

Attachment IV. *Equipment set – up*

The equipment set – up can also be found in each delegation drive folder.

NORDIC CHAMPIONSHIPS 2023 **Seniors, Reykjavík (ICELAND) November 11th 2023**

Equipment setup for Trampet and Tumbling **Appendix IV**

This form must be uploaded to delegation drive folder with the following title:

EquipmentSetUp_TEAMNAME_FEDERATION_SEACTION.

For example: EquipmentSetUp_Grótta_ISL_MIX

Federation			
Team			
Section	Women	Mix	Men

Details for equipment set up - Trampet				
Trampet selection	Dorado 36		Dorado 40	
Height of back part	65 cm	70 cm	75 cm	80 cm
Vaulting table height from 145-165 cm	_____ cm			
Vault – trampet distance (3-38 cm)*	_____ cm	Additional safety mat	Yes	No

Details for equipment set up - Tumble	
Additional safety mat	Yes

Full name: _____

Place & date: _____

Signature: _____

*** Distance adjustment between trampet and vaulting table**

It is possible to adjust the distance between the trampet and vaulting table with a built-in mechanism (telescopic arms).

The distance is adjusted in increments of 5 cm. Starting point (minimum distance) is 3 cm measured from the front part of the vaulting table. The following steps are 8 cm, 13 cm, 18 cm, 23 cm, 28 cm, 33 cm and 38 cm.