



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

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

DMT - Session 1		
Stretch	8:00-8:15	Women - Int A - age 7-9 (10) (Ahaana)
Warm-Up	8:15-8:30	Women - Int A - age 10+ - (8)
Competition	8:30-9:05	Women - Int C (1)
Stretch	8:45-9:00	Men - Int A (6)
Warm-Up	9:05-9:20	Men - Int C (2) (Owen)
Competition	9:20-9:50	Masters (8) / Showcase (2) (Avery)
DMT - Session 2		
Stretch	9:45-10:00	Women - Int B - age 7-9 (8) (Arayne, Maya & Jayda)
Warm-Up	10:00-10:15	Women - Int B - age 10 (7) (Hannah & Lilah)
Competition	10:15-10:35	
Stretch	10:15-10:30	Women - Int B - age 11/12 (12)
Warm-Up	10:35-10:50	Women - Int B - 13+ (8)
Competition	10:50-11:15	
Stretch	10:55-11:10	Men - Int B - age 8-10 (8)
Warm-Up	11:15-11:35	Men - Int B - age 11/12 (10)
Competition	11:35-12:00	Men - Int B - age 13+ (4)

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.

**1458 Hamilton St.
 Cambridge, ON, N3H 3G5**