

2nd Alberta Cup Sched V2 (March 20)

Airdrie Edge

March 28-29th, 2015

Saturday

DMT

Trampoline

Tumbling

Time	DMT	Trampoline	Tumbling
9:00-9:30	General Warm-up (Run and Stretch only) / Coaches Meeting		
9:30-9:40	O-CANADA / MARCH-IN		
9:40-10:15	L1 W 99-03 flight 1 (11)	L4 W flight 1 (10)	L3 M (6) & L4 M (3)
10:15-10:50	L1 W 99-03 flight 2 (11)	L4 W flight 2 (6) & L4 M (4)	L4 W (10)
10:50-11:26	L2 W 99-01 flight 1 (9)	L3 W flight 1 (11)	L2 W flight 1 (12)
11:26-11:59	L2 W 99-01 flight 2 (8)	L3 W flight 2 (10)	L2 W flight 2 (11)
11:59-12:38	L3 W flight 1 (12)	L1 W 99-04 flight 1 (12)	L4 W (10) & L4 M (3) Finals
12:38-1:04	L3 W flight 2 (11)	L1 W 99-04 flight 2 (12)	L3 W flight 1 (10)
1:04-1:32	L3 M (8)	L2 W 99-01 flight 1 (9)	L3 W flight 2 (10)
1:32-1:59		L2 W 99-01 flight 2 (9)	
1:59-2:19		L3 M (6)	
2:19-3:00	Awards		
3:00-3:32	L4 W flight 1 (4) & L4 M (4)		L5 15U W (4) L5 16+ W (3) & L5 16+ M (1)
3:32-4:00	L4 W flight 2 (9)		L6 W (2), J W (1) & L6 M (2), J M (2)
4:00-4:32	L6 W (3+2) & L6 M (1+2)	L5 16U W (7) & L5 16U M (1)	
4:32-5:00	J+S W (1+1) & J+S M (2+3)	L5 17+ W (4) & L5 17+ M (3)	
5:00-5:35	L5 16U W (9) & L5 16U M (1)	L6 W (3+1) & L6 M (2+1)	
5:35-6:08	L5 17+ W (5) & L5 17+ M (3)	J+S W (1+1) & J+S M (1+3)	

Sunday

DMT

Trampoline

Tumbling

Time	DMT	Trampoline	Tumbling
9:00-9:30	General Warm-up (Run and Stretch only) / Coaches Meeting		
9:30-9:40	O-CANADA / MARCH-IN		
9:40-10:13	L1 W 04-06 flight 1 (13)	L1 M (7)	L1 W 99-03 flight 1 (12)
10:13-10:46	L1 W 04-06 flight 2 (12)	L2 M (11)	L1 W 99-03 flight 2 (12)
10:46-11:19	L2 W 02-05 flight 1 (10)	L1 W 05-06 flight 1 (11)	L1 W 04-06 fl. 1 (10)
11:19-11:49	L2 W 02-05 flight 2 (10)	L1 W 05-06 flight 1 (10)	L1 W 04-06 fl. 2 (10)
11:49-12:22	L1 M (8)	L2 W 02-05 flight 1 (11)	L2 M (9)
12:22-12:55	L2 M (9)	L2 W 02-05 flight 2 (11)	L1 M (9)
12:55-1:30	Awards		
1:30-2:02	L4 W flight 1 (4) & L4 M (4) Finals		L5 15U W (4) L5 16+ W (3) & L5 16+ M (1) Finals
2:02-2:30	L4 W flight 2 (9) Finals		L6 W (2), J W (1) & L6 M (2), J M (2) Finals
2:30-3:02	L6 W (3+2) & L6 M (1+2) Finals	L5 16U W (7) & L5 16U M (1) Finals	
3:02-3:30	J+S W (1+1) & J+S M (2+3) Finals	L5 17+ W (4) & L5 17+ M (3) Finals	
3:30-4:05	L5 16U W (9) & L5 16U M (1) Finals	L6 W (3+1) & L6 M (2+1) Finals	
4:05-4:33	L5 17+ W (5) & L5 17+ M (3) Finals	J+S W (1+1) & J+S M (1+3) Finals	
4:33-5:15	Awards		

Warm ups

L1 &2	30 sec. / athlete (minimum 2 touch)
L3	45 sec. / athlete (minimum 2 touch)
L4	1 min. / athlete (minimum 3 touch)
L5	1.5 min. / athlete (minimum 4 touch)
L6 & up	2 min. / athlete (minimum 5 touch)

TR

Jun	2.5 min. / athlete (minimum 5 touch)
Sen	3 min. / athlete (minimum 8 touch)