



# 2016 Western Canada Cup Schedule



## Friday, May 20

Time	Tumbling	Trampoline	Trampoline	DMT	Time
	COMPETITION GYM	TRAINING GYM	COMPETITION GYM	COMPETITION GYM	
1:30 - 6:00	SET-UP				1:30 - 6:00
6:00 - 7:30	Scheduled Training Group 1 - AIR, CGC, EDG, EXE, PEG, TAB (79)				6:00 - 7:30

Notes:

SYNCHRO is 1 Optional Routine & No Prelims - Only Finals!

Competition Gym: 1 Minute Warm-Up Per Athlete on TUM and DMT, 30 Second 1 Touch on Trampoline (IND & SYNC)

## Saturday, May 21

Time	Tumbling	Trampoline	Trampoline	DMT	Time
	COMPETITION GYM	TRAINING GYM	COMPETITION GYM	COMPETITION GYM	
8:00 - 9:30	Scheduled Training Group 2 - GPR, ORT, PHO, THU, XFI (62) ALL SASK (25)				8:00 - 9:30
9:30 - 11:00	Scheduled Training Group 3 - ALL BC (73), ALL MANITOBA (6)				9:30 - 11:00
11:00 - 11:15	Judges and Coaches Meeting				11:00 - 11:15
11:15 - 11:45	General Warm-Up (Run and Stretch Only)				11:15 - 11:45
11:45 - 12:00	O-CANADA / MARCH-IN / OATHS				11:45 - 12:00
12:00 - 12:35		L3 Women 2003+ F1 (10)		L3 Women 2002- F1 (12)	12:00 - 12:35
12:35 - 13:10		L3 Women 2003+ F2 (10)	L3 Women 2003+ F1 (10)	L3 Women 2002- F2 (12)	12:35 - 13:10
13:10 - 13:40		L3 Women 2003+ F3 (9)	L3 Women 2003+ F2 (10)	L3 Men F1 (10)	13:10 - 13:40
13:40 - 14:10		L3 Women 2002- F1 (13)	L3 Women 2003+ F3 (9)	L3 Men F2 (9)	13:40 - 14:10
14:10 - 14:50	L1 Women 2003- F1 (12)	L3 Women 2002- F2 (12)	L3 Women 2002- F1 (13)	L4 Men (12)	14:10 - 14:50
14:50 - 15:30	L1 Women 2003- F2 (12)	L4 Men (12)	L3 Women 2002- F2 (12)	L1 Men (11)	14:50 - 15:30
15:30 - 16:05	L1 Women 2003- F3 (12)	JUDGES BREAK	L4 Men (12)	L2 Men (12)	15:30 - 16:05
16:05 - 16:35	L1 Women 2004+ F1 (11)	L4 Women F1 (9)	JUDGES BREAK	JUDGES BREAK	16:05 - 16:35
16:35 - 17:10	L1 Women 2004+ F2 (11)	L4 Women F2 (9)	L4 Women F1 (9)	L3 Women 2003+ F1 (10)	16:35 - 17:10
17:10 - 17:40	L1 Women 2004+ F3 (10)	L3 Men F1 (10)	L4 Women F2 (9)	L3 Women 2003+ F2 (10)	17:10 - 17:40
17:40 - 18:10	L2 Women F1 (11)	L3 Men F2 (10)	L3 Men F1 (10)	L3 Women 2003+ F3 (10)	17:40 - 18:10
18:10 - 18:45	L2 Women F2 (11)	L2 Men (14)	L3 Men F2 (10)	L4 Women F1 (11)	18:10 - 18:45
18:45 - 19:25	L2 Women F3 (10)	L1 Men (11)	L2 Men (14)	L4 Women F2 (10)	18:45 - 19:25
19:25 - 19:55		SYNC - L4 Women & Men (9)	L1 Men (11)		19:25 - 19:55
19:55 - 20:20		SYNC - L1, L2, L3 Men (11)	SYNC - L4 Women & Men (9)		19:55 - 20:20
20:20 - 20:45			SYNC - L1, L2, L3 Men (11)		20:20 - 20:45

## Sunday, May 22

Time	Tumbling	Trampoline	Trampoline	DMT	Time
	COMPETITION GYM	TRAINING GYM	COMPETITION GYM	COMPETITION GYM	
8:00 - 8:15	Judges and Coaches Meeting				8:00 - 8:15
8:00 - 8:30	General Warm-up (Run and Stretch only)				8:00 - 8:30
8:30 - 9:00		L1 Women 2004- F1 (11)		L2 Women 2004+ F1 (10)	8:30 - 9:00
9:00 - 9:30		L1 Women 2004- F2 (11)	L1 Women 2004- F1 (11)	L2 Women 2004+ F2 (10)	9:00 - 9:30
9:30 - 10:00		L1 Women 2005+ F1 (11)	L1 Women 2004- F2 (11)	L2 Women 2004+ F3 (10)	9:30 - 10:00
10:00 - 10:35	L2 & L3 Men (4+6)	L1 Women 2005+ F2 (11)	L1 Women 2005+ F1 (11)	L2 Women 2003- F1 (11)	10:00 - 10:35
10:35 - 11:15	L1 Men (13)	L1 Women 2005+ F3 (11)	L1 Women 2005+ F2 (11)	L2 Women 2003- F2 (11)	10:35 - 11:15
11:15 - 11:45	L4 Men (9)	L2 Women 2003- F1 (11)	L1 Women 2005+ F3 (11)	L2 Women 2003- F3 (10)	11:15 - 11:45
11:45 - 12:20	L4 Women F1 (8)	L2 Women 2003- F2 (12)	L2 Women 2003- F1 (12)	L1 Women 2005+ F1 (11)	11:45 - 12:20
12:20 - 12:55	L4 Women F2 (7)	L2 Women 2003- F3 (12)	L2 Women 2003- F2 (12)	L1 Women 2005+ F2 (11)	12:20 - 12:55
12:55 - 13:30	L3 Women F1 (11)	L2 Women 2004+ F1 (10)	L2 Women 2003- F3 (12)	L1 Women 2005+ F3 (11)	12:55 - 13:30
13:30 - 14:10	L3 Women F2 (11)	L2 Women 2004+ F2 (10)	L2 Women 2004+ F1 (10)	L1 Women 2004- F1 (13)	13:30 - 14:10
14:10 - 14:45		L2 Women 2004+ F3 (10)	L2 Women 2004+ F2 (10)	L1 Women 2004- F2 (12)	14:10 - 14:45
14:45 - 15:15			L2 Women 2004+ F3 (10)		14:45 - 15:15
15:00 - 15:30	General Warm-up for FINALISTS (Run and Stretch only)				15:00 - 15:30
15:30 - 16:00	L2 Women (10)	L4 Men (10)		L1 Men (10)	15:30 - 16:00
16:00 - 16:30	L1 Women 2004+ (10)	L4 Women (10)	L4 Men (10)	L2 Men (10)	16:00 - 16:30
17:00 - 17:30	L1 Women 2003- (10)	L3 Women 2003+ (10)	L4 Women (10)	L3 Men (10)	17:00 - 17:30
17:30 - 18:00		L3 Women 2002- (10)	L3 Women 2003+ (10)	L4 Men (10)	17:30 - 18:00
18:00 - 18:30		L1 Men (10)	L3 Women 2002- (10)	L3 Women 2003+ (10)	18:00 - 18:30
18:30 - 19:00		L2 Men (10)	L1 Men (10)	L3 Women 2002- (10)	18:30 - 19:00
19:00 - 19:30		L3 Men (10)	L2 Men (10)	L4 Women (10)	19:00 - 19:30
19:30 - 20:00			L3 Men (10)		19:30 - 20:00
20:00 - 20:30	Awards (Sunday's Events - 17)				20:00 - 20:30
20:45 - 21:30	WCC Coaches and Judges Forum - Hospitality Room at Competition Venue				20:45 - 21:30

## Monday, May 23

Time	Tumbling	Trampoline	Trampoline	DMT	Time
	COMPETITION GYM	TRAINING GYM	COMPETITION GYM	COMPETITION GYM	
8:00 - 8:30	General Warm-up (Run and Stretch only)				8:00 - 8:30
8:30 - 9:00	L3 Women (10)	L1 Women 2004- F1 (10)			8:30 - 9:00
9:00 - 9:30	L4 Women (10)	L2 Women 2003- F1 (10)	L1 Women 2004- F1 (10)	L1 Women 2005+ F1 (10)	9:00 - 9:30
9:30 - 10:00	L2 & L3 Men (4+6)	L1 Women 2005+ F1 (10)	L2 Women 2003- F1 (10)	L2 Women 2004+ F1 (10)	9:30 - 10:00
10:00 - 10:30	L1 Men (10)	L2 Women 2004+ F1 (10)	L1 Women 2005+ F1 (10)	L1 Women 2004- F1 (10)	10:00 - 10:30
10:30 - 11:00	L4 Men (9)	SYNC - L3 Women F1 (9)	L2 Women 2004+ F1 (10)	L2 Women 2003- F1 (10)	10:30 - 11:00
11:00 - 11:20		SYNC - L3 Women F2 (9)	SYNC - L3 Women F1 (9)		11:00 - 11:20
11:20 - 11:40		SYNC - L1 Women F1 (11)	SYNC - L3 Women F2 (9)		11:20 - 11:40
11:40 - 12:05		SYNC - L1 Women F2 (11)	SYNC - L1 Women F1 (11)		11:40 - 12:05
12:05 - 12:30		SYNC - L2 Women F1 (10)	SYNC - L1 Women F2 (11)		12:05 - 12:30
12:30 - 12:55		SYNC - L2 Women F2 (10)	SYNC - L2 Women F1 (10)		12:30 - 12:55
12:55 - 13:20			SYNC - L2 Women F2 (10)		12:55 - 13:20
13:00 - 13:30	TEAM FINAL GENERAL WARM-UP (Run & Stretch Only)				13:00 - 13:30
13:30 - 14:00	Team 1 & Team 2 (8)	WARM-UP IS IN	Team 5 & Team 6 (8)	Team 3 & Team 4 (8)	13:30 - 14:00
14:00 - 14:30	Team 3 & Team 4 (8)	COMPETITION GYM ONLY	Team 1 & Team 2 (8)	Team 5 & Team 6 (8)	14:00 - 14:30
14:30 - 15:00	Team 5 & Team 6 (8)	FOR TEAM FINAL	Team 3 & Team 4 (8)	Team 1 & Team 2 (8)	14:30 - 15:00
15:00 - 16:00	Awards (Monday's Events - 14, All Synchro, Individual All-Around, Team Event, and Team All-Around)				15:00 - 16:00