2016 Western Canada Cup Draft Schedule

Friday, May 20 Time Tumbling Trampoline Trampoline DMT COMPETITION GYM TRAINING GYM COMPETITION GYM COMPETITION GYM 1:30 - 5:30 SET-UP 5:30 - 7:00 Scheduled Training Group 1 (ALBERTA Athletes in Calgary Area) Notes: SYNCHRO is 1 Optional Routine & Only Finals! Competition Gym: 1 Minute Warm-Up Per Athlete on TUM and DMT, 30 Second 1 Touch on Trampoline, Saturday, May 21 Time Tumbling Trampoline Trampoline DMT COMPETITION GYM TRAINING GYM COMPETITION GYM COMPETITION GYM	
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Saturday, May 21 Time Tumbling Trampoline Trampoline DMT	
Time Tumbling Trampoline Trampoline DMT	
COMPETITION GYM TRAINING GYM COMPETITION GYMA COMPETITION CYMA	
8:00 - 9:30 Scheduled Training Group 2 (Remaining ALBERTA, SASK (11), MANITOBA (6)	
9:30 - 11:00 Scheduled Training Group 3 (BC) 11:00 - 11:15 Judges and Coaches Meeting	1
11:15 - 11:45 General Warm-Up (Run and Stretch Only)	_
11:45 - 12:00 O-CANADA / MARCH-IN / OATHS	
	BLOCK 1
INDIVIDUAL TRAMPOLINE	DEGCK 1
12:00 - 15:30 INDIVIDUAL TRAMPOLINE DMT PRELIMS	
TUMBLING PRELIMS PRELIMS	
TOMBLING FRELING	
INDIVIDUAL TRAMPOLINE	
TUMBLING PRELIMS PRELIMS INDIVIDUAL TRAMPOLINE	
PRELIMS DMT PRELIMS	
15:30 - 19:30 SYNCHRO TRAMPOLINE	BLOCK 2
FINALS SYNCHRO TRAMPOLINE	_ DLOCK 2
FINALS	
Sunday, May 22	
Time Tumbling Trampoline Trampoline DMT	
COMPETITION GYM TRAINING GYM COMPETITION GYM COMPETITION GYM	
8:00 - 8:30 General Warm-up (Run and Stretch only)	
8:00 - 8:15 Judges and Coaches Meeting	
INDIVIDUAL TRAMPOLINE	BLOCK 3
8:30 - 12:15 TUMBLING PRELIMS INDIVIDUAL TRAMPOLINE DMT PRELIMS	
PRELIMS	
TUMBLING PRELIMS	
12:15 - 17:15 INDIVIDUAL TRAMPOLINE PRELIMS INDIVIDUAL TRAMPOLINE DMT PRELIMS	DI OCK 4
12:15 - 17:15 PRELIMS PRELIMS	BLOCK 4
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General Warm-up for FINALISTS (Run and Stretch only)	
	7
17:00 - 20:15 INDIVIDUAL TRAMPOLINE	
TUMBLING FINALS FINALS INDIVIDUAL TRAMPOLINE DIMT FINALS	BLOCK 5
FINALS	
20:30 - 21:30 Western Canada Cup Forum - Hospitality Room at Competition Venue	7
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Monday, May 23	
Time Tumbling Trampoline Trampoline DMT	
COMPETITION GYM TRAINING GYM COMPETITION GYM COMPETITION GYM	
8:00 - 8:30 General Warm-up (Run and Stretch only)	
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INDIVIDUAL TRAMPOLINE	вьоск 6
8:00 - 12:00 TUMBLING FINALS FINALS INDIVIDUAL TRAMPOLINE DMT FINALS	J.J.
FINALS	
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12:00 - 12:30 TEAM FINAL GENERAL WARM-UP (Run & Stretch Only)	
THANKS	
TUMBLING TRAMPOLINE TRAMPOLINE DMT	BLOCK 7
12:30 - 15:00 TUMBLING TRAMPOLINE TRAMPOLINE DMT TEAM FINAL TEAM FINAL TEAM FINAL TEAM FINAL	
12:30 - 15:00	