

2023 TG Canadian Championships Schedule (Detailed 07/11/23)

WEDNESDAY, JULY 19th

		<u>TRAMPOLINE</u> TRAMP 1	<u>TRAMPOLINE</u> TRAMP 2		<u>DMT</u> DMT 1	<u>DMT</u> DMT 2		<u>TUMBLING</u>
TRAINING & MEETINGS	9:00 - 10:45	TRAINING AB						
	10:45 - 12:30	TRAINING ON						
	12:30 - 14:15	TRAINING QC, NB, NS, NL						
	12:00 - 13:30	JUDGE CHAIRS OF CANADA MEETING						
	14:30 - 15:30	JUDGES TECHNICAL MEETING (TRA & DMT)						
	14:15 - 16:00	TRAINING BC, SK, MB						
	16:15 - 16:45	ORIENTATION MEETING (Coaches)						
	17:00 - 19:00	WELCOME BBQ						
	19:00 - 20:00	COACHES COUNCIL & ATHLETES MEETINGS						
	20:00 - 21:00	TTPC MEETING						

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THURSDAY, JULY 20th

THURSDAY, JULY 20th										
		<u>TRAMPOLINE</u> TRAMP 1	<u>TRAMPOLINE</u> TRAMP 2		DMT DMT 1	DMT DMT 2		<u>TUMBLING</u>		
GENERAL WARM-UP (BLOCK 1)										
BLOCK 1	8:00 - 8:30									
	30 Minute Warm-ups (Included in Scheduled Time)	SYN L6 M (12) 8:30 - 9:30	SYN L6 W (Flight 1 - 8) 9:00 - 10:00	20 Minute Warm-ups (Included in Scheduled Time)	L7 17+ M - Q1 (Flight 1 - 10) 9:10 - 10:10	L7 17+ M - Q1 (Flight 2 - 10) 10:30 - 11:30	L7 17+ W - Q1 (Flight 1 - 11) 8:30 - 9:30	L7 17+ W - Q1 (Flight 2 - 10) 9:50 - 10:50	L6 14U & 15-16 W (5 & 8) 11:10 - 12:30	TUMBLING TRAINING
		SYN L5 X (11) 9:30 - 10:30								
		SYN SENIOR M (7) 10:30 - 11:30	SYN SENIOR W (5) 11:00 - 12:00							
GENERAL WARM-UP (BLOCK 2)										
BLOCK 2	12:30 - 13:00		L5 15-16 W (Flight 1 - 9) 13:00 - 14:00	20 Minute Warm-ups (Included in Scheduled Time)	SENIOR M - Q1 (Flight 1 - 12) 13:00 - 14:10	SENIOR W - Q1 (Flight 1 - 9) 13:50 - 14:50	SENIOR W (Flight 2 - 5) - Q1 & JUNIOR W (3) - Q1 15:15 - 16:05	TUMBLING TRAINING		
	25 Minute Warm-ups (Included in Scheduled Time)	L5 15-16 M (Flight 1 - 9) 13:35 - 14:35	L5 15-16 W (Flight 2 - 9) 14:10 - 15:10		SENIOR M - Q1 (Flight 2 - 12) 14:30 - 15:35					
		L5 15-16 M (Flight 2 - 9) 14:45 - 15:45	L5 15-16 W (Flight 3 - 9) 15:20 - 16:20		JUNIOR M - Q1 (8) 15:45 - 16:35					
	OPENING CEREMONIES									
GENERAL WARM-UP (BLOCK 3)										
BLOCK 3	17:00 - 17:30		SENIOR W (9) 17:30 - 18:30	20 Minute Warm-ups (Included in Scheduled Time)	L5 17+ M (Flight 1 - 9) 17:30 - 18:30	L5 14U W (9) 18:10 - 19:10	TUMBLING TRAINING			
	25 Minute Warm-ups (Included in Scheduled Time)	SENIOR M (Flight 1 - 11) 18:05 - 19:15	JUNIOR WOMEN (7) 18:50 - 19:45		L5 17+ M (Flight 2 - 9) 18:50 - 19:50					
		SENIOR M (Flight 2 - 7) & JUNIOR M (4) 19:20 - 20:30								
	16:45 - 17:30	Judges Technical Meeting (TUM)								

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FRIDAY, JULY 21st

		TRAMPOLINE TRAMP 1	TRAMPOLINE TRAMP 2		DMT DMT 1	DMT DMT 2		TUMBLING		
	8:00 - 8:30	GENERAL WARM-UP (BLOCK 4)								
BLOCK 4	25 Minute Warm-ups (Included in Scheduled Time)		L5 17+ W (Flight 1 - 14) 8:30 - 9:50	20 Minute Warm-ups (Included in Scheduled Time)	L6 15-16 M (7) 8:30 - 9:20		8:30 - 8:50	WARM-UP	L5 17+ M (14)	
		L7 17+ M (Flight 1 - 13) 9:25 - 10:45			L5 15-16 W (Flight 1 - 12) 9:00 - 10:10		8:50 - 9:40	COMP		
		L7 17+ M (Flight 1 - 13) 11:15 - 12:30	L5 17+ W (Flight 2 - 14) 10:20 - 11:40			L5 15-16 W (Flight 2 - 11) 10:10 - 11:10		9:40 - 10:00	WARM-UP	L5 14U & 15-16 M (6 & 7)
						L5 14U M (14) 10:50 - 12:05		10:00 - 10:50	COMP	
								10:50 - 11:10	WARM-UP	
						11:10 - 11:35	COMP	L5 14U W (10)		
						11:35 - 11:55	WARM-UP			
							11:55 - 12:30	COMP		
	12:30 - 13:00	GENERAL WARM-UP (BLOCK 5)								
BLOCK 5	25 Minute Warm-ups (Included in Scheduled Time)		L5 17+ W (Flight 3 - 13) 13:00 - 14:15	20 Minute Warm-ups (Included in Scheduled Time)		L5 17+ W (Flight 1 - 12) 13:00 - 14:10	13:00 - 13:20	WARM-UP	SENIOR & JUNIOR W - Q1 (9 & 1)	
		L5 17+ M (Flight 1 - 14) 13:50 - 15:10			L5 15-16 M (12) 13:50 - 15:00		13:20 - 14:00	COMP		
		L5 17+ M (Flight 2 - 14) 15:35 - 16:55	L5 17+ W (Flight 4 - 13) 14:45 - 16:00			L5 17+ W (Flight 2 - 12) 14:40 - 15:50		14:00 - 14:20	WARM-UP	SENIOR & JUNIOR M - Q1 (6 & 3)
			L5 14U W (11) 16:30 - 17:30			L5 17+ W (Flight 3 - 11) 15:50 - 17:00		14:20 - 15:00	COMP	
								15:00 - 15:20	WARM-UP	L7 17+ M - Q1 (12)
						15:20 - 16:10	COMP	L7 17+ W - Q1 (10)		
						16:10 - 16:30	WARM-UP			
							16:30 - 17:15	COMP		
	17:30 - 18:00	GENERAL WARM-UP (BLOCK 6)								
BLOCK 6	25 Minute Warm-ups (Included in Scheduled Time)		SYN L5 W (Flight 1 - 10) 18:00 - 18:45	20 Minute Warm-ups (Included in Scheduled Time)	SENIOR M - Q2 (Flight 1 - 12) 18:00 - 18:45		18:00 - 18:20	WARM-UP	L5 17+ W (Flight 1 - 12)	
		SYN L5 M (12) 18:30 - 19:15				SENIOR W - Q2 (Flight 1 - 9) 18:25 - 19:05		18:20 - 18:55		COMP
			SYN L5 W (Flight 2 - 10) 18:45 - 19:30			SENIOR M - Q2 (Flight 2 - 12) 18:45 - 19:30		18:55 - 19:15	WARM-UP	L5 17+ W (Flight 2 - 11)
			SYN L5 W (Flight 3 - 9) 19:30 - 20:15			JUNIOR M - Q2 (8) 19:30 - 20:10		19:15 - 19:50	COMP	
								SENIOR W (Flight 2 - 5) - Q2 & JUNIOR W (3) - Q2 19:10 - 19:50		19:50 - 20:10
							20:10 - 20:45	COMP		

2023 TG Canadian Championships Schedule (Detailed 07/11/23)

SATURDAY, JULY 22nd

SATURDAY, JULY 22nd										
		TRAMPOLINE TRAMP 1	TRAMPOLINE TRAMP 2		DMT DMT 1	DMT DMT 2		TUMBLING		
BLOCK 7	8:00 - 8:30	GENERAL WARM-UP (BLOCK 7)								
	25 Minute Warm-ups (Included in Scheduled Time)	L6 14U & 15-16 M (1 & 9) 9:10 - 10:10	L7 17+ W (Flight 1 - 11) 8:30 - 9:35	20 Minute Warm-ups (Included in Scheduled Time)	L7 17+ M - Q2 (Flight 1 - 10) 8:30 - 9:10	L7 17+ M - Q2 (Flight 2 - 10) 9:10 - 9:50	8:30 - 8:50	WARM-UP	L5 15-16 W (14)	
			L7 17+ W (Flight 2 - 11) 9:45 - 10:50		9:40 - 10:00		WARM-UP	SENIOR & JUNIOR W - Q2 (9 & 1)		
		L5 14U M (10) 10:25 - 11:25	L7 17+ W (Flight 3 - 7) & L6 15-16 W (4) 11:00 - 12:00		L7 17+ M - Q2 (Flight 1 - 11) 10:40 - 11:20	10:20 - 10:40	WARM-UP	L7 17+ M - Q2 (12)		
		L7 17+ W - Q2 (Flight 2 - 10) 11:20 - 11:40			11:00 - 11:20	WARM-UP	SENIOR & JUNIOR M - Q2 (6 & 3)			
					11:20 - 11:40	COMP				
	GENERAL WARM-UP (BLOCK 8)									
BLOCK 8	12:00 - 12:30	GENERAL WARM-UP (BLOCK 8)								
	20 Minute Warm-ups (Included In Scheduled Time)	SENIOR M (10) 12:30 - 13:10	SENIOR W (9) 12:50 - 13:30	20 Minute Warm-ups (Included In Scheduled Time)	L5 14U M (10) 12:30 - 13:30	L5 14U W (9) 13:10 - 14:10	12:30 - 12:50	WARM-UP	L7 17+ W - Q2 (11)	
		L5 17+ M (10) 13:10 - 13:50			L5 15-16 M (10) 13:50 - 14:50		12:50 - 13:10	COMP	FINALS	
		L7 17+ M (10) 13:50 - 14:30	JUNIOR W (7) 13:30 - 14:10		L5 15-16 W (10) 14:30 - 15:30	13:10 - 13:30	WARM-UP	L5 17+ W (10)		
		SYN SENIOR M (7) 14:30 - 15:10	SYN SENIOR W (5) 14:50 - 15:30			13:30 - 14:05	COMP	L5 17+ M (10)		
						14:05 - 14:25	WARM-UP	L5 17+ M (10)		
					14:25 - 15:00	COMP				
AWARDS - BLOCK 8 & SPECIAL AWARDS										
BLOCK 9	16:30 - 17:00	GENERAL WARM-UP (BLOCK 9)								
	20 Minute Warm-ups (Included In Scheduled Time)	JUNIOR M (4) 17:00 - 17:30	L5 17+ W (10) 17:10 - 17:50	20 Minute Warm-ups (Included In Scheduled Time)	SENIOR M (10) 17:40 - 18:40	SENIOR W (10) 17:00 - 18:00	17:00 - 17:20	WARM-UP	L5 14U & 15-16 M (6 & 7)	
		SYN L5 M (10) 17:40 - 18:20					SYN L6 W (10) 18:00 - 18:40	17:20 - 18:00	COMP	L5 14U W (10)
		SYN L6 M (10) 18:20 - 19:00	SYN L5 W (10) 18:40 - 19:20		JUNIOR M (8) 19:00 - 19:45	L5 17+ W (10) 18:20 - 19:20	18:00 - 18:20	WARM-UP	L5 15-16 W (10)	
		SYN L5 X (10) 19:00 - 19:40				JUNIOR W (3) 19:25 - 20:00	18:20 - 18:50	COMP	L5 15-16 W (10)	
						18:50 - 19:10	WARM-UP	L5 15-16 W (10)		
						19:10 - 19:45	COMP	L5 15-16 W (10)		
AWARDS - BLOCK 9 & SPECIAL AWARDS										
20:00 - 20:45										

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Sunday, July 23rd

Sunday, July 23rd											
		TRAMPOLINE TRAMP 1	TRAMPOLINE TRAMP 2		DMT DMT 1	DMT DMT 2		TUMBLING			
BLOCK 10	8:00 - 8:30	GENERAL WARM-UP (BLOCK 10)									
	20 Minute Warm-ups (Included In Scheduled Time)	FINALS			FINALS			FINALS			
		L5 14U M (10) 8:50 - 9:30	L5 15-16 W (10) 8:30 - 9:10	20 Minute Warm-ups (Included In Scheduled Time)	L6 15-16 M (7) 8:30 - 9:20	L6 14U & 15-16 W (5 & 8) 9:00 - 10:10	8:30 - 8:50	WARM-UP	L7 17+ W (10)		
		L5 15-16 M (10) 9:30 - 10:10	L7 17+ W (10) 9:10 - 9:50		L5 17+ M (10) 9:50 - 10:50		L7 17+ W (10) 10:30 - 11:30	8:50 - 9:20	COMP	L7 17+ M (10)	
		L6 14U & 15-16 M (1 & 9) 10:10 - 10:50	L5 14U W (10) 9:50 - 10:30		L7 17+ M (10) 11:10 - 12:10		10:10 - 10:30	WARM-UP	L6 15-16 M (2) & L6 14U & 15-16 W (1 & 3)		
			L6 15-16 W (4) 10:30 - 11:00				10:30 - 11:00	COMP			SENIOR & JUNIOR W (9 & 1)
								11:00 - 11:20	WARM-UP	SENIOR & JUNIOR M (6 & 3)	
								11:20 - 11:50	COMP		
								11:50 - 12:10	WARM-UP	SENIOR & JUNIOR M (6 & 3)	
								12:10 - 12:40	COMP		
									SENIOR & JUNIOR M (6 & 3)		
								SENIOR & JUNIOR M (6 & 3)			
12:45 - 13:30	AWARDS - BLOCK 10										
BLOCK 11	13:30 - 14:00	GENERAL WARM-UP (BLOCK 11)									
	15 Minute Warm-ups (Included In Scheduled Time)	TEAM FINALS			TEAM FINALS			TEAM FINALS			
		TEAM TRA M (Flight 1) 14:30 - 15:15	TEAM TRA W (Flight 1) 14:00 - 14:45	15 Minute Warm-ups (Included In Scheduled Time)	TEAM DMT W (Flight 1) 15:00 - 15:45	TEAM DMT W (Flight 1) 15:00 - 15:45					
		TEAM TRA M (Flight 2) 15:30 - 16:15	TEAM TRA W (Flight 2) 15:00 - 15:45		TEAM DMT M (Flight 1) 15:30 - 16:15						TEAM DMT W (Flight 2) 16:00 - 16:45
					TEAM DMT M (Flight 2) 16:30 - 17:15						
18:00 - 18:30	AWARDS - BLOCK 11										

2023 TG Canadian Championships Schedule (Detailed 07/11/23)

MONDAY July 24th

TTPA MEETING 9:00 - 13:00 - Phoenix Gymnastics Centre