

Club Cup Championships and Regional Finals  
30th March 2025

Trampoline								
DMT								
Flight	Time	Panel 1	Panel 2	Panel 3	Panel 4	Time	Panel 5	Panel 6
1	0830-0855 Warm up 0855-0925 Compete	11-12 Female RCC 3 <a href="#">NOS 1-13</a>	13-17 Female RCC 1 <a href="#">NOS 1-13</a>	9-10 Female RCC 1 <a href="#">NOS 1-13</a>	09-15 Female DIS CC 1 - Cat 1 09-15 Female DIS CC 2 - Cat 1 09-15 Male DIS CC 1 - Cat 1 15+ Female DIS CC 1 - Cat 1 15+ Male DIS CC 1 - Cat 2 09-15 Female DIS RCC 1 - Cat 2 09-15 Female DIS RCC 2 - Cat 1 09-15 Male DIS RCC 2 - Cat 1	0830-0900 Warm up 0900-0925 Compete	15-16 Male RCC 3 11-12 Female CC 1 9-10 Male CC 1	13-14 Male CC 2 <b>7-10 Female CC 2</b> <a href="#">NOS 1-9</a>
2	0930-0955 Warm up 0955-1025 Compete	11-12 Female RCC 3 <a href="#">NOS 14-17</a> 13-17 Male RCC 1 11-12 Male RCC 1 11-12 Male RCC 2	13-17 Female RCC 1 <a href="#">NOS 14-26</a>	9-10 Female RCC 1 <a href="#">NOS 14-26</a>	7-8 Female CC 1 7-8 Female CC 3	0930-1000 Warm up 1000-1025 Compete	11-12 Female CC 2	<b>7-10 Female CC 2</b> <a href="#">Nos 10-18</a> 13-14 Male RCC 3
3	1030-1055 Warm Up 1055-1125 Compete	13-14 Female RCC 2 <b>13-14 Female RCC 3</b> <a href="#">NOS 1-11</a>	15+ Female RCC 2	<b>9-10 Female RCC 1</b> <a href="#">NOS 27-40</a>	7-8 Male CC 1 7-8 Male CC 3 11-12 Female CC 2 9-10 Female CC 1	1030-1100 Warm Up 1100-1115 Compete 1115-1120 1 Touch 1120-1125 Compete	9-10 Female Open 11-12 Female Open 13-14 Female Open	15-16 Male Open 13-14 Male Open 15-16 Female Open 17+ Male Open 17+ Female Open
4	1130-1155 Warm Up 1155-1225 Compete	<b>13-14 Female RCC 3</b> <a href="#">NOS 12-16</a> 11-12 Male RCC 3 7-8 Female RCC 2 7-8 Male RCC 1	11-12 Female RCC 2	7-8 Female RCC 1	<b>11-12 Female CC 3</b> <a href="#">NOS 1-14</a>	1130-1200 Warm Up 1200-1225 Compete	11-12 Female RCC 2 13+ Male RCC 1	17+Female RCC 3 11-12 Male CC 2 15+Female RCC 4
	1225-1255 Lunch							
5	1230-1255 Warm Up 1255-1325 Compete	11-12 Female Open 11-12 Male Open	9-10 Male RCC 3 9-10 Male RCC 4 11-12 Female RCC 4 10 Female RCC 4 10 Male RCC 4 9-10 Male RCC 2	<b>11-12 Female RCC 1</b> <a href="#">NOS 1-11</a>	<b>11-12 Female CC 3</b> <a href="#">NOS 15-22</a> <b>9-10 Female CC 3</b> <a href="#">NOS 1-5</a>	1230-1300 Warm up 1300-1325 Compete	15+ Female DIS RCC 1 - Cat 1 09-15 Male DIS RCC 2 - Cat 1 09-15 Female DIS RCC 1 - Cat 1 09-15 Female DIS RCC 1 - Cat 2 13+ Female RCC 1 7-10 Male CC 2	<b>9-12 Female RCC 1</b> <a href="#">NOS 1-11</a>
6	1325-1350 Warm Up 1350-1420 Compete	9-10 Female Open 15-16 Male Open 15-16 Female Open	15+ Male RCC 3 15-16 Female RCC 4 17+ Female RCC 4 13-14 Male RCC 4 13-14 Female RCC 4	<b>11-12 Female RCC 1</b> <a href="#">NOS 12-22</a>	<b>9-10 Female CC 3</b> <a href="#">NOS 6-18</a>	1325-1355 Warm Up 1355-1420 Compete	11-12 Female RCC 4 11-12 Male RCC 2 7-8 Male CC 1 15+ Female CC 2	<b>9-12 Female RCC 1</b> <a href="#">NOS 12-15</a> 15-16 Female RCC 3 9-10 Female RCC 2 13-14 Female CC 2
7	1420-1445 Warm Up 1445-1515 Compete	13-14 Female Open 17+ Female Open	13-14 Male RCC 3 9-10 Female RCC 3	<b>11-12 Female RCC 1</b> <a href="#">NOS 23-34</a>	9-10 Female CC 2 9-10 Male CC 3 11-12 Male CC 3 13-14 Famel CC 1 13-14 Female CC 2 15+ Female CC 2	1420-1450 Warm Up 1450-1515 Compete	9-10 Female CC 1 7-8 Female CC 1 9-10 Male RCC 4 9-10 Female RCC 4	Register A Score
8	1515-1540 Warm Up 1540-1610 Compete	Register A Score	15+ Female RCC 3	9-10 Female RCC 2 9-10 Male RCC 1	15+ Female CC 3 13-14 Female CC 3	1515-1545 Warm Up 1545-1610 Compete	13+ Female RCC 2	13-14 Female RCC 3 9-12 Male RCC 1 15+ Male RCC 4