



Spectator Information:

JumpSTART Competition - Trampoline

Sunday 26th April 2026

Venue: Sport Ireland National Indoor Arena, Dublin

Admission Price:

ENTRY	PER TICKET
Adult	€13.00
Child	€6.50
Family (2 adults & 2 children or 1 adult & 3 children)	€32.50
Book tickets for this event at www.gymnasticsireland.com	

Sport Starts Here.

Flight	Registration	Floor Warm up	NGTC Warm Up	FoP Warm UP	Competition	Trampoline Panels	Numbers	Medal Time
Session 1								
1	08:00-08:05	08:05-08:15	08:15-08:45	09:05-09:15	09:15	JumpSTART TRA Grade 2 9-10 yrs	24	11:25
							24	
2	09:00-09:05	09:05-09:15	09:15-09:45	10:05-10:15	10:15	JumpSTART TRA Grade 2 7-8 yrs	10	11:25
						JumpSTART TRA Grade 2 11-12 yrs	10	
							20	

Flight	Registration	Floor Warm up	NGTC Warm Up	FoP Warm UP	Competition	Trampoline Panels	Numbers	Medal Time
Session 2								
1	11:00-11:05	11:05-11:15	11:15-11:50	12:10-12:20	12:20	14 JumpSTART TRA Grade 3 11-12 yrs	30	14:30
							30	
2	12:00-12:05	12:05-12:15	12:15-12:50	13:10-13:20	13:20	JumpSTART TRA Grade 3 13 yrs PLUS	11	14:30
							11	

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Flight	Registration	Floor Warm up	NGTC Warm Up	FoP Warm UP	Competition	Trampoline Panels	Numbers	Medal Time
Session 3								
1	14:25-14:30	14:30-14:40	14:40-15:25	15:40-15:50	15:50	JumpSTART TRA Grade 1 7-8 yrs	3	
						JumpSTART TRA Grade 1 9-10 yrs	3	
						JumpSTART TUM Grade 1 11-12 yrs	5	
						JumpSTART TRA Grade 2 13 yrs PLUS	3	
						JumpSTART TRA Grade 3 7-8 yrs	6	
							20	
								18:00
2	15:25-15:30	15:30-15:45	15:45-16:25	16:40-16:50	16:50	JumpSTART TRA Grade 3 9-10 yrs	19	
							19	
								18:00

Additional Information:

1. Photos of this event will be uploaded throughout the day on our social media channels with a highlights video published at the end of each event day on our [Facebook page](#). All photos and videos are captured by *Hello Deer Media*.
2. By entering and by your presence at the Gymnastics Ireland event, you consent to be photographed, filmed and/or otherwise recorded. Your entry to the event constitutes your consent to such photography, filming and/or recording and to any use, in any and all media, of your appearance for any purpose whatsoever in connection with the productions for Gymnastics Ireland and Sport Ireland including official Gymnastics Ireland partners for the duration of those partnerships, including, by way of example only, use on websites, in social media, news and advertising.
3. Quatro Gymnastics will be on site with a wide range of leos and gymnastics apparel, including the Gymnastics Ireland fan range.
4. Please note: Only authorised personnel (staff, coaches, judges, gymnasts, volunteers and emergency services) will be allowed in warm up and competition area.

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