



Spectator Information

Trampoline

Sunday 17th May 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	

Registration/Competition Times & Levels

Flight	Reg	Floor Warm up	TRA Warm up	Comp	TRA Panel 1	TRA Panel 2
1	09:00	09:05-09:20	09:20-10:00	10:10	06. NDP Level 1 9-10 yrs	07. NDP Level 1 11-12 yrs
					08. NDP Level 1 13 yrs plus	09. NDP Level 2 7-8 yrs
						10. NDP Level 2 9-10 yrs
2	10:00	10:05-10:20	10:20-11:00	11:10	02. Intro Level 9-10 yrs	01. Intro Level 6-8 yrs
					11. NDP Level 2 11-12 yrs	03. Intro Level 11-12 yrs
						04. Intro Level 13 yrs plus
						16. NDP Level 3 13-14 yrs
3	11:00	11:05-11:20	11:20-12:00	12:10	NSP Level 1	
					FIG SYNCHRO	
					NSP Level 4 SYNCHRO	
					NSP Level 5 SYNCHRO	
4	12:00	12:05-12:20	12:20-13:00	13:10	12. NDP Level 2 13 yrs plus	13. NDP Level 3 7-8 yrs
						TRA - NDP3 - 9 - 10 years
						15. NDP Level 3 11-12 yrs
						17. NDP Level 3 15 yrs plus

Sport Starts Here.

Flight	Reg	Floor Warm up	TRA Warm up	Comp	TRA Panel 1	TRA Panel 2
5	13:20	13:25-13:40	13:40-14:10 (NGTC)	14:40	33. FIG SENIOR	
			14:15-14:40 (FoP)		32. FIG 17-21 yrs	
					31. FIG 15-16 yrs	
6	14:15	14:20-14:35	14:35-15:30	15:40	FIG 9-10yrs	
					29. FIG 11-12 yrs	
					30. FIG 13-14 yrs	
					NSP Level 2 SYNCHRO	
					NSP Level 3 SYNCHRO	
7	15:15	15:20-15:35	15:35-16:30	16:40	18. NDP Level 4 7-8 yrs	21. NDP Level 4 13-14 yrs
					20. NDP Level 4 11-12 yrs	22. NDP Level 4 15 yrs plus
					24. NDP Level 5 11-12 yrs	25. NDP Level 5 13-14 yrs
					27. NDP Level 5 17 yrs plus	

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.