
2:20 pm 2:25 pm		54 9.1 Nat 7 TRP Male Flight 1		26	26
2:25 pm 2:30 pm		49		21	21
2:30 pm 2:35 pm		44		16	16
2:35 pm 2:40 pm		39		11	11
2:40 pm 2:45 pm		34		6	6
2:45 pm 2:50 pm		29		33 11.2 Nat 6 DMT Female Flight 2	33 11.4 Nat 5 TUM Female Flight 4
2:50 pm 2:55 pm		24		28	28
2:55 pm 3:00 pm		19		23	23
3:00 pm 3:05 pm		14		18	18
3:05 pm 3:10 pm		9		13	13
3:10 pm 3:15 pm		4		8	8
3:15 pm 3:20 pm		5 mins prepare finalists		3	3
3:20 pm 3:25 pm		16 8 Nat 7 TRP Male FINAL		5 mins prepare finalists	18 12 Nat 5 TUM Female FINAL
3:25 pm 3:30 pm		11		24 8 Nat 6 DMT Female FINAL	13
3:30 pm 3:35 pm		6		19	8
3:35 pm 3:40 pm		AWARDS CEREMONY		14	3
3:40 pm 3:45 pm				9	AWARDS CEREMONY
3:45 pm 3:50 pm				4	
3:50 pm 3:55 pm					
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 4: 29-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				
5:25 pm	5:30 pm				
5:30 pm	5:35 pm				
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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				