



OKANAGAN INVITATIONAL '10

3rd Team Trial
March 5-7, 2010

Revised - February 26, 2010

FRIDAY, MARCH 5, 2010 "PRELIMINARIES"

RUN AND STRETCH (NO EQUIPMENT)	1:45 pm - 2:00 pm
GENERAL WARM-UP: Provincial Trampoline / National DMT / All TUMBLING	2:00 pm - 3:30 pm
GENERAL WARM-UP: National Trampoline / Provincial DMT / All TUMBLING	3:30 pm - 5:00 pm
OPENING CEREMONIES	5:00 pm - 5:30 pm
COACHES AND JUDGES MEETING	5:30 pm - 6:00 pm

**** NOTE: ALL JUDGES ARE REQUESTED TO ATTEND TRIAL JUDGING 20 MINUTES PRIOR TO EACH PANEL/BLOCK

BLOCK 1	TRAMPOLINE
6:00 - 8:00	CM & BM (12)
1 TOUCH WARM-UP	A M (7)
	BW 12&under flight 1 (9)
	BW 12&under flight 2 (9)

BLOCK 1	TUMBLING
6:00 - 7:45	
15 minute	National Warm-up
	All National (13)
1 TOUCH WARM-UP	10&Under/DW/DM/CM (12)
	CW (14)
	BW (12)
	BM & AW (8)



SATURDAY, MARCH 6TH, PRELIMINARIES & TUMBLING FINALS

WARM-UP FOR BLOCK '2' ONLY

8:00 am - 8:30 am

BLOCK 2	TRAMPOLINE
8:30 - 11:00	1 touch warm-up
	10 & Under (11)
	C W flight 1 (9)
	C W flight 2 (9)
	AW (10)

BLOCK 2	DOUBLE-MINI
8:30 - 11:15	
1 touch warm-up	AW (10)
	AM (14)
2 touch warm-up	Novice 10-14 W (10)
	Novice 10-14/15+ M (10)
	Novice 15+ W (7)
15 minute	Warm-Up
	Open/Youth/Senior W&M (10)

WARM-UP FOR BLOCK '3' ONLY

11:00 am - 11:30 am

BLOCK 3	TRAMPOLINE
11:30 - 1:15	1 touch warm-up
	B13+ W flight 1 (10)
	B13+ W flight 2 (10)
	B13+ W flight 3 (9)

BLOCK 3	TUMBLING "FINALS"
11:30 - 1:00	15 MINUTE WARM-UP - NAT
	ALL NATIONAL (13)
1 touch warm-up	AW & BM (8)
	CW (10)
	10&Under / CM / DW/DM (11)
	BW (12)

WARM-UP FOR BLOCK '4' ONLY

1:15 pm - 1:45 pm

BLOCK 4	TRAMPOLINE
1:45 - 4:30	2 touch warm-up
	Novice 10-14 W & M (14)
	Novice 15+ W & M (13)
20 minute	Warm-Up O / Y / S
	Open/Youth/Senior W&M (11)
	NAT. SYNCHRO TRAMPOLINE
30 minute	Warm-Up "all synchro pairs"
	All National (8)

BLOCK 4	DOUBLE-MINI
1:45 - 3:00	1 touch warm-up
	10 & Under (11)
	C W flight 1 (11)
	C W flight 2 (10)
	C W flight 3 (10)

*** please note.....block 5 double-mini will move ahead ***

WARM-UP FOR BLOCK '5' WILL BEGIN IMMEDIATELY FOLLOWING THE COMPLETION OF BLOCK 4 DOUBLE-MINI

BLOCK 5	DOUBLE-MINI
3:30 - 4:45	1 touch warm-up
	B W flight 1 (10)
	B W flight 2 (10)
	B W flight 3 (10)
	CM & BM (8)



SUNDAY, MARCH 7TH, "EVENT FINALS"

WARM-UP FOR BLOCK '6' ONLY

8:00 am - 8:45 am

BLOCK 6	TRAMPOLINE "FINALS"
8:45 - 11:00	1 touch warm-up
	10 & Under (10)
	C W & C M (11)
	B W 12&Under (10)
	B W 13+ (10)
	B M (10)
	A W (10)
	A M (7)

BLOCK 6	DOUBLE-MINI "FINALS"
8:45 - 11:00	
1 touch warm-up	AW (10)
	AM (10)
2 touch warm-up	Novice 15+ W (7)
	Novice 10-14 & 15+ M (8)
	Novice 10-14 W (10)
15 minute	Warm-Up O / Y / S
	Open/Youth/Senior W&M (10)

*** due to guest athletes making finals; event times may be adjusted

WARM-UP FOR BLOCK '7' ONLY

11:15 am - 12:00 pm

BLOCK 7	TRAMPOLINE "FINALS"
12:00 - 1:30	1 touch warm-up
	Novice 10-14 W&M (12)
	Novice 15+ W (7)
	Novice 15+ M (6)
15 minute	Warm-Up O / Y / S
	Open/Youth/Senior W&M

BLOCK 7	DOUBLE-MINI "FINALS"
12:00 - 1:30	1 touch warm-up
	10 & Under (10)
	C W & CM (13)
	B W (10)
	B M (6)

***** AWARDS *****