

2016 Western Canada Cup Draft Schedule

Friday, May 20

Time	Tumbling COMPETITION GYM	Trampoline TRAINING GYM	Trampoline COMPETITION GYM	DMT 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 COMPETITION GYM	Trampoline TRAINING GYM	Trampoline COMPETITION GYM	DMT COMPETITION GYM	
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				
11:15 - 11:45	General Warm-Up (Run and Stretch Only)				
11:45 - 12:00	O-CANADA / MARCH-IN / OATHS				
12:00 - 15:30	TUMBLING PRELIMS	INDIVIDUAL TRAMPOLINE PRELIMS	INDIVIDUAL TRAMPOLINE PRELIMS	DMT PRELIMS	BLOCK 1
15:30 - 19:30	TUMBLING PRELIMS	INDIVIDUAL TRAMPOLINE PRELIMS	INDIVIDUAL TRAMPOLINE PRELIMS	DMT PRELIMS	BLOCK 2
		SYNCHRO TRAMPOLINE FINALS	SYNCHRO TRAMPOLINE FINALS		

Sunday, May 22

Time	Tumbling COMPETITION GYM	Trampoline TRAINING GYM	Trampoline COMPETITION GYM	DMT COMPETITION GYM	
8:00 - 8:30	General Warm-up (Run and Stretch only)				
8:00 - 8:15	Judges and Coaches Meeting				
8:30 - 12:15	TUMBLING PRELIMS	INDIVIDUAL TRAMPOLINE PRELIMS	INDIVIDUAL TRAMPOLINE PRELIMS	DMT PRELIMS	BLOCK 3
12:15 - 17:15	TUMBLING PRELIMS	INDIVIDUAL TRAMPOLINE PRELIMS	INDIVIDUAL TRAMPOLINE PRELIMS	DMT PRELIMS	BLOCK 4
17:00 - 20:15	TUMBLING FINALS	INDIVIDUAL TRAMPOLINE FINALS	INDIVIDUAL TRAMPOLINE FINALS	DMT FINALS	BLOCK 5
20:30 - 21:30	Western Canada Cup Forum - Hospitality Room at Competition Venue				

Monday, May 23

Time	Tumbling COMPETITION GYM	Trampoline TRAINING GYM	Trampoline COMPETITION GYM	DMT COMPETITION GYM	
8:00 - 8:30	General Warm-up (Run and Stretch only)				
8:00 - 12:00	TUMBLING FINALS	INDIVIDUAL TRAMPOLINE FINALS	INDIVIDUAL TRAMPOLINE FINALS	DMT FINALS	BLOCK 6
12:00 - 12:30	TEAM FINAL GENERAL WARM-UP (Run & Stretch Only)				
12:30 - 15:00	TUMBLING TEAM FINAL	TRAMPOLINE TEAM FINAL	TRAMPOLINE TEAM FINAL	DMT TEAM FINAL	BLOCK 7
15:15 - 16:30	Awards (Individual Event, Individual All-Around, Team Event, and Team All-Around)				