



Liverpool
Trampoline
Gymnastics Academy

LIVERPOOL SUMMER OPEN 2025 TIMETABLE - SATURDAY 30/08/25

Please note spectator fees are £5 per adult on the door, babies (in arms) free, toddlers (walking) £3, Kids (up to 15 Years) £4. **CASH** is preferred, because as you can appreciate we will have a lot of competitors and this will be the most efficient way to get everyone in quickly and safely.

Address: Liverpool Trampoline Academy, Unit 14, Viscount Centre, L24 9GS

Attire: Gymnasts please wear a club leotard if possible if not any other leotard will be accepted / If a gymnast has long hair, please make sure it is tied up and out of their face / For trampoline white socks or trampoline shoes only please

Please check the start list to see what category you are competing in, the numbers in brackets on the timetable are the competitor numbers on the start list. Please check so you arrive at the correct time.

		Panel 1 Trampoline Intermediate		Panel 2 Trampoline Elite		Panel 3 DMT		
		Flight 1		Flight 1			Flight 1	
Arrive:	09:30	U9 Years Cat 2 Novice (1)				Arrive:	09:15	Under 13 Mixed (DMT Regional)
Floor Warm Up:	09:45-10:00	9-14 Years Cat 2 Novice (1)				Floor Warm Up:	09:30-09:45	(1-6)
Tramp Warm Up:	10:00-10:20	9-14 Years Cat 1 Novice (1)				DMT Warm Up:	09:45-10:00	Over 13 Mixed (DMT Regional)
One Touch:	10:20-10:30	9-14 Years Cat 1 Elite (1-2)				Compete First 2 Passes:	10:00-10:10	(1-3)
Compete:	10:30-11:00	15+ Years Cat 1 Elite (1)				One Touch Final:	10:10-10:15	
Leave Field of Play:	11:00					Compete Final:	10:15-10:20	
PRESENTATIONS: 9-10 Mixed, 13-14 Female & Male (TRA Elite)								
		Flight 2		Flight 2		DMT PRESENTATIONS: All Regional		
Arrive:	10:45	Under 8 Years Mixed (TRA Intermediate)		9-10 Years Mixed (TRA Elite)			Flight 2	
Floor Warm Up:	11:00-11:15	(1-11)		(1-10)		Arrive:	10:00	Youth Mixed (DMT Elite)
Tramp Warm Up:	11:15-11:35			11-12 Years Mixed (TRA Elite)		Floor Warm Up:	10:05-10:20	(1-4)
One Touch:	11:35-11:45			(1-8)		DMT Warm Up:	10:20-10:35	Junior Women (DMT Elite)
Compete:	11:45-12:15					Compete First 2 Passes:	10:35-10:50	(1-4)
Leave Field of Play:	12:15					One Touch Final:	10:50-10:55	Junior Male (DMT Elite)
TRA PRESENTATIONS - 11-12 (TRA Intermediate), 11-12 Mixed, 15-16 Female & Male (TRA Elite)								
		Flight 3		Flight 3		Compete Final:	10:55-11:00	(1-3)
Arrive:	12:00	9-10 Years (TRA Intermediate)		13-14 Years Female (TRA Elite)				Senior Women (DMT Elite)
Floor Warm Up:	12:15-12:30	(1-6)		(1-9)				(1)
Tramp Warm Up:	12:30-12:50			13-14 Years Male (TRA Elite)		DMT PRESENTATIONS: All DMT Elite		
One Touch:	12:50-13:00			(1-3)				
Compete:	13:00-13:30							
Leave Field of Play:	13:30							
PRESENTATIONS: 11-12, 13-14 Intermediate & Senior Elite								
	13:30	JUDGES LUNCH						
		Flight 4		Flight 4				
Arrive:	13:15	11-12 Years (TRA Intermediate)		15-16 Years Female (TRA Elite)				
Floor Warm Up:	13:30-13:45	(1-10)		(1-6)				
Tramp Warm Up:	13:45-14:05			15-16 Years Male (TRA Elite)				
One Touch:	14:05-14:15			(1-2)				
Compete:	14:15-14:45			17-21 Years Female (TRA Elite)				
Leave Field of Play:	14:45			(1-4)				
				17-21 Years Male (TRA Elite)				
				(1-3)				
PRESENTATIONS: 7-8, 9-10, 15+ Intermediate								
		Flight 5		Flight 5				
Arrive:	14:30	13-14 Years (TRA Intermediate)		Youth Synchro				
Floor Warm Up:	14:45-15:00	(1-8)		(1-5)				
Tramp Warm Up:	15:00-15:20	15+ Years (TRA Intermediate)		Junior Synchro				
One Touch:	15:20-15:30	(1-5)		(1-6)				
Compete:	15:30-16:00							
Leave Field of Play:	16:00							
16:00 - PRESENTATIONS: All Synchro								

THE DAY WILL RUN TO THE TIMETABLE TO MINIMISE THE AMOUNT OF PEOPLE IN THE BUILDING AT ONE TIME, PLEASE DON'T ARRIVE TOO EARLY



Liverpool Summer Open 2025
Saturday Trampoline Start List

Saturday DMT Start List

FLIGHT 1

PANEL 1		U9 Years Cat 2 (TRA Novice) 9-14 Years Cat 2 (TRA Novice) 9-14 Years Cat 1 (TRA Novice) 9-14 Years Cat 1 (TRA Elite) 15+ Years Cat 1 (TRA Elite)
Arrive:	09:30	
Floor Warm Up:	09:45-10:00	
Tramp Warm Up:	10:00-10:20	
One Touch:	10:20-10:30	
Compete:	10:30-11:00	
Leave Field of Play:	11:00	
Start Number	Name	Club
1	Emilia Peers	Liverpool TGA
1	Charlie Lahorgue	Liverpool TGA
1	Asher Thiao	Liverpool TGA
1	Sophie Jones	Power GT
2	Esme Zarifeh	Power GT
1	Amina Elias	Power GT

PANEL 2		
Arrive:		
Floor Warm Up:		
Tramp Warm Up:		
One Touch:		
Compete:		
Leave Field of Play:		
Start Number	Name	Club

FLIGHT 1

DMT		Under 13 Mixed (DMT Regional) Over 13 Mixed (DMT Regional)
Arrive:	09:15	
Floor Warm Up:	09:30-09:45	
DMT Warm Up:	09:45-10:00	
Compete First 2 Passes:	10:00-10:10	
Warm Up Final (Q2):	10:10-10:15	
Compete Finals (Q2):	10:15-10:20	
Start Number	Name	Club
1	Maya Tyldesley	Liverpool TGA
2	Mason Scott Scales	Liverpool TGA
3	George Magee	Liverpool TGA
4	Lillie Mae Hallsworth	Kirklees TGA
5	Thea Barton	Liverpool TGA
6	Darcie-Leigh Down	Liverpool TGA
1	Macie Radcliffe	Liverpool TGA
2	Abbie Slater	Liverpool TGA
3	Ethan Nation	Liverpool TGA

FLIGHT 2

Panel 1		Under 8 Years Mixed (TRA Intermediate)
Arrive:	10:45	
Floor Warm Up:	11:00-11:15	
Tramp Warm Up:	11:15-11:35	
One Touch:	11:35-11:45	
Compete:	11:45-12:15	
Leave Field of Play:	12:15	
Start Number	Name	Club
1	Jersey Wells	Liverpool TGA
2	Florence Donakey	Liverpool TGA
3	Louis Kenyon	Liverpool TGA
4	Heidi Taylor	Urban School of Gymnastics
5	Abigail Houghton	Urban School of Gymnastics
6	Lucia Kettle	Liverpool TGA
7	Sienna Agnello	Power GT
8	Abigail Butler	Kirklees TGA
9	Ivy Patterson	Liverpool TGA
10	Evelyn Lahorgue	Liverpool TGA
11	Isabella Maher	Liverpool TGA

Panel 2		9-10 Years Mixed (TRA Elite) 11-12 Years Mixed (TRA Elite)
Arrive:	10:45	
Floor Warm Up:	11:00-11:15	
Tramp Warm Up:	11:15-11:35	
One Touch:	11:35-11:45	
Compete:	11:45-12:15	
Leave Field of Play:	12:15	
Start Number	Name	Club
1	Troy Holliday	Liverpool TGA
2	Evie Noon	Liverpool TGA
3	Deondre Davidson	Power GT
4	Sulis Basu	Kirklees TGA
5	Jessica Hutchinson	Kirklees TGA
6	Mia Markevica	Kirklees TGA
7	Keira Coventry	Liverpool TGA
8	Alexia Thiao	Liverpool TGA
9	Veronica Chrobak	Liverpool TGA
10	Heidi Hampson	Liverpool TGA
1	Lana Goodwin	Liverpool TGA
2	Lauren Eden	Power GT
3	Alexis Hulbert	Liverpool TGA
4	Callie Omidiran	Liverpool TGA
5	Joshua Walton	Kirklees TGA
6	Lois Garcia	Liverpool TGA
7	Oliver Murdock	Liverpool TGA
8	Casey-Jade Down	Liverpool TGA

FLIGHT 2

DMT		Youth Mixed (DMT Elite) Junior Female (DMT Elite) Junior Male (DMT Elite) Senior Female (DMT Elite)
Arrive:	10:00	
Floor Warm Up:	10:05-10:20	
DMT Warm Up:	10:20-10:35	
Compete First 2 Passes:	10:35-10:50	
Warm Up Final (Q2):	10:50-10:55	
Compete Finals (Q2):	10:55-11:00	
Start Number	Name	Club
1	Troy Holliday	Liverpool TGA
2	Alexia Thiao	Liverpool TGA
3	Jessica Hutchinson	Liverpool TGA
4	Casey-Jade Down	Liverpool TGA
1	Belle Holliday	Liverpool TGA
2	Francesca Dawe	Liverpool TGA
3	Bethany Dillon	Liverpool TGA
4	Sophie Hutchinson	Kirklees TGA
1	Oliver Lacey	City of Plymouth T&G
2	Jacob Nation	Liverpool TGA
3	John Murdock	Liverpool TGA
1	Meadow Hellawell	Kirklees TGA

FLIGHT 3

Panel 1		9-10 Years Mixed (TRA Intermediate)
Arrive:	12:00	
Floor Warm Up:	12:15-12:30	
Tramp Warm Up:	12:30-12:50	
One Touch:	12:50-13:00	
Compete:	13:00-13:30	
Leave Field of Play:	13:30	
Start Number	Name	Club
1	Emily Eden	Power GT
2	Oliver Bennett	Kirklees TGA
3	Lillie Mae Hallsworth	Kirklees TGA
4	Jason Sergison	Liverpool TGA
5	Emily Riley	Liverpool TGA
6	Naomi Onowighose	Liverpool TGA

Panel 2		13-14 Years Female (TRA Elite) 13-14 Years Male (TRA Elite)
Arrive:	12:00	
Floor Warm Up:	12:15-12:30	
Tramp Warm Up:	12:30-12:50	
One Touch:	12:50-13:00	
Compete:	13:00-13:30	
Leave Field of Play:	13:30	
Start Number	Name	Club
1	Niamh Barnes	Liverpool TGA
2	Nancy Jones	Liverpool TGA
3	Amelia Burgess	Kirklees TGA
4	Niamh Anderson	Kirklees TGA
5	Seren Sargeant	Kirklees TGA
6	Thandie Omidiran	Kirklees TGA

7	Imogen Tate	Kirklees TGA
8	Lily Davies	Kirklees TGA
9	Sophie Hutchinson	Kirklees TGA
1	Charlie Rice	Liverpool TGA
2	Zachary Reisner	Power GT
3	John Murdock	Liverpool TGA

FLIGHT 4

Panel 1		11-12 Years Mixed (TRA Intermediate)
Arrive:	13:15	
Floor Warm Up:	13:30-13:45	
Tramp Warm Up:	13:45-14:05	
One Touch:	14:05-14:15	
Compete:	14:15-14:45	
Leave Field of Play:	14:45	
Start Number	Name	Club
1	Maya Tyldesley	Liverpool TGA
2	Katie Campbell	Urban School of Gymnastics
3	Matilda Garcia-Arnold	Power GT
4	Marcie Lattimer	Power GT
5	Kimmi Spencer	Kirklees TGA
6	Olivia Kewley	Liverpool TGA
7	Mason Scales	Liverpool TGA
8	Georgina Bryce	Liverpool TGA
9	Sarah Bennett	Liverpool TGA
10	Darcie-Leigh Down	Liverpool TGA

Panel 2		15-16 Years Female (TRA Elite) 15-16 Years Male (TRA Elite) 17-21 Years Female (TRA Elite) 17-21 Years Male (TRA Elite)
Arrive:	13:15	
Floor Warm Up:	13:30-13:45	
Tramp Warm Up:	13:45-14:05	
One Touch:	14:05-14:15	
Compete:	14:15-14:45	
Leave Field of Play:	14:45	
Start Number	Name	Club
1	Belle Holliday	Liverpool TGA
2	Millie Palmer-Beech	Power GT
3	Francesca Dawe	Liverpool TGA
4	Grace Fairweather	Liverpool TGA
5	Kira Holliday	Liverpool TGA
6	Sophie Jo Millican	Liverpool TGA
1	Oliver Lacey	City of Plymouth T&G
2	Elliott Hares	Kirklees TGA
1	Bethan Harries	Liverpool TGA
2	Megan Taylor	Kirklees TGA
3	Gabriella Moorhouse	Kirklees TGA
4	Maisie Fenwick	Liverpool TGA
1	Oliver Williams	Max Force
2	Max Middleton	Liverpool TGA
3	Tom Gibson	Liverpool TGA

FLIGHT 5

Panel 1		13-14 & 15+ Years Mixed (TRA Intermediate)
Arrive:	14:30	
Floor Warm Up:	14:45-15:00	
Tramp Warm Up:	15:00-15:20	
One Touch:	15:20-15:30	
Compete:	15:30-16:00	
Leave Field of Play:	16:00	
Start Number	Name	Name
1	Matilda Wilkinson	Urban School of Gymnastics
2	Aoife Duddy	Liverpool TGA
3	Theo Allen	Power GT
4	Izzie Talbot-Sykes	Kirklees TGA
5	Emily Price	Liverpool TGA
6	Ava Chappell	Kirklees TGA
7	Darcey Giles	Liverpool TGA
8	Jessica Parker	Liverpool TGA
1	Abbie Slater	Liverpool TGA
2	Sophie Gunter	Liverpool TGA
3	Adam Mackin	Liverpool TGA

Panel 2		Synchro Youth Synchro Junior
Arrive:	14:30	
Floor Warm Up:	14:45-15:00	
Tramp Warm Up:	15:00-15:20	
One Touch:	15:20-15:30	
Compete:	15:30-16:00	
Leave Field of Play:	16:00	
Start Number	Name	Name
1	Georgina Bryce & Evie Noon	Liverpool TGA
2	Alexis Hulbert & Lois Garcia	Liverpool TGA
3	Heidi Hampson & Veronica Chrobak	Liverpool TGA
4	Alexia Thiao & Mia Markevica	Liverpool TGA/ Kirklees TGA
5	Naomi Onowighose & Emily Riley	Liverpool TGA
1	Kira Holliday & Belle Holliday	Liverpool TGA
2	Nancy Jones & Seren Sargeant	Liverpool TGA/ Kirklees TGA
3	Sophie Hutchinson + Amelia Burgess	Kirklees TGA
4	Lily Davies + Niamh Anderson	Kirklees TGA
5	Sophie Millican & Grace Fairweather	Liverpool TGA
6	Charlie Rice & Francesca Dawe	Liverpool TGA