

# 2016 TRAMPOLINE GYMNASTICS BC CHAMPIONSHIPS

**APRIL 15 to 17  
LANGLEY BC**

(Langley Events Centre @ 7888 200 St.)



**ALL COMPETITION BLOCKS WILL START ON TIME**

INDICATED WARM-UP TIMES ARE MAXIMUM FOR FIRST FLIGHTS ONLY. ALL SUBSEQUENT FLIGHTS WILL ADVANCE TO COMPETITION IMMEDIATELY FOLLOWING PRECEDING FLIGHTS.

COMPETITION SCHEDULE - ISSUED v4

## FRIDAY APRIL 15

WARM-UP TRAMPOLINES	COMP. TRAMPOLINES	DOUBLE MINI #1	DOUBLE MINI #2	TUMBLING
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9:00 RUN AND STRETCH - ALL ATHLETES 9:00-9:30 (PLEASE STAY OFF EQUIPMENT)

### COMPETITION BLOCK 1 (9:30-1:00)

PROVINCIAL SYNCHRO		PROVINCIAL SYNCHRO		OPEN TRAINING		OPEN TRAINING		PRELIMINARIES	
9:30	w/u L1 W FL1 (9) 15 min. maximum			9:30	OPEN TRAINING L1 / L2 / L3 / W&M	9:30	OPEN TRAINING L1 / L2 / L3 / L4 W&M	9:30	OPEN TRAINING L1 / L2 / L3 W&M
	w/u L1 W FL2 (9)	9:50	nt L1 W FL1 (9)						
	w/u L1/L2 M (6):(6)		nt L1 W FL2 (9)						
	w/u L2 W FL1 (9)		nt L1/L2 M (6):(6)						
	w/u L2 W FL2 (9)		nt L2 W FL1 (9)						
	w/u L3 W/M (8):(3)		nt L2 W FL2 (9)					11:00	BLOCK WARM-UP L1 W&M 35 min. maximum
	w/u L4 W/M (6):(2)		nt L3 W/M (8):(3)					11:40	comp L1 12U W FL1 (8) 2T
			nt L4 W/M (6):(2)						comp L1 12U W FL2 (7) 2T
12:00	OPEN TRAINING L5/ L6/ JR./ SR. W&M (Time Permitting)		OPEN TRAINING L5/ L6/ JR./ SR. W&M (Time Permitting)						comp L1 13+ W (13) 2T
									comp L1 M (7) 2T

13:00 1:00-1:25 OPENING CEREMONIES/JUDGE AND COACHES MEETING

### COMPETITION BLOCK 2 (1:30-4:30)

PRELIMINARIES		PRELIMINARIES		PRELIMINARIES		PRELIMINARIES		PRELIMINARIES	
13:30	w/u L1 12u W FL1 (10) 25 min. maximum			13:30	BLOCK WARM-UP L6/JR./SR W&M 55 min. maximum	13:30	BLOCK WARM-UP L5 W&M 35 min. maximum	13:30	BLOCK WARM-UP L2/L3 W&M 65 min. maximum
	w/u L1 12u W FL2 (9)	14:00	nt L1 12u W FL1 (10)						
	w/u L1 12u W FL3 (9)		nt L1 12u W FL2 (9)	14:30	w/u L6 M (6) 20 min. maximum		14:10	w/u L5 16U W (10) 20 min. maximum	
	w/u L1 13+ W (11)		nt L1 12u W FL3 (9)		comp. L6 M (6)			14:40	comp. L3 W (11) w/u 10 min. maximum
	w/u L1 M (14)		nt L1 13+ W (11)		w/u L6 W (9)				comp. L2/L3 M (1):(3) w/u 5 min. maximum
	w/u L2 M FL1 (7)		nt L1 M (14)		comp. L6 W (9)				comp. L2 13U W (10) w/u 10 min. maximum
					w/u JR./SR. W&M (1):(1):(2):(7)				comp. L2 14+ W (10) w/u 10 min. maximum
					comp. JR./SR. W&M (1):(1):(2):(7)				

### COMPETITION BLOCK 3 (4:30-7:30)

PRELIMINARIES		PRELIMINARIES		PRELIMINARIES		PRELIMINARIES		PRELIMINARIES	
	w/u L2 M FL2 (7)		nt L2 M FL1 (7)					16:30	OPEN TRAINING L4/L5/L6/JUN. W&M
17:00	BLOCK WARM-UP L5 W&M		nt L2 M FL2 (7)	16:50	w/u L3 14U W FL1 (9) 20 min. maximum				
	w/u L5 W FL1 (8) 25 min. maximum				comp. L3 14U W FL1 (9)	17:10	w/u L3 14U W FL2 (9)		
	w/u L5 W FL2 (7)	18:00	1t L5 W FL1 (8)		w/u L3 15+ W (8)		comp. L3 14U W FL2 (9)		
	w/u L5 M (6)		1t L5 W FL2 (7)		comp. L3 15+ W (8)		w/u L3 M (12)		
			1t L5 W FL1 (8)		w/u L4 W (12)		comp. L3 M (12)		
			1t L5 M (6)		comp. L4 W (12)		w/u L4 M (7)		
							comp. L4 M (7)		

7:30 PM - AWARDS FOR PROVINCIAL SYNCHRO

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COMPETITION SCHEDULE - ISSUED v4

## SATURDAY APRIL 16

WARM-UP TRAMPOLINES	COMP. TRAMPOLINES	DOUBLE MINI #1	DOUBLE MINI #2	TUMBLING
7:30 RUN AND STRETCH - ALL ATHLETES 7:30-8:00 (PLEASE STAY OFF EQUIPMENT)				
COMPETITION BLOCK 4 (8:00-11:00)				
8:00 PRELIMINARIES w/lu L2 13u W FL1 (10) 25 min. maximum	8:30 PRELIMINARIES nt L2 13u W FL1 (10)	8:00 PRELIMINARIES w/lu L2 14+ W FL1 (9) 20 min. maximum comp. L2 14+ W FL1 (9)	8:20 PRELIMINARIES w/lu L2 14+ W FL2 (8) comp. L2 14+ W FL2 (8)	8:00 PRELIMINARIES <b>BLOCK WARM-UP L4/L5/L6/JUN. W&amp;M</b> 55 min. maximum
w/lu L2 13u W FL2 (10)	nt L2 13u W FL2 (10)	w/lu L1 13+ W FL1 (8) comp. L1 13+ W FL1 (8)	w/lu L1 13+ W FL2 (8) comp. L1 13+ W FL2 (8)	9:10 comp. L4 W (12) w/lu 10 min. maximum
w/lu L2 13u W FL3 (10)	nt L2 13u W FL3 (10)	w/lu L1 M FL1 (9) comp. L1 M FL1 (9)	w/lu L1 M FL2 (8) comp. L1 M FL2 (8)	comp. L4/L5 M (2):(5) w/lu 10 min. maximum
w/lu L2 14+ W FL1 (9)	nt L2 14+ W FL1 (9)	w/lu L1 M FL1 (9) comp. L1 M FL1 (9)	w/lu L1 M FL2 (8) comp. L1 M FL2 (8)	comp. L5/L6/JR. W (8):(1):(1) w/lu 10 min. maximum
w/lu L2 14+ W FL2 (9)	nt L2 14+ W FL2 (9)			
<b>BLOCK WARM-UP L6/JR./SR W&amp;M</b> (Time Permitting)				
COMPETITION BLOCK 5 (11:00-2:00)				
PRELIMINARIES	PRELIMINARIES	PRELIMINARIES	PRELIMINARIES	PRELIMINARIES
11:20 w/lu L6 17U/18+ W (4):(4) 25 min. maximum	11:00 <b>BLOCK WARM-UP L6/JR./SR W&amp;M</b> 45 min. maximum	11:00 w/lu L1 12U W FL1 (10) 20 min. maximum comp. L1 12U W FL1 (10)	11:20 w/lu L1 12U W FL2 (10) comp. L1 12U W FL2 (10)	
w/lu L6 17U/18+ M (9):(4)	11:50 1t L6 17U/18+ W (4):(4)	w/lu L1 12U W FL3 (10) comp. L1 12U W FL3 (10)	w/lu L2 13U W FL1 (11) comp. L2 13U W FL1 (11)	
w/lu JR./SR. W&M (1):(1):(1):(3)	1t L6 17U/18+ M (9):(4)	w/lu L2 13U W FL2 (11) comp. L2 13U W FL2 (11)	w/lu L2 13U W FL3 (10) comp. L2 13U W FL3 (10)	
13:30 w/lu L3 15+ W (12) 25 min. maximum	1t JR./SR. W&M (1):(1):(1):(3)	w/lu L2 M (11) comp. L2 M (11)		
COMPETITION BLOCK 6 (2:00-5:30)				
PRELIMINARIES	PRELIMINARIES	FINALS	FINALS	FINALS
w/lu L3 14u W FL1 (10)	14:00 1t L3 15+ W (12)	14:00 <b>BLOCK WARM-UP L6/JR./SR W&amp;M</b> 65 min. maximum	14:00 <b>BLOCK WARM-UP L5 W&amp;M</b> 45 min. maximum	14:00 <b>BLOCK WARM-UP L1 W&amp;M</b> 55 min. maximum
w/lu L3 14u W FL2 (10)	1t L3 14u W FL1 (10)		14:50 w/lu L5 M (12) 20 min. maximum comp. L5 M (12)	15:00 comp. L1 12U W (10) 1T
w/lu L3 M (11)	1t L3 14u W FL2 (10)	15:10 w/lu L6 W (9) comp. L6 W (9)	w/lu L5 16U W (10) comp. L5 16U W (10)	comp. L1 13+ W (10) 1T
w/lu L4 15U W (10)	1t L3 M (11)	w/lu L6 M (6) comp. L6 M (6)	w/lu L5 17+ W (10) comp. L5 17+ W (10)	comp. L1 M (7) 1T
w/lu L4 16+ W (7)	1t L4 15U W (10)	w/lu JR./SR. W&M (1):(1):(2):(7) comp. JR./SR. W&M (1):(1):(2):(7)		
w/lu L4 16+ W (7)	1t L4 16+ W (7)			
w/lu L4 M (11)	1t L4 M (11)			
COMPETITION BLOCK 7 (5:30-8:00)				
FINALS	FINALS	FINALS	FINALS	FINALS
17:30 w/lu L1 12u W (10) 15 min. maximum	17:50 nt L1 12u W (10)	w/lu L3 14U W (10) 20 min. maximum comp. L3 14U W (10)	w/lu L3 M (10) comp. L3 M (10)	
w/lu L1 13+ W (10)	nt L1 13+ W (10)	w/lu L3 15+ W (8) comp. L3 15+ W (8)	w/lu L4 W (10) comp. L4 W (10)	
w/lu L1 M (10)	nt L1 M (10)	w/lu L4 M (7) comp. L4 M (7)		
w/lu L2 13u W (10)	nt L2 13u W (10)			
w/lu L2 14+ W (10)	nt L2 14+ W (10)			
w/lu L2 M (10)	nt L2 M (10)			
8:00 PM - AWARDS FOR ALL EVENT FINALS COMPLETED ON SATURDAY				

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COMPETITION SCHEDULE - ISSUED v4

**SUNDAY APRIL 17**

WARM-UP TRAMPOLINES	COMP. TRAMPOLINES	DOUBLE MINI #1	DOUBLE MINI #2	TUMBLING
7:30 RUN AND STRETCH - ALL ATHLETES 7:30-8:00 (PLEASE STAY OFF EQUIPMENT)				
COMPETITION BLOCK 8 (8:00-11:00)				
8:00 FINALS w/u L3 14u W (10) 15 min. maximum w/u L3 15+ W (10) w/u L3 M (10) w/u L4 15U W (10) w/u L4 16+ W (7) w/u L4 M (10) BLOCK WARM-UP L5, L6, JUNIOR & SENIOR (Time Permitting)	8:20 FINALS 1t L3 14u W (10) 1t L3 15+ W (10) 1t L3 M (10) 1t L4 15U W (10) 1t L4 16+ W (7) 1t L4 M (10) BLOCK WARM-UP L5, L6, JUNIOR & SENIOR (Time Permitting) 40 min. maximum	8:20 FINALS w/u L1 12U W (10) comp. L1 12U W (10) w/u L1 13+ W 20 min. maximum (10) comp. L1 13+ W (10) w/u L2 M (10) comp. L2 M (10)	8:40 FINALS w/u L1 M (10) comp. L1 M (10) w/u L2 13U W (10) comp. L2 13U W (10) w/u L2 14+ W (10) comp. L2 14+ W (10)	8:00 FINALS BLOCK WARM-UP L4/L5/L6/JUN. W&M 55 min. maximum 9:10 comp. L5/L6/JR. W (8):(1):(1) w/u 10 min. maximum comp. L4 W (10) w/u 10 min. maximum comp. L4/L5 M (2):(5) w/u 10 min. maximum
COMPETITION BLOCK 9 (11:00-2:00)				
11:00 BLOCK 7A FINALS w/u L5 W (10) 15 min. maximum w/u L5 M (6) w/u L6 17U/18+ W (4):(4) w/u L6 17U/18+ M (9):(4) w/u JR./SR. W&M (1):(1):(1):(3) BLOCK WARM-UP SYNCHRO 30 min. maximum	11:20 FINALS 1t L5 W (10) 1t L5 M (6) 1t L6 17U/18+ W (4):(4) 1t L6 17U/18+ M (9):(4) 1t JR./SR. W&M (1):(1):(1):(3) 1t L5 Synchro W&M (5):(3) (OR 10 min. w/u Time Permitting)			11:00 FINALS BLOCK WARM-UP L2/L3 W&M 45 min. maximum 11:50 comp. L3 W (10) 1t comp. L2/L3 M (1):(3) 1t comp. L2 13U W (10) 2t comp. L2 14+ W (10) 2t

2:00 PM - AWARDS FOR ALL EVENT FINALS COMPLETED ON SUNDAY