

OAA's Copy



Cirque du Cambridge Kips - T&T Interclub - April 13, 2019

Trampoline - Session 1		
Stretch	8:00-8:15	(Arayne, Maya & Jayda)
Warm-Up	8:15-8:40	Women - Int B - age 8-10 (9) Women - Int B - age 13/14 (11)
Competition	8:40-9:25	
Stretch	9:15-9:30	Men - Int B age 11/12 (14)
Warm-Up	9:30-9:55	Men - Int B - age 13+ (6)
Competition	9:55-10:40	
Trampoline - Session 2		
Stretch	10:30-10:45	Women - Int A - age 8/9 (8) (Ahaana)
Warm-Up	10:45-11:15	Women - Int A - age 10+ (10) (Arabella)
Competition	11:15-12:05	Men - Int A (4)
Stretch	11:45-12:00	Women - Int B - age 11 (11) (Lilah)
Warm-Up	12:05-12:35	Women - Int B - age 12 (5)
Competition	12:35-1:25	Women - Int B - age 15+ (6)
Trampoline - Session 3		
Stretch	1:45-2:00	Women - Int C - age 9-11 (4) (Hannah)
Warm-Up	2:00-2:25	Women - Int C - age 12+ (6) Men - Int C - all ages (5) (Owen)
Competition	2:25-3:10	Women - Int D (1) / Men - Int D (4)
Stretch	2:55-3:10	Men - Int B age 9/10 (7)
Warm-Up	3:10-3:35	Masters (8) (Justyna, Kristen, Megan, Adrian)
Competition	3:35-4:20	Showcase (3) (Avery)
Synchro		
Stretch	4:10-4:25	(Ahaana&Arayne, Arabella&Lilah, Maya&Jayda)
Warm-Up	4:25-4:50	Int AB - under 13 (14)
Competition	4:50-5:15	
Stretch	5:00-5:15	Int AB - 13+ (10)
Warm-Up	5:15-5:40	Int CD (3) / Masters (3)
Competition	5:40-6:05	(Hannah&Owen, Adrian&Megan, Justyna&Kristen)

DMT - Session 1		
Stretch	8:55-9:10	Women - Int A - age 8-9 (4) (Ahaana)
Warm-Up	9:10-9:25	Women - Int A - age 10-12 - (6) Women - Int A - age 13+ (4) (Arabella)
Competition	9:25-9:45	Women - Int C (1)
Stretch	10:10-10:25	Men - Int A (6) Men - Int C (3) (Owen)
Warm-Up	10:25-10:40	
Competition	10:40-11:05	Masters (4) / Showcase (2) (Avery)
DMT - Session 2		
Stretch	1:30-1:45	Women - Int B - age 8/9 (5) (Jayda Arayne)
Warm-Up	1:45-2:00	Women - Int B - age 10/11 (9) (Hannah, Lilah, Maya)
Competition	2:00-2:20	
Stretch	2:40-2:55	Women - Int B - age 12/13 (11)
Warm-Up	2:55-3:10	Women - Int B - 14+ (7)
Competition	3:10-3:35	
Stretch	3:50-4:05	Men - Int B - age 9-11 (7) Men - Int B - age 12 (4) Men - Int B - age 13+ (6)
Warm-Up	4:05-4:20	
Competition	4:20-4:40	

Please check in 30 min prior to your stretch time (Doors open at 7:30am)
 No one/two touch warm ups for any category or level
 Awards will occur after each group as quick as time allows
 No flash photography of any kind is permitted
 Entry fee of \$10/adult. \$8/child/senior. Cash/card options available.

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