

Alberta Cup - FINAL Detailed Schedule

As of March 4th

Friday, March 10th

Time	DMT	Trampoline	Tumbling
3:30-3:55	25	General Warm-up (Run and Stretch only) / Coaches Meeting	
3:55-4:00	5	Oh Canada	
4:00-4:40	40	L5 16UW (10)	L4 W flight 1 (6)
4:40-5:10	30	L5 17+W flight 1 (5)	L4 W flight 2 (6)
5:10-5:40	30	L5 17+W flight 2 (5)	L5 15U M (6)
5:40-6:10	30	L4 W flight 1 (8)	L5 16+ M (6)
6:10-6:40	30	L4 W flight 2 (8)	L5 15U W (7)
6:40-7:10	30	L4 W flight 3 (8)	L5 16+ W (7)
7:10-7:40	30	L6 17UW, L6 18+W & L6 17UM (3+1 & 3)	L4 M (5)
7:40-8:10	30	L5 16UM (7)	
8:10-8:55	45	JW, SW & JM, SM (1+1 & 1+2)	L6 W, JW & L6M, JM (2+1 & 2+2)
8:55-9:15	20	Awards (All DMT, L4 W TRI)	

DMT FOR L4+ WILL HAVE 4 PASSES WITH SPECIFIED WARM-UPS BETWEEN PASS 2 AND PASS 3

Saturday, March 11th

Time	DMT	Trampoline	Tumbling
8:00-8:25	25	General Warm-up (Run and Stretch only) / Coaches Meeting	
8:25-8:30	5	Oh Canada	
8:30-9:05	35	L6 17UW, L6 18+W & L6 17UM (3+1 & 3) FINALS	L4 W flight 1 (6) FINALS
9:05-9:35	30	L5 17+W flight 1 (5) FINALS	L4 W flight 2 (6) FINALS
9:35-10:05	30	L5 17+W flight 2 (5) FINALS	L6 W, JW & L6M, JM (2+1 & 2+2) FINALS
10:05-10:40	35	JW, SW & JM, SM (1+1 & 1+2) FINALS	
10:40-11:15	35	L5 16UW (10) FINALS	L5 15U W (7) FINALS
11:15-11:45	30	L5 16UM (7) FINALS	L5 16+ W (7) FINALS
11:45-12:15	30	Synchro - L4 W & L4 M (5 & 3)	
12:15-12:45	30	Synchro - L5 W & L5M, SM (3 & 1+1)	
12:45-1:15	30		
1:15-1:55	40	Awards (All for a total of 24 awards)	
1:55-2:30	35	L1 W 2005+ flight 1 (10)	L2 M (5)
2:30-3:05	35	L1 W 2005+ flight 2 (10)	L1 M flight 1 (10)
3:05-3:40	35	L1 W 2005+ flight 3 (9)	L1 M flight 2 (9)
3:40-4:10	30	L1 W 2005+ flight 4 (9)	L1 W 2005+ flight 1 (11)
4:10-4:40	30	L2 W 2004+ flight 1 (11)	L1 W 2005+ flight 2 (11)
4:40-5:10	30	L2 W 2004+ flight 2 (10)	L1 W 2005+ flight 3 (11)
5:10-5:40	30	L2 W 2004+ flight 3 (10)	L2 W 2003- flight 1 (7)
5:40-6:15	35	L2 M (13)	L2 W 2003- flight 2 (7)
6:15-6:45	30	L4 M (10)	L1 W 2005+ flight 1 (9)
6:45-7:15	30		L1 W 2005+ flight 2 (9)
7:15-7:45	30		L1 W 2005+ flight 3 (9)
7:45-8:15	30	L1 W 2005+ flight 4 (8)	L2 W 2004+ flight 1 (10)
7:45-8:15	30	Awards (All for a total of 12 awards)	

DMT FOR L4+ WILL HAVE 4 PASSES WITH SPECIFIED WARM-UPS BETWEEN PASS 2 AND PASS 3

Sunday, March 12th (REMEMBER TO SPRING AHEAD!)

Time	DMT	Trampoline	Tumbling
8:30-8:55	25	General Warm-up (Run and Stretch only) / Coaches Meeting	
8:55-9:00	5	O-CANADA / MARCH-IN	
9:00-9:35	35	L1 W 2004- flight 1 (9)	L3 W 2002- (11)
9:35-10:10	35	L1 W 2004- flight 2 (9)	L3 W 2003+ flight 1 (11)
10:10-10:45	35	L2 W 2003- flight 1 (11)	L3 W 2003+ flight 2 (10)
10:45-11:20	35	L2 W 2003- flight 2 (11)	L3 W 2003+ flight 3 (10)
11:20-11:50	30	L3 W 2003+ flight 1 (10)	L1 W 2004- flight 1 (8)
11:50-12:20	30	L3 W 2003+ flight 2 (10)	L1 W 2004- flight 2 (7)
12:20-12:50	30	L3 W 2003+ Flight 3 (9)	L2 W 2003- flight 1 (7)
12:50-1:25	35	L3 W 2002- (12)	L2 W 2003- flight 2 (7)
1:25-1:55	30	L3 M (5)	L2 W 2003- flight 3 (7)
1:55-2:25	30	L1 M flight 1 (10)	L3 M (4)
2:25-2:55	30	L1 M flight 2 (9)	L4 M flight 1 (7)
2:55-3:25	30		L4 M flight 2 (6)
3:25-3:50	25		Synchro - L1 W (11)
3:50-4:15	25		Synchro L2 W (13)
4:15-4:35	20		Synchro - L1 M & L2 M (4&6)
4:35-4:55	20		Synchro - L3 W & L3 M (10 & 1)
4:55-5:30	35	Awards (All for a total of 21 awards)	
DMT FOR L4+ WILL HAVE 4 PASSES WITH SPECIFIED WARM-UPS BETWEEN PASS 2 AND PASS 3			

Warm-Up Times	DMT Warm-Ups
L1 & 2 30 sec (min 2 touch)	-
L3 45 sec (min 2 touch)	-
L4 1 min (min 3 touch)	2 Touch after Pass 2
L5 1.5 min (min 4 touch)	3 Touch after Pass 2
L6 & Up 2 min (min 5 touch)	4 Touch after Pass 2
TRAMP Only	
Jun 2.5 min (min 5 touch)	
Sen 3 min (min 8 touch)	