



Spectator Information

Trampolining

Sunday 22nd March 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	10:00	10:05-10:20	10:20-11:00	11:10	Intro Level 11-12 yrs	Intro Level 6-8 yrs
					Intro Level 13 yrs plus	Intro Level 9-10 yrs
2	11:00	11:05-11:20	11:20-12:00	12:10	NDP Level 1 7-8 yrs	NDP Level 1 11-12 yrs
2					NDP Level 1 9-10 yrs	NDP Level 1 13 yrs plus
3	12:00	12:05-12:20	12:20-13:00	13:10	NDP Level 2 13 yrs plus	NDP Level 2 7-8 yrs
						NDP Level 2 9-10 yrs
						NDP Level 2 11-12 yrs
JUDGES LUNCH 14:10-14:40						

Sport Starts Here.

Registration/Competition Times & Levels

Flight	Reg	Floor Warm up	TRA Warm up	Comp	TRA Panel 1	TRA Panel 2
4	13:15	13:20-13:35	13:35-14:30	14:40	FIG 9-10 yrs	FIG 15-16 yrs
					FIG 11-12 yrs	FIG 17-21 yrs
					FIG 13-14 yrs	FIG SENIOR
5	14:15	14:20-14:35	14:35-15:30	15:40	NDP Level 4 9-10 yrs	NDP Level 4 13-14 yrs
					NDP Level 4 11-12 yrs	NDP Level 4 15 yrs plus
					NDP Level 5 11-12 yrs	
					NDP Level 5 13-14 yrs	
6	15:15	15:20-15:35	15:35-16:30	16:40	NDP Level 3 9-10 yrs	NDP Level 3 13-14 yrs
					NDP Level 3 11-12 yrs	NDP Level 3 15 yrs plus
						NDP Level 5 15-16 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.