

# 2018 Canada Cup Schedule (15/04/2018)

THURSDAY APRIL 19th

		<u>TUMBLING</u> Competition Gym		<u>TRAMPOLINE</u> Training Gym	<u>TRAMPOLINE</u> Competition Gym		<u>DMT</u> Competition Gym
TRAINING & MEETINGS	9:00 - 11:00	<b>TRAINING QC (67 Athletes)</b>					
	11:00 - 13:00	<b>TRAINING ON - Group #1 - (Alphabetical - Clubs A to L) (40 Athletes)</b>					
	13:00 - 15:00	<b>TRAINING ON - Group #2 (Alphabetical Clubs M to Z) &amp; NB, NS (50 Athletes)</b>					
	15:00 - 17:00	<b>TRAINING BC, SK, MB (53 Athletes)</b>					
	17:00 - 19:00	<b>TRAINING AB &amp; INTERNATIONAL ATHLETES (70 Athletes)</b>					
	19:15 - 19:45	<b>ORIENTATION MEETING (Coaches and Judges)</b> (Venue)					
	19:45 - 20:30	<b>COACHES FORUM &amp; NATIONAL TEAM COACHES' COUNCIL MEETING / SENIOR ATHLETES' MEETING</b> (Venue)					
	19:45-20:30	<b>JUDGES MEETING - TRA &amp; DMT</b> (Venue)					
	20:45-21:45	<b>TTPC MEETING</b> (Venue)					

# 2018 Canada Cup Schedule (15/04/2018)

FRIDAY APRIL 20th

		<u>TUMBLING</u> Competition Gym		<u>TRAMPOLINE</u> Training Gym	<u>TRAMPOLINE</u> Competition Gym		<u>DMT</u> Competition Gym	
<b>GENERAL WARM-UP (BLOCK 1)</b>								
<b>BLOCK 1</b>			8:00 - 8:45	L5 17+ Men (flight 1 - 9)		8:45 - 9:00	TRAINING	Junior Men (12)
			8:45 - 9:20	L5 17+ Men (flight 2 - 8)	L5 17+ Men (flight 1 - 9)	9:00 - 9:40	COMP - Pass 1 & 2	
			9:20 - 9:55	L5 16U Women (flight 1 - 10)	L5 17+ Men (flight 2 - 8)	9:40 - 9:55	4 Touch	Junior Men (12)
			9:55 - 10:35	L5 16U Women (flight 2 - 10)	L5 16U Women (flight 1 - 10)	9:55 - 10:35	COMP - Pass 3 & 4	
			10:35 - 11:15	L5 16U Women (flight 3 - 9)	L5 16U Women (flight 2 - 10)	10:35 - 10:50	TRAINING	L6 17U Men (7)
			11:15 - 11:50		L5 16U Women (flight 3 - 9)	10:50 - 11:20	COMP - Pass 1 & 2	
			11:15 - 11:50			11:20 - 11:35	4 Touch	L6 17U Men (7)
<b>GENERAL WARM-UP (BLOCK 2)</b>								
<b>BLOCK 2</b>	<b>12:30 to 14:30</b> <b>TUMBLING TRAINING (L5 ONLY)</b>		12:15 - 13:00	L6 17U Women (10)		13:00 - 13:15	TRAINING	Junior Women (5) & Senior Women (7)
			13:00 - 13:40	L5 16U Men (flight 1 - 12)	L6 17U Women (10)	13:15 - 13:55	COMP - Pass 1 & 2	
			13:40 - 14:25	L5 16U Men (flight 2 - 12)	L5 16U Men (flight 1 - 12)	13:55 - 14:10	4 Touch	Junior Women (5) & Senior Women (7)
			14:25 - 15:10	L6 17U Men (flight 1 - 8)	L5 16U Men (flight 2 - 12)	14:10 - 14:50	COMP - Pass 3 & 4	
			15:10 - 15:45	L6 17U Men (flight 2 - 7)	L6 17U Men (flight 1 - 8)	14:50 - 15:05	TRAINING	Senior Men (10)
			15:45 - 16:20		L6 17U Men (flight 2 - 7)	15:05 - 15:40	COMP - Pass 1 & 2	
			15:45 - 16:20			15:40 - 15:55	4 Touch	Senior Men (10)
<b>OPENING CEREMONIES</b>								
<b>GENERAL WARM-UP (BLOCK 3)</b>								
<b>BLOCK 3</b>	<b>16:45 to 18:45</b> <b>TUMBLING TRAINING (L6, JUNIOR, SENIOR ONLY)</b>		16:45 - 17:30	Junior Men (flight 1 - 8)		17:30 - 17:45	TRAINING	L5 16U Women (flight 1 - 9)
			17:30 - 18:05	Junior Men (flight 2 - 8)	Junior Men (flight 1 - 8)	17:45 - 18:20	COMP	
			18:05 - 18:40	Senior Women (flight 1 - 8)	Junior Men (flight 2 - 8)	18:20 - 18:35	TRAINING	L5 16U Women (flight 2 - 9)
			18:40 - 19:15	Senior Women (flight 2 - 8)	Senior Women (flight 1 - 8)	18:35 - 19:10	COMP	
			19:15 - 19:50	Senior Men (flight 1 - 8)	Senior Women (flight 2 - 8)	19:10 - 19:25	TRAINING	L5 17+ Women (11)
	<b>19:45-20:30</b> <b>JUDGES MEETING - TUM (VENUE)</b>		19:50 - 20:25	Senior Men (flight 2 - 7)	Senior Men (flight 1 - 8)	19:25 - 20:05	COMP	
			20:25 - 20:55		Senior Men (flight 2 - 7)	20:05 - 20:20	TRAINING	L5 17+ Men (10)

# 2018 Canada Cup Schedule (15/04/2018)

SATURDAY APRIL 21st

		<u>TUMBLING</u> Competition Gym				<u>TRAMPOLINE</u> Training Gym		<u>TRAMPOLINE</u> Competition Gym				<u>DMT</u> Competition Gym	
BLOCK 4	8:00 - 8:45 GENERAL WARM-UP (BLOCK 4)												
	8:45 - 9:00	TRAINING	L5 16+ Men (7)	8:15 - 8:45	Junior Women (flight 1 - 8)		8:45 - 9:00	TRAINING	L6 17U Women (flight 1 - 10)				
	9:00 - 9:30	COMP		8:45 - 9:15	Junior Women (flight 2 - 7)	Junior Women (flight 1 - 8)	9:00 - 9:35	COMP - Pass 1 & 2					
	9:30 - 9:45	TRAINING	L5 15U Men (8)	9:15 - 9:45	L6 18+ Women (10)	Junior Women (flight 2 - 7)	9:35 - 9:50	4 Touch	L6 17U Women (flight 1 - 10)				
	9:45 - 10:15	COMP		9:45 - 10:25	L6 18+ Men (11)	L6 18+ Women (10)	9:50 - 10:20	COMP - Pass 3 & 4					
	10:15 - 10:30	TRAINING	L5 16+ Women (flight 1 - 9)	10:25 - 11:10	L5 17+ Women (flight 1 - 13)	L6 18+ Men (11)	10:20 - 10:35	TRAINING	L6 17U Women (flight 2 - 9)				
	10:30 - 11:05	COMP		11:10 - 12:00	L5 17+ Women (flight 2 - 13)	L5 17+ Women (flight 1 - 13)	10:35 - 11:05	COMP - Pass 1 & 2					
	11:05 - 11:20	TRAINING	L5 16+ Women (flight 2 - 9)	11:10 - 12:00	L5 17+ Women (flight 2 - 13)	L5 17+ Women (flight 1 - 13)	11:05 - 11:20	4 Touch	L6 17U Women (flight 2 - 9)				
	11:20 - 11:55	COMP		12:00 - 12:50	SYN - Senior W & M (7+3)	L5 17+ Women (flight 2 - 13)	11:20 - 11:50	COMP - Pass 3 & 4					
	11:55 - 12:10	TRAINING	L5 15U Women (9)	12:00 - 12:50	SYN - Senior W & M (7+3)		11:50 - 12:05	TRAINING	L5 16U Men (flight 1 - 10)				
	12:10 - 12:45	COMP		12:50 - 13:30		SYN - Senior W & M (7+3)	12:05 - 12:40	COMP					
							12:40 - 12:55	TRAINING	L5 16U Men (flight 2 - 10)				
							12:55 - 13:30	COMP					
BLOCK 5	13:30 - 14:15 GENERAL WARM-UP (BLOCK 5)												
	14:15 - 14:30	TRAINING	Junior W & M (5+5)	13:45 - 14:15	SYN L5 Women (flight 1 - 10)		14:15 - 14:30	TRAINING	L6 18+ W & M (5+5)				
	14:15 - 14:55	COMP		14:15 - 14:45	SYN L5 Women (flight 2 - 10)	SYN L5 Women (flight 1 - 10)	14:30 - 15:05	COMP - Pass 1 & 2					
	14:55 - 15:10	TRAINING	Senior W & M (3+5)	14:45 - 15:15	SYN L5 Men (flight 1 - 9)	SYN L5 Women (flight 2 - 10)	15:05 - 15:20	4 Touch	L6 18+ W & M (5+5)				
	15:10 - 15:45	COMP		15:15 - 15:45	SYN L5 Men (flight 2 - 9)	SYN L5 Men (flight 1 - 9)	15:20 - 15:55	COMP - Pass 3 & 4					
	15:45 - 16:00	TRAINING	L6 Men (6)	15:45 - 16:15		SYN L5 Men (flight 2 - 9)	FINALS						
	16:00 - 16:25	COMP					15:55 - 16:05	TRAINING	L5 16U Women (10)				
							16:05 - 16:40	COMP					
BLOCK 6	16:45 - 17:30 GENERAL WARM-UP (BLOCK 6)												
	17:30 - 17:45	TRAINING	L6 Women (flight 1 - 7)	FINALS			FINALS						
	17:45 - 18:15	COMP		17:00 - 17:30	Junior Men (10-12)		17:30 - 17:45	TRAINING	L5 17+ Women (10)				
	18:15 - 18:30	TRAINING	L6 Women (flight 2 - 7)	17:30 - 18:05	Senior Women (10-16)	Junior Men (10-12)	17:45 - 18:20	COMP					
	18:30 - 19:00	COMP		18:05 - 18:40	Senior Men (10-11)	Senior Women (10-16)	18:20 - 18:35	TRAINING	L5 17+ Men (10)				
			18:40 - 19:15		Senior Men (10-11)	18:35 - 19:10	COMP						
						19:10 - 19:25	TRAINING	L6 17U Men (7)					
						19:25 - 20:00	COMP						
	20:00 - 20:30 AWARDS												

# 2018 Canada Cup Schedule (15/04/2018)

SUNDAY APRIL 22nd

		<u>TUMBLING</u> Competition Gym		<u>TRAMPOLINE</u> Training Gym	<u>TRAMPOLINE</u> Competition Gym		<u>DMT</u> Competition Gym		
<b>GENERAL WARM-UP (BLOCK 7)</b>									
BLOCK 7	FINALS		FINALS		FINALS				
	8:45 - 9:00	TRAINING	L5 15U Women (9)	8:15 - 8:45	L5 17+ Women (10)		8:45 - 9:00	TRAINING	Junior Men (10)
	9:00 - 9:30	COMP		8:45 - 9:15	L6 18+ Women (10)	L5 17+ Women (10)	9:00 - 9:40	COMP	
	9:30 - 9:45	TRAINING	L5 16+ Women (10)	9:15 - 9:45	L5 16U Men (10)	L6 18+ Women (10)	9:40 - 9:55	TRAINING	Senior Men (10)
	9:45 - 10:15	COMP		9:45 - 10:15	L6 17U Women (10)	L5 16U Men (10)	9:55 - 10:30	COMP	
	10:15 - 10:30	TRAINING	L5 15U Men (8)	10:15 - 10:45	L5 16U Women (10)	L6 17U Women (10)	10:30 - 10:45	TRAINING	Junior Women (5) & Senior Women (7)
	10:30 - 10:55	COMP		10:45 - 11:15	L6 17U Men (10)	L5 16U Women (10)	10:45 - 11:30	COMP	
	10:55 - 11:10	TRAINING	L6 Men (6)	11:15 - 11:45	Junior Women (10-14)	L6 17U Men (10)	11:30 - 11:45	TRAINING	L5 16U Men (10)
	11:10 - 11:35	COMP		11:45 - 12:15	Junior Women (10-14)		11:45 - 12:20	COMP	
	11:35 - 11:50	TRAINING	L5 16+ Men (7)						
	11:50 - 12:20	COMP							
	<b>AWARDS</b>								
<b>GENERAL WARM-UP (BLOCK 8)</b>									
BLOCK 8	FINALS		FINALS		FINALS				
	14:15 - 14:30	TRAINING	Senior W & M (3+5)	13:45 - 14:15	L6 18+ Men (10)		14:15 - 14:30	TRAINING	L6 17U Women (10)
	14:30 - 15:05	COMP		14:15 - 14:45	L5 17+ Men (10)	L6 18+ Men (10)	14:30 - 15:05	COMP	
	15:05 - 15:20	TRAINING	Junior W & M (5+5)	14:45 - 15:15	SYN - L5 Men (10)	L5 17+ Men (10)	15:05 - 15:20	TRAINING	L6 18+ W & M (5+5)
	15:20 - 16:00	COMP		15:15 - 15:45	SYN - L5 Women (10)	SYN - L5 Men (10)	15:20 - 15:50	COMP	
	16:00 - 16:15	TRAINING	L6 Women (10)	15:45 - 16:15	SYN - Senior W & M (7+3)	SYN - L5 Women (10)			
	16:15 - 16:50	COMP		16:15 - 16:45		SYN - Senior W & M (7+3)			
	<b>AWARDS</b>								
<b>TTPC MEETING</b>									
18:00 - 20:00									

# **2018 Canada Cup Schedule (15/04/2018)**

**MONDAY APRIL 23rd**

**9:00 - 13:00**

**TRAMPOLINE & TUMBLING PROGRAM ASSEMBLY MEETING**