



TYNE & WEAR TRAMPOLINE FINALS 2010

Congratulations to all competitors who have qualified to the 3rd Tyne & Wear Trampoline Finals. Please read the information below carefully as rules at the Final will be strictly enforced.

Venue

The Final will be held on Saturday 13th November 2010 at the Sandhill Centre, Grindon Lane, Grindon, Sunderland, SR3 4EN. There is ample free car parking at the venue and a swimming pool. There are several vending machines and food and drink will also be on sale.

Signing In

Before Warm-Up cards are issued, each School must hand in their Qualifier Letter which was sent to them after the Qualifiers. This must be signed by the Coach (who must be qualified to the level of each competitor taking part), Team Manager and Head Teacher. The named Coach and Team Manager must remain with their team throughout the day (this can be the same person if necessary). Please make any corrections and withdrawals on this sheet prior to submitting.

Attire

All competitors must compete in the correct attire. Competitors failing to follow these rules will be removed from the competition:

- Elite – As British Gymnastics regulations for National C and above, ie. leotard for girls and leotard and light coloured stirrups for boys. White socks or trampoline shoes.
- Intermediate, Novice & Beginner – Competitors may wear their school PE uniform for indoor sports, provided it is suitable for trampolining. Acceptable uniform is limited to T-Shirt, singlet PE vest, polo shirts, close fitting PE shorts and white socks or trampoline shoes. Competitors may not compete in tracksuit trousers.
- All teams must wear matching attire or risk disqualification from the team events.

All competitors and spotters must remove all jewellery, including earrings, bracelets and watches, before entering the trampoline area.

Approximate Timetable of Events

Time	Panel 1	Time	Panel 2
09:00	Intermediate - KS3 Girls	09:00	Intermediate – KS3 Boys Intermediate – KS4 Boys
10:45	Intermediate – KS4 Girls	10:45	Beginner – KS3 Girls
12:00	Presentation of Morning Events	12:00	Presentation of Morning Events
12:15	Elite – KS3 Girls Elite – KS3 Boys	12:15	Beginner – KS3 Boys Beginner – KS4 Girls Beginner – KS4 Boys
13:45	Elite – KS3 Girls Elite – KS4 Boys	13:00	Novice – KS3 Girls
		14:15	Novice – KS3 Boys Novice – KS4 Girls
15:30	Presentation of Afternoon Events	15:30	Presentation of Afternoon Events

ORGANISERS RESERVE THE RIGHT TO RUN EVENTS UP TO 45 MINUTES EARLY

**RESULTS WILL BE AVAILABLE AFTER THE COMPETITION AT
www.AAAsports.co.uk**