

Alberta Cup - Detailed Schedule

As of March 1st

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 (9)
4:40-5:10	30	L5 17+W flight 1 (6)	L4 W flight 2 (8)
5:10-5:35	25	L5 17+W flight 2 (6)	L5 15U M (6)
5:35-6:05	30	L4 W flight 1 (8)	L5 16+ M (6)
6:05-6:35	30	L4 W flight 2 (8)	L5 15U W (7)
6:35-7:05	30	L4 W flight 3 (8)	L5 16+ W (8)
7:05-7:40	40	L6 17UW, L6 18+W & L6 17UM (4+1 & 3)	L4 M (6)
7:40-8:10	30	L5 16UM (7)	L6 W, JW & L6M, JM (2+2 & 2+2)
8:10-8:55	45	JW, SW & JM, SM (1+1 & 1+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	
8:30-9:00	30	L6 17UW, L6 18+W & L6 17UM (4+1 & 3) FINALS	L4 W flight 1 (9) FINALS
9:00-9:30	30	L5 17+W flight 1 (6) FINALS	L4 W flight 2 (8) FINALS
9:30-10:10	40	L5 17+W flight 2 (6) FINALS	L6 W, JW & L6M, JM (2+2 & 2+2) FINALS
10:10-10:45	35	JW, SW & JM, SM (1+1 & 1+2) FINALS	
10:45-11:25	40	L5 16UW (10) FINALS	L5 15U W (7) FINALS
11:25-12:05	40	L5 16UM (7) FINALS	L5 16+ W (8) FINALS
12:05-12:45	40	Synchro - L4 W & L4 M (5 & 3)	L4 M (6) FINALS
12:45-1:30	45	Synchro - L5 W & L5M, SM (2 & 1+1)	L5 15U M (6) FINALS
1:30-1:50	20		L5 16+ M (6) FINALS
1:50-2:30	40	Awards (All for a total of 24 awards)	
2:30-3:05	35	L1 W 2005+ flight 1 (10)	L2 M (6)
3:05-3:40	35	L1 W 2005+ flight 2 (10)	L1 M flight 1 (10)
3:40-4:15	35	L1 W 2005+ flight 3 (9)	L1 M flight 2 (9)
4:15-4:45	30	L1 W 2005+ flight 4 (9)	L1 W 2005+ flight 1 (11)
4:45-5:15	30	L2 W 2004+ flight 1 (10)	L1 W 2005+ flight 2 (11)
5:15-5:45	30	L2 W 2004+ flight 2 (10)	L1 W 2005+ flight 3 (11)
5:45-6:10	25	L2 W 2004+ flight 3 (9)	L2 W 2003- flight 1 (8)
6:10-6:45	35	L2 M (13)	L2 W 2003- flight 2 (8)
6:45-7:10	25		L2 W 2004+ flight 1 (10)
7:10-7:35	25		L1 W 2005+ flight 2 (9)
7:35-8:00	25		L1 W 2005+ flight 3 (9)
8:00-8:25	25	L1 W 2005+ flight 4 (8)	L2 W 2004+ flight 2 (9)
8:00-8:25	25	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 (10)	L2 W 2003- flight 1 (8)
12:50-1:30	40	L3 W 2002- (14)	L2 W 2003- flight 2 (8)
1:30-1:55	25	L3 M (5)	L2 W 2003- flight 3 (8)
1:55-2:20	25	L1 M flight 1 (10)	L3 M (5)
2:20-2:45	25	L1 M flight 2 (10)	L4 M flight 1 (7)
2:45-3:10	25		L4 M flight 2 (7)
3:10-3:35	25		Synchro - L1 W (13)
3:35-4:00	25		Synchro L2 W (14)
4:00-4:20	20		Synchro - L1 M & L2 M (4&6)
4:20-4:40	20		Synchro - L3 W & L3 M (10 & 1)
4:40-5:15	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)	