

**TUESDAY 24.05.2022**



**TRAINING PROGRAMME**

| COMPETITION AREA |                        |     |     |               | WCUP TRA<br>WARM UP<br>AREA | DMT/TUM<br>WARM UP<br>AREA   |     |               | AERE CUP<br>TRA WARM<br>UP AREA |
|------------------|------------------------|-----|-----|---------------|-----------------------------|------------------------------|-----|---------------|---------------------------------|
| Time             | TRAMPOLINE             | DMT | TUM | Time          | TRA                         | DMT                          | TUM | Time          | TRA                             |
| 15.00 - 17.00    | AERE CUP FREE TRAINING |     |     | 15.00 - 17.00 |                             |                              |     |               |                                 |
| 17.00 - 20.00    |                        |     |     | 17.00 - 20.00 |                             | AERE CUP<br>FREE<br>TRAINING |     | 17.00 - 20.00 | AERE CUP FREE<br>TRAINING       |

| WEDNESDAY 25.05.2022 |                               |     |     |               |                       |                               |                                 |               |                           |
|----------------------|-------------------------------|-----|-----|---------------|-----------------------|-------------------------------|---------------------------------|---------------|---------------------------|
| TRAINING PROGRAMME   |                               |     |     |               |                       |                               |                                 |               |                           |
| COMPETITION AREA     |                               |     |     |               | WCUP TRA WARM UP AREA | DMT/TUM WARM UP AREA          |                                 |               | AERE CUP TRA WARM UP AREA |
| Time                 | TRAMPOLINE                    | DMT | TUM | Time          | TRA                   | DMT                           | TUM                             | Time          | TRA                       |
| 9.00 - 14.00         | AERE CUP FREE TRAINING        |     |     |               |                       |                               |                                 |               |                           |
|                      | AERE CUP TRA,TUM, DMT PRELIMS |     |     | 14.20 - 15.00 |                       |                               | TUM BOYS (13-16) Qualification  | 14.20 - 15.00 | 13 - 16 SYN boys          |
|                      |                               |     |     | 15.00 - 15.40 |                       |                               | TUM GIRLS (13-16) Qualification | 15.00 - 15.40 | 13 - 16 SYN girls         |
|                      |                               |     |     |               |                       |                               |                                 | 15.40 - 16.20 | Ind. 11-12 GR.1           |
|                      |                               |     |     |               |                       |                               |                                 | 16.20 - 17.00 | Ind. 11-12 GR.2           |
|                      |                               |     |     |               |                       |                               |                                 | 17.00 - 17.40 | Ind 17-21 GR. 1           |
|                      |                               |     |     |               |                       |                               |                                 | 17.40 - 18.20 | Ind 17-21 GR. 2           |
|                      |                               |     |     | 18.20 - 19.00 |                       | DMT BOYS 13-16 Qualification  |                                 |               |                           |
|                      |                               |     |     | 19.00 - 19.40 |                       | DMT GIRLS 13-16 Qualification |                                 |               |                           |

**THURSDAY 26.05.2022**  
**TRAINING PROGRAMME**



| COMPETITION AREA |                              |            |     |     |                                | WCUP TRA<br>WARM UP<br>AREA | DMT/TUM WARM UP<br>AREA      |     |               | AERE CUP TRA WARM<br>UP AREA |                            |
|------------------|------------------------------|------------|-----|-----|--------------------------------|-----------------------------|------------------------------|-----|---------------|------------------------------|----------------------------|
| Time             | TRAMPOLINE                   |            | DMT | TUM | Time                           | TRA                         | DMT                          | TUM | Time          | TRA                          |                            |
|                  | TRA MEN                      | TRA LADIES |     |     |                                |                             |                              |     |               |                              |                            |
|                  | AERE CUP PRELIMS (TRA 13-16) |            |     |     |                                |                             |                              |     | 8.15 - 9.00   | Ind 13-16 PRELIMS GR. 1      |                            |
|                  |                              |            |     |     |                                |                             |                              |     | 9.00 - 9.45   | Ind 13-16 PRELIMS GR. 2      |                            |
|                  |                              |            |     |     |                                |                             |                              |     | 9.45 - 10.30  | Ind 13-16 PRELIMS GR. 3      |                            |
|                  |                              |            |     |     |                                |                             |                              |     | 10.30 - 11.15 | Ind 13-16 PRELIMS GR. 4      |                            |
|                  |                              |            |     |     | 16.30 - 17.00                  |                             | DMT 11-12 +<br>17 - 21 FINAL |     | 16.30 - 19.30 | FREE TRAINING                |                            |
|                  | AERE CUP DMT & TUM FINALS    |            |     |     | 17.00 - 17.30                  |                             | DMT 13 - 16<br>GIRLS FINAL   |     |               |                              |                            |
|                  |                              |            |     |     | 17.30 - 18.00                  |                             | DMT 13 - 16<br>BOYS FINAL    |     |               |                              |                            |
|                  |                              |            |     |     | 18.00 - 18.30                  |                             |                              |     |               |                              | TUM 11-12 &<br>17-21 FINAL |
|                  |                              |            |     |     | 18.30 - 19.00                  |                             |                              |     |               |                              | TUM 13 - 16<br>BOYS FINAL  |
|                  |                              |            |     |     | 19.00 - 19.30                  |                             |                              |     |               |                              | TUM 13 - 16<br>GIRLS FINAL |
|                  |                              |            |     |     | AERE TUM&DMT AWARDING CEREMONY |                             |                              |     |               |                              |                            |

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TRAINING PROGRAMME



| COMPETITION AREA |                                  |            |     |     |               | WCUP TRA WARM UP AREA | DMT/TUM WARM UP AREA |     |               | AERE CUP TRA WARM UP AREA |
|------------------|----------------------------------|------------|-----|-----|---------------|-----------------------|----------------------|-----|---------------|---------------------------|
| Time             | TRAMPOLINE                       |            | DMT | TUM | Time          | TRA                   | DMT                  | TUM | Time          | TRA                       |
|                  | TRA MEN                          | TRA LADIES |     |     |               |                       |                      |     |               |                           |
|                  |                                  |            |     |     | 15.10 - 17.10 |                       | FREE TRAINING        |     | 15.05 - 15.30 | 13 - 16 FINAL             |
| 15.30 - 15.55    | AERE CUP TRA FINALS              |            |     |     |               |                       |                      |     | 15.30 - 15.55 | 11 - 12 FINAL             |
| 15.55 - 16.20    |                                  |            |     |     |               |                       |                      |     | 15.55 - 16.20 | 17 - 21 FINAL             |
| 16.20 - 16.45    |                                  |            |     |     |               |                       |                      |     | 16.20 - 16.45 | SYN 13-16 FINAL           |
| 16.45 - 17.10    |                                  |            |     |     |               |                       |                      |     |               |                           |
| 17.10 - 17.45    | AERE CUP TRA AWARDING CEREMONIES |            |     |     |               |                       |                      |     |               |                           |