

SCHEDULE (V1) - TG Eastern Canadian Championships / May 9-11, 2025
Hosted by OAA

FRIDAY May 9, 2025 / TRAINING



QC (86) 9:00am - 10:30am
NB (9), NL (26), NS (40) 10:30am - 12:00pm
ON (130) 12:00pm - 2:00pm

OPENING CEREMONIES 2:00PM

FRIDAY May 9, 2025 / PRELIMINARIES / Block # 1

Trampoline

TRI L1 - 12 & Under Women	11	TRI L1 - 13 & Over Men	12
TRI L1 - 13 & Over Women	13	TRI L2 - Men	17
Stretch for each group begins 20 minutes prior to their "Specific Warm-up"			
Specific Warm-up	3:00 - 3:15	TRI L1 - 12 & Under Women	
Competition	3:15 - 3:40	TRI L1 - 12 & Under Women	11
Specific Warm-up	3:45 - 4:05	TRI L1 - 13 & Over Women	
Competition	4:05 - 4:35	TRI L1 - 13 & Over Women	13
Specific Warm-up	4:40 - 4:55	TRI L1 - 13 & Over Men	
Competition	4:55 - 5:20	TRI L1 - 13 & Over Men	12
Specific Warm-up	5:25 - 5:40	TRI L2 - Men (Group 1)	
Competition	5:40 - 6:00	TRI L2 - Men (Group 1)	9
Specific Warm-up	6:05 - 6:20	TRI L2 - Men (Group 2)	
Competition	6:20 - 6:40	TRI L2 - Men (Group 2)	8

Double-Mini Trampoline

DMT L1 - 12 & Under Men	7	DMT L1 - 12 & Under Women	9
DMT L1 - 13 & Over Men	12	DMT L1 - 13 & Over Women	14
Stretch for each group begins 20 minutes prior to their "Specific Warm-up"			
Specific Warm-up	3:20 - 3:30	DMT L1 - 12 & Under Men	
Competition	3:30 - 3:45	DMT L1 - 12 & Under Men	7
Specific Warm-up	3:50 - 4:05	DMT L1 - 13 & Over Men	
Competition	4:05 - 4:25	DMT L1 - 13 & Over Men	12
Specific Warm-up	4:30 - 4:40	DMT L1 - 12 & Under Women	
Competition	4:40 - 4:55	DMT L1 - 12 & Under Women	9
Specific Warm-up	5:00 - 5:15	DMT L1 - 13 & Over Women	
Competition	5:15 - 5:40	DMT L1 - 13 & Over Women	14

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SATURDAY May 10, 2025 / PRELIMINARIES / Block # 2

Trampoline

TRI L1 - 12 & Under Men	10	TRI L4 - Men	16
TRI L2 - Women	30		
Stretch for each group begins 20 minutes prior to their "Specific Warm-up"			
Specific Warm-up	8:45 - 9:00	TRI L1 - 12 & Under Men	
Competition	9:00 - 9:20	TRI L1 - 12 & Under Men	10
Specific Warm-up	9:25 - 9:45	TRI L2 - Women (Group 1)	
Competition	9:45 - 10:15	TRI L2 - Women (Group 1)	15
Specific Warm-up	10:20 - 10:40	TRI L2 - Women (Group 2)	
Competition	10:40 - 11:10	TRI L2 - Women (Group 2)	15
Specific Warm-up	11:15 - 11:35	TRI L4 - Men (Group 1)	
Competition	11:35 - 11:55	TRI L4 - Men (Group 1)	8
Specific Warm-up	12:00 - 12:20	TRI L4 - Men (Group 2)	
Competition	12:20 - 12:40	TRI L4 - Men (Group 2)	8

Double-Mini Trampoline

DMT L3 - Women	20	DMT L4 - Women	12
		DMT L4 - Men	4
Stretch for each group begins 20 minutes prior to their "Specific Warm-up"			
Specific Warm-up	10:25 - 10:40	DMT L3 - Women (Group 1)	
Competition	10:40 - 10:55	DMT L3 - Women (Group 1)	10
Specific Warm-up	11:00 - 11:15	DMT L3 - Women (Group 2)	
Competition	11:15 - 11:30	DMT L3 - Women (Group 2)	10
Specific Warm-up	11:35 - 11:50	DMT L4 - Women (Group 1)	
Competition	11:50 - 12:05	DMT L4 - Women (Group 1)	8
Specific Warm-up	12:10 - 12:25	DMT L4 - Women (Group 2), DMT L4 - Men	
Competition	12:25 - 12:40	DMT L4 - Women (Group 2), DMT L4 - Men	8

Tumbling

TUM L1 - 12 & Under Women	16	TUM L1 - 12 & Under Men	5
TUM L1 - 13 & Over Women	16	TUM L1 - 13 & Over Men	3
		TUM L2 - Men	4
Stretch for each group begins 20 minutes prior to their "Specific Warm-up"			
Specific Warm-up	10:25 - 10:45	TUM L1 - 12 & Under Women	
Competition	10:45 - 11:10	TUM L1 - 12 & Under Women	16
Specific Warm-up	11:15 - 11:35	TUM L1 - 13 & Over Women	
Competition	11:35 - 12:00	TUM L1 - 13 & Over Women	16
Specific Warm-up	12:05 - 12:20	TUM L1 - 12 & Under Men, TUM L1 - 13 & Over Men, TUM L2 - Men	
Competition	12:20 - 12:40	TUM L1 - 12 & Under Men, TUM L1 - 13 & Over Men, TUM L2 - Men	12



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SATURDAY May 10, 2025 / PRELIMINARIES / Block # 3

Trampoline

TRI L3 - Women	25	TRI L4 - Women	17
TRI L3 - Men	13		
Stretch for each group begins 20 minutes prior to their "Specific Warm-up"			
Specific Warm-up	1:20 - 1:40	TRI L3 - Women (Group 1)	
Competition	1:40 - 2:10	TRI L3 - Women (Group 1)	13
Specific Warm-up	2:15 - 2:35	TRI L3 - Women (Group 2)	
Competition	2:35 - 3:05	TRI L3 - Women (Group 2)	12
Specific Warm-up	3:10 - 3:30	TRI L3 - Men	
Competition	3:30 - 4:00	TRI L3 - Men	13
Specific Warm-up	4:05 - 4:25	TRI L4 - Women (Group 1)	
Competition	4:25 - 4:45	TRI L4 - Women (Group 1)	9
Specific Warm-up	4:50 - 5:10	TRI L4 - Women (Group 2)	
Competition	5:10 - 5:30	TRI L4 - Women (Group 2)	8

Double-Mini Trampoline

DMT L2 - Men	19	DMT L3 - Men	13
DMT L2 - Women	28		
Stretch for each group begins 20 minutes prior to their "Specific Warm-up"			
Specific Warm-up	1:25 - 1:40	DMT L2 - Men (Group 1)	
Competition	1:40 - 1:55	DMT L2 - Men (Group 1)	10
Specific Warm-up	2:00 - 2:15	DMT L2 - Men (Group 2)	
Competition	2:15 - 2:30	DMT L2 - Men (Group 2)	9
Specific Warm-up	2:35 - 2:55	DMT L2 - Women (Group 1)	
Competition	2:55 - 3:20	DMT L2 - Women (Group 1)	14
Specific Warm-up	3:25 - 3:45	DMT L2 - Women (Group 2)	
Competition	3:45 - 4:10	DMT L2 - Women (Group 2)	14
Specific Warm-up	4:15 - 4:35	DMT L3 - Men	
Competition	4:35 - 4:55	DMT L3 - Men	13

Tumbling

TUM L2 - Women	17	TUM L4 - Women	10
TUM L3 - Women	11	TUM L4 - Men	4
TUM L3 - Men	2		
Stretch for each group begins 20 minutes prior to their "Specific Warm-up"			
Specific Warm-up	1:30 - 1:40	TUM L2 - Women (Group 1)	
Competition	1:40 - 1:55	TUM L2 - Women (Group 1)	9
Specific Warm-up	2:00 - 2:10	TUM L2 - Women (Group 2)	
Competition	2:10 - 2:25	TUM L2 - Women (Group 2)	8
Specific Warm-up	2:30 - 2:50	TUM L3 - Women, TUM L3 - Men	
Competition	2:50 - 3:20	TUM L3 - Women, TUM L3 - Men	13
Specific Warm-up	3:25 - 3:50	TUM L4 - Women, TUM L4 - Men	
Competition	3:50 - 4:20	TUM L4 - Women, TUM L4 - Men	14



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SUNDAY May 11, 2025 / FINALS / Block # 4

Trampoline

TRI L1 - 12 & Under Women	10	TRI L2 - Men	9
TRI L1 - 12 & Under Men	10	TRI L2 - Women	12
TRI L1 - 13 & Over Women	11	TRI L3 - Women	12
TRI L1 - 13 & Over Men	11		
Stretch for each group begins 20 minutes prior to their "Specific Warm-up"			
Specific Warm-up	8:45 - 9:00	TRI L1 - 12 & Under Women	
Competition	9:00 - 9:15	TRI L1 - 12 & Under Women	10
Specific Warm-up	9:15 - 9:30	TRI L1 - 12 & Under Men	
Competition	9:30 - 9:45	TRI L1 - 12 & Under Men	10
Specific Warm-up	9:45 - 10:00	TRI L1 - 13 & Over Women	
Competition	10:00 - 10:20	TRI L1 - 13 & Over Women	11
Specific Warm-up	10:25 - 10:40	TRI L1 - 13 & Over Men	
Competition	10:40 - 11:00	TRI L1 - 13 & Over Men	11
Specific Warm-up	11:05 - 11:20	TRI L2 - Men	
Competition	11:20 - 11:35	TRI L2 - Men	9
Specific Warm-up	11:40 - 11:55	TRI L2 - Women	
Competition	11:55 - 12:15	TRI L2 - Women	12
Specific Warm-up	12:20 - 12:35	TRI L3 - Women	
Competition	12:35 - 12:55	TRI L3 - Women	12

Double-Mini Trampoline

DMT L1 - 12 & Under Women	9	DMT L4 - Women	8
DMT L1 - 12 & Under Men	7	DMT L4 - Men	4
DMT L1 - 13 & Over Women	10	DMT L3 - Men	10
Stretch for each group begins 20 minutes prior to their "Specific Warm-up"			
Specific Warm-up	9:45 - 9:55	DMT L1 - 12 & Under Women	
Competition	9:55 - 10:15	DMT L1 - 12 & Under Women	9
Specific Warm-up	10:20 - 10:30	DMT L1 - 12 & Under Men	
Competition	10:30 - 10:45	DMT L1 - 12 & Under Men	7
Specific Warm-up	10:50 - 11:00	DMT L1 - 13 & Over Women	
Competition	11:00 - 11:20	DMT L1 - 13 & Over Women	10
Specific Warm-up	11:25 - 11:50	DMT L4 - Women, DMT L4 - Men	
Competition	11:50 - 12:15	DMT L4 - Women, DMT L4 - Men	12
Specific Warm-up	12:20 - 12:35	DMT L3 - Men	
Competition	12:35 - 12:55	DMT L3 - Men	10

Tumbling

TUM L1 - 12 & Under Women	10	TUM L1 - 12 & Under Men	5
TUM L1 - 13 & Over Women	10	TUM L1 - 13 & Over Men	3
		TUM L2 - Women	11
Stretch for each group begins 20 minutes prior to their "Specific Warm-up"			
Specific Warm-up	10:50 - 11:00	TUM L1 - 12 & Under Women	
Competition	11:00 - 11:15	TUM L1 - 12 & Under Women	10
Specific Warm-up	11:20 - 11:30	TUM L1 - 13 & Over Women	
Competition	11:30 - 11:45	TUM L1 - 13 & Over Women	10
Specific Warm-up	11:50 - 12:00	TUM L1 - 12 & Under Men, TUM L1 - 13 & Over Men, TUM L1 - 12 & Under Men,	
Competition	12:00 - 12:15	TUM L1 - 13 & Over Men	8
Specific Warm-up	12:20 - 12:35	TUM L2 - Women	
Competition	12:35 - 12:55	TUM L2 - Women	11



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SUNDAY May 11, 2025 / FINALS / Block # 5

Trampoline

TRI L3 - Men	10	SYN L1	8
TRI L4 - Women	9	SYN L2	7
TRI L4 - Men	9	SYN L3	9
		SYN L4	5
Stretch for each group begins 20 minutes prior to their "Specific Warm-up"			
Specific Warm-up	1:40 - 1:55	TRI L3 - Men	
Competition	1:55 - 2:10	TRI L3 - Men	10
Specific Warm-up	2:15 - 2:35	TRI L4 - Women	
Competition	2:35 - 2:50	TRI L4 - Women	9
Specific Warm-up	2:55 - 3:15	TRI L4 - Men	
Competition	3:15 - 3:30	TRI L4 - Men	9
Specific Warm-up	3:35 - 3:50	SYN L1	
Competition	3:50 - 4:05	SYN L1	8
Specific Warm-up	4:05 - 4:20	SYN L2	
Competition	4:20 - 4:35	SYN L2	7
Specific Warm-up	4:35 - 4:50	SYN L3	
Competition	4:50 - 5:05	SYN L3	9
Specific Warm-up	5:05 - 5:20	SYN L4	
Competition	5:20 - 5:35	SYN L4	5

Tumbling

TUM L2 - Men	4	TUM L3 - Women	9
TUM L3 - Men	2	TUM L4 - Women	9
TUM L4 - Men	4		
Stretch for each group begins 20 minutes prior to their "Specific Warm-up"			
Specific Warm-up	1:40 - 1:55	TUM L2 - Men, TUM L3 - Men, TUM L4 - Men	
Competition	1:55 - 2:15	TUM L2 - Men, TUM L3 - Men, TUM L4 - Men	10
Specific Warm-up	2:20 - 2:35	TUM L3 - Women	
Competition	2:35 - 2:55	TUM L3 - Women	9
Specific Warm-up	3:00 - 3:15	TUM L4 - Women	
Competition	3:15 - 3:35	TUM L4 - Women	9

Double-Mini Trampoline

DMT L2 - Women	10		
DMT L2 - Men	9		
DMT L3 - Women	10		
DMT L1 - 13 & Over Men	9		
Stretch for each group begins 20 minutes prior to their "Specific Warm-up"			
Specific Warm-up	1:40 - 1:55	DMT L2 - Women	
Competition	1:55 - 2:15	DMT L2 - Women	10
Specific Warm-up	2:20 - 2:35	DMT L2 - Men	
Competition	2:35 - 2:55	DMT L2 - Men	9
Specific Warm-up	3:00 - 3:15	DMT L3 - Women	
Competition	3:15 - 3:35	DMT L3 - Women	10
Specific Warm-up	3:40 - 3:50	DMT L1 - 13 & Over Men	
Competition	3:50 - 4:10	DMT L1 - 13 & Over Men	9

