

XP GYMNASTICS NATIONALS 2025 TRA Proposed Draft
V4 26 August

	Session 1	Session 2	Session 3
Mon 22 Sep	Training TRA/DMT	Training TRA/DMT	Training TRA/DMT
	Session 4	Session 5	Session 6
Tues 23 Sep	Training TRA/TUM	Training TRA/TUM	Training TRA/TUM
	Session 7	Session 8	Session 9
Wed 24 Sep	SYNCHRO All National Age TUMBLING National Age 13-14 W & 15+ W	TRAMPOLINE National Age 15 + M TUMBLING National Age 10 & Under M&W, 11-12 M+ W, 13-14 M, 15 + M,	TRAMPOLINE National Age 13-14 M TUMBLING M + W FIG Junior and Senior Followed by International Training
	Session 10	Session 11	Session 12
Thu 25 Sep	TRAMPOLINE National Age 13-14 W DMT National Age 10 & Under M & W*, 11-12 M	TRAMPOLINE National Age 11-12 W DMT National Age 13-14 M, 15+ W	SYNCHO M+ W FIG Junior and Senior
	Session 13	Session 14	Session 15
Fri 26 Sep	TRAMPOLINE National Age 15+ W DMT National Age 11-12 W	TRAMPOLINE National Age 11-12 M DMT PRELIMS International	TRAMPOLINE PRELIMS M+ W FIG Junior and Senior
	Session 16	Session 17	Session 18
Sat 27 Sep	TRAMPOLINE National Age 10 Under M+ W DMT FINALS M+ W FIG Junior and Senior	TRAMPOLINE FINALS International DMT FINALS National Age 13-14 W, 15+ M	

