



GYMNASTICS BC

BC CHAMPIONSHIPS

★ 2024 ★



MARCH 28 - 30
PNE FORUM
2901 E HASTINGS ST
VANCOUVER, BC

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TG



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On behalf of Gymnastics BC, welcome everyone to the 2024 WAG Optional, MAG, and TG Gymnastics BC Championships! We are proud to host this event alongside TAG Sports Centre at the PNE Forum!

Gymnastics BC has provided leadership in the development and expansion of gymnastics throughout the province since 1969. Our sport equips all participants with important skills such as balance, strength and flexibility that can be transferred to all other athletic disciplines.

This event demonstrates some of the best qualities of our sport: spirited competition, sportsmanship, camaraderie, and the drive to achieve goals.

The 2024 WAG Optional, MAG, and TG Gymnastics BC Championships would not be possible without the support of the local community. Thank you to our dedicated team of volunteers, who have donated countless hours to make this event a reality.

Thank you also to our sponsors; your support ensures the continued success of our event and enables Gymnastics BC to host competitions of this caliber, year after year.

To our co-host, TAG Sports Centre: we are proud to partner with you to deliver such a wonderful event, and we are honoured to add you to our roster of outstanding club hosts.

To the coaches, officials, managers, parents and supporters: thank you for continuing to champion our sport in your community and beyond.

Lastly, to the competitors: this event is for you! The 2024 WAG Optional, MAG, and TG Gymnastics BC Championships represents a significant milestone on your athletic journey and is the direct result of your passion, dedication and commitment to the sport of gymnastics.

Enjoy your time in Vancouver, and we look forward to seeing you next year!

Kind regards,

The Gymnastics BC Staff



Welcome BC Athletes to the **2024 WAG Optional, MAG, TG Gymnastics BC Championships**.
Welcome to Vancouver PNE Forum.

I would like to wish all athletes to achieve their best performances. This is the culmination of their past year's hard work and it is with great pride that TAG is hosting all 3 disciplines under the same roof.

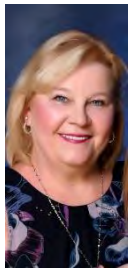
This is also a meet where some athletes are looking to earn a spot to National Championships in June. Which is also an Olympic final selection meet. So exciting, good luck to all of you!

To the parents, grandparents and friends, please enjoy the efforts made by the youth of BC by applauding all performances. Sport is not a mathematical game, and not always does the perfect practise come into play.

A warm thank you to all our gracious sponsors ! Without you, this event cannot happen in such a facility.

To my meet director, Leonna , your tireless support and direction has guided us all to make it happen. Veronica, your signs and organization of countless prep days make such beautiful displays. Yolonda, Renee and Dianne, your sponsors were vital to our success. To all TG scorers, your weekend of 12 hour days are what bring out the results each day for the athletes. And the many, many TAG families and coaches for giving their support to make this championships a success.

In pursuit of gymnastics excellence and like I tell all my athletes, just do normal.



Barbara Fraser, ChPC
TAG Head Coach / Owner

MAYOR KEN SIM



March 28-30, 2024

A MESSAGE FROM THE MAYOR

On behalf of the residents of Vancouver and my colleagues on City Council, it is with great pleasure that I welcome all competitors, their coaches, and their families who have travelled from across the Lower Mainland and the province, to participate in the Gymnastics BC Championships from March 28th to 30th, 2024.

The Gymnastics BC Championship weekend is a culmination of hard work and dedication. The athletes have patiently put in time and effort to perfect their individual skills and technique in a sport that takes a great deal of strength and discipline.

I want to thank all the volunteers, officials and organizers who worked tirelessly to make this event happen. I also want to thank the coaches and parents who encourage and support our athletes in attaining their very best because without you these competitions and caliber of sport would not exist.

Best of luck to all the athletes!

Sincerely,

A handwritten signature in blue ink, consisting of several loops and a long horizontal stroke, representing Mayor Ken Sim.

Mayor Ken Sim

Greetings from the Mayor



On behalf of the City of Port Coquitlam, it is my pleasure to extend my best wishes to everyone that has the opportunity to take part in the Gymnastics BC Championships from March 28 to 30.

In Port Coquitlam, we believe strongly that sport builds communities. It provides opportunities for participants to be involved in their community, to compete and have fun together, to live an active and healthy lifestyle, to learn important lessons that will stay with you for a lifetime.

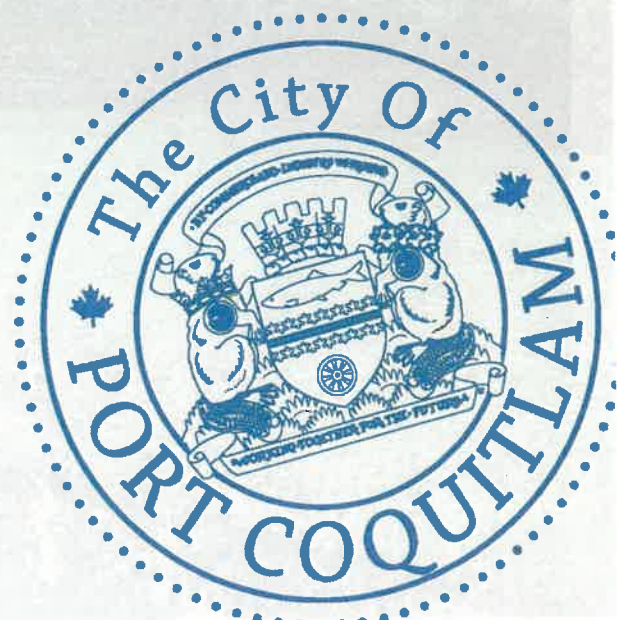
I would like to acknowledge and thank all the volunteers that have worked so hard to make this event possible. Behind any successful sport organization is a group of dedicated individuals that support their athletes. We applaud their efforts for all they do so that events like these can take place.

And to all the athletes who are competing, I offer my congratulations for all of your noteworthy accomplishments and my best wishes for success at these Championships.

Best Regards,

A handwritten signature in black ink that reads "BWL" with a stylized flourish at the end.

Brad West
Mayor
City of Port Coquitlam



Connect

Kscore

All WAG & MAG results can be found at K-Socre.
Here is the link.

<https://live.kscore.ca>

Live 
Meet

All TG results can be found at Live Meet.
Here is the link.

<https://sportzsoftlivemeet.com>


TICKETLEADER 

Tickets are by Ticketleader before the event.
Here is the link for the tickets and
they will be on sale starting today
until the end of the event.

ticketleader.eventue.net

Member of Historic Team Bronze Medal at 2022 World Championships



Sr National Team
Sydney 

As one of Canada's top Senior athletes for the past 3 years, the Olympic dream has become more real for Sydney Turner. Sydney has travelled the world representing Canada at multiple World Cups, Pan Ams, Pan Am Games and the Historic World Championships. She also achieved hearing the national anthem on the international stage on the balance beam. Definitely one of our highlights. She did this all while going to a regular high school. Doing homework on planes and hotels and still managed achieving graduating with honours. In her quest of her dream, she also deferred her scholarship to Iowa for the year. I have enjoyed coaching her through her entire career since the age of 5.



Sydney, enjoy the last few months for this dream, where ever it leads, you will always be a TAG champion!

In pursuit of gymnastics excellence.....

Barb

Practice and training
can only take you so far –
mindset is half the battle.

Believe in yourself,
and you're sure to win.

Good luck
to all athletes!



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COMPETITION SCHEDULE – FINAL

Thursday, March 28, 2024

Session 1:

- **WAG** 07:30 – 11:00 – CCP 6:
Feb 2014-Oct 2015 (20), Mar 2013-Jan 2014 (22), Aug 2012-Feb 2013 (20), Jan 2012-Jul 2012 (21)

Session 2:

- **WAG** 11:15 – 14:45 – CCP 6:
Apr 2011-Dec 2011 (22), Sep 2010-Mar 2011 (22), Oct 2009-Jul 2010 (19), Mar 2007-Sep 2009 (22)

Session 3:

- **WAG** 15:00 – 17:30 – CCP 9:
2010-2012 (14), 1998-2009 (30)

Opening Ceremonies: 17:45 – 18:00

Session 4:

- **WAG** 18:00 – 20:30 – CCP 10:
2009-2011 (8), 2005-2008 (17)

Friday, March 29, 2024

Session 5:

- **WAG** 8:00 – 11:15 – CCP 7:
Nov 2012-Jun 2015 (22), Feb 2012-Oct 2012 (21), Jan 2011-Jan 2012 (23)
- **MAG** 9:00 – 12:15 – P2, P3-U13, P5

Session 6:

- **WAG** 11:30 – 15:15 – CCP 7:
Jun 2010-Dec 2010 (20), Aug 2009-May 2010 (21), Sep 2008-Jul 2009 (20), Jan 2006-Aug 2008 (19)
- **MAG** 12:45 – 16:00 – P3-13+, P4

Session 7:

- **WAG** 15:30 – 19:00 – CCP 8:
May 2011-Mar 2013 (18), Jun 2009-Mar 2011 (17), Jul 2008-Apr 2009 (17), Oct 2005-May 2008 (18)
- **MAG** 16:30 – 20:30 – Aspire, JR, SR, National Open

Saturday, March 30, 2024

Session 8:

- **WAG** 10:00 – 12:30 – High Performance:
Novice (5), JR+SR (5)
- **MAG** 8:00 – 10:55 – P1

Session 9:

- **WAG** 13:00 – 16:30 – Apparatus Finals (CCP 7-10)

Congratulations on this Major Achievement Beth !! 

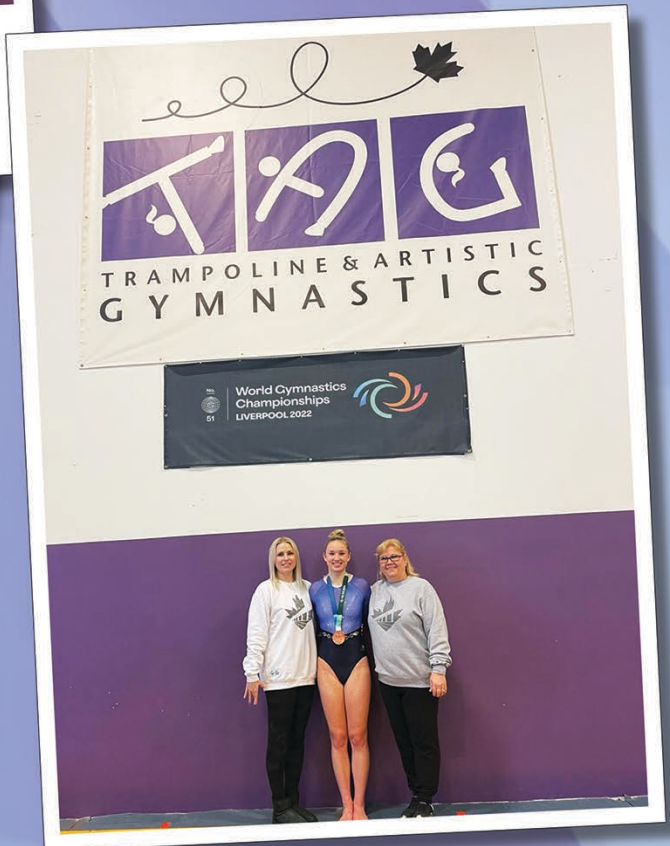


BC Beam Champion



2023 BC AA CCP10 Champion

Canada Games Team BC
Team Bronze
Beth



T & A G
TRAMPOLINE & ARTISTIC
GYMNASTICS

World Gymnastics
Championships
LIVERPOOL 2022

2024 GymBC Provincial Championships

Thursday March 28

	Trampoline		Double Mini Trampoline		Tumbling		Synchronized Trampoline	
BLOCK 1 edit start	8:00-8:30	Run & Stretch(No equipment, floor only) Coaches & Judges Meeting	8:00-8:30	Run & Stretch(No equipment, floor only)/ Coaches & Judges Meeting	8:00-8:30	Run & Stretch (No equipment, floor only) / Coaches & Judges Meeting	8:00-8:30	Run & Stretch(No Equipment, floor only) / Coaches & Judges Meeting
BLOCK 2	8:30-9:22	L1W 10 and under (13)	8:30-8:31	Group 1: L2W(12U) & L2W(13+) FLT1 Group 2: L2W(13+) FLT2				
			8:31-8:35	L2W 12 and under (2)				
			8:35-8:47	L2W 13 and up Flight 1 (6)				
			8:47-9:13	L2W 13 and up Flight 2 (13)				
BLOCK 3	9:22-10:02	L1W 11 and 12 Flight 1 (10)	9:22-9:23	Group 1: L2M(12U) Group 2: L2M(13+)				
			9:23-9:41	L2M 12 and under (9)				
			9:41-9:59	L2M 13 and up (9)				
BLOCK 4	10:02-10:34	L1W 11 and 12 Flight 2 (8)	10:02-10:20	L3W 14 and under (6)				
	10:34-10:42	L1M 13 and up (2)	10:20-10:41	L3W 15 and up (7)				
BLOCK 5	10:42-11:14	L1M 11 and 12 (8)	10:42-10:43	Group 1: L1W(10U) Group 2: L1W(13+)				
	11:14-11:38	L1M 10 and under (6)	10:43-11:09	L1W 10 and under (13)				
			11:09-11:31	L1W 13 and up (11)				
BLOCK 6	11:38-12:26	L1W 13 and up (12)	11:38-11:56	L1W 11 and 12 Flight 1 (9)				
BLOCK 7	12:26-13:02	L2M 12 and under (9)	12:26-12:48	L1W 11 and 12 Flight 2 (11)				
BLOCK 8	13:02-13:42	L2M 13 and up (10)	13:02-13:14	L1M 10 and under (6)				
			13:14-13:18	L1M 13 and up (2)				
BLOCK 9	13:42-13:58	L2W 12 and under (4)	13:42-13:58	L1M 11 and 12 (8)				
	13:58-14:30	L2W 13 and up Flight 1 (8)						
BLOCK 10	14:30-14:54	L2W 13 and up Flight 2 (6)	14:30-15:03	L3M (11)				
	14:54-15:34	L3W 14 and under (8)						
BLOCK 11	15:34-15:35	Group 1: L1W(10U) Group 2: L1W(13+)	15:34-15:55	L3W 15 and up Finals (7)				
	15:35-15:55	L1W 10 and under Finals (10)	15:55-16:13	L3W 14 and under Finals (6)				
	15:55-16:15	L1W 13 and up Finals (10)						
BLOCK 12	16:15-16:35	L1W 11 and 12 Finals (10)	16:15-16:33	L2M 12 and under Finals (9)				
	16:35-16:39	L1M 13 and up Finals (2)						
BLOCK 13	16:39-16:51	L1M 10 and under Finals (6)	16:39-16:43	L2W 12 and under Finals (2)				
	16:51-17:07	L1M 11 and 12 Finals (8)	16:43-17:03	L2W 13 and up Finals (10)				
BLOCK 14	17:07-17:15	L2W 12 and under Finals(4)	17:07-17:19	L1M 10 and under Finals (6)				
	17:15-17:35	L2W 13 and up Finals (10)	17:19-17:37	L2M 13 and up Finals (9)				
BLOCK 15	17:37-18:00	Opening Ceremonies	17:37-17:52	Opening Ceremonies	17:37-17:52	Opening Ceremonies	17:37-17:52	Opening Ceremonies
BLOCK 16	18:00-18:01	Group 1: L2M(12U) Group 2: L2M(13+)	18:00-18:01	Group 1: L1W(10U) Group 2: L1W(11/12)				
	18:01-18:19	L2M 12 and under Finals (9)	18:01-18:21	L1W 11 and 12 Finals (10)				
	18:19-18:39	L2M 13 and up Finals(10)	18:21-18:41	L1W 10 and under Finals (10)				
BLOCK 17	18:41-19:41	L3M (12)	18:41-18:42	Group 1: L1W(13+) Group 2: L1M(11/12) & L1M(13+)				
			18:42-19:02	L1W 13 and up Finals (10)				



TAG Competitive Athletes 
Good Luck to Our Optional Athletes this Weekend!



Good Luck TAG MAG Boys 
Christopher, Daniel & Joshua!



 TAG Athletes Heading to
Western Canadian Championships



Good Luck to All
TAG TG  Athletes !!

Wishing all TAG athletes heading to
Westerns all the best of luck !!
Just do normal !! ♡



2024 GymBC Provincial Championships

Saturday March 30

	Trampoline		Double Mini Trampoline		Tumbling		Synchronized Trampoline	
BLOCK 40 edit start	7:30-8:00	Run & Stretch (No equipment, floor only)	7:30-8:00	Run & Stretch (No equipment, floor only)	7:30-8:00	Run & Stretch (No Equipment, floor only)	7:30-8:00	Run & Stretch (no equipment, floor only)
BLOCK 41			8:00-8:14	L4W 14 and under (4)			8:00-8:04	L5M (2)
			8:14-8:42	L4W 15 and up (8)			8:04-8:08	L6M (1)
BLOCK 42			8:42-9:03	L4M 14 and under (6)			8:42-9:00	L6W (4)
			9:03-9:13	L4M 15 and up (3)			9:00-9:27	L5W (6)
BLOCK 43	9:27-10:12	L7M (5)	9:27-9:39	L5W 14 and under (3)				
	10:12-10:21	SRM (1)	9:39-10:15	L5M 14 and under (9)				
BLOCK 44	10:21-10:48	JRW (3)	10:21-10:45	L5M 15 and up (6)				
	10:48-10:57	SRW (1)	10:45-10:50	L6M (1)				
BLOCK 45	10:57-11:42	L7W (5)	10:57-11:33	L5W 15 and up (9)				
BLOCK 46	11:42-12:07	L5M 14 and under Finals (5)	11:42-11:56	L4W 14 and under Finals (4)				
	12:07-12:27	L5M 15 and up Finals (4)	11:56-12:24	L4W 15 and up Finals (8)				
	12:27-12:32	L6W Finals (1)						
	12:32-12:37	L6M Finals (1)						
BLOCK 47	12:37-12:52	L5W 14 and under Finals (3)	12:37-12:58	L4M 14 and under Finals (6)				
	12:52-13:42	L5W 15 and up Finals (10)	12:58-13:08	L4M 15 and up Finals (3)				
BLOCK 48	13:42-14:07	L7W Finals (5)	13:42-14:18	L5M 14 and under Finals (9)				
	14:07-14:22	JRW Finals (3)	14:18-14:42	L5M 15 and up Finals (6)				
	14:22-14:27	SRW Finals (1)	14:42-14:47	L6M (1)				
BLOCK 49	14:47-15:12	L7M Finals (5)	14:47-14:59	L5W 14 and under Finals (3)				
	15:12-15:17	SRM Finals (1)	14:59-15:35	L5W 15 and up Finals (9)				
BLOCK 50	15:35-15:36	Awards (Saturday) in awards room	15:35-15:36	Awards (Saturday) in awards room	15:35-15:36	Awards (Saturday) in awards room	15:35-15:36	Awards (Saturday) in awards room
BLOCK 51	15:36-15:56	Team Event - Teams 1 & 2 (10min w/u & 10 min compete)	15:36-15:56	Team Event - Teams 1 & 2 (10min w/u & 10 min compete)	15:36-15:56	Team Event - Teams 1 & 2 (10min w/u & 10 min compete)		
BLOCK 52	15:56-16:16	Team Event - Teams 3 & 4 (10min w/u & 10 min compete)	15:56-16:16	Team Event - Teams 3 & 4 (10min w/u & 10 min compete)	15:56-16:16	Team Event - Teams 3 & 4 (10min w/u & 10 min compete)		
BLOCK 53	16:16-16:36	Team Event - Teams 5 & 6 (10min w/u & 10 min compete)	16:16-16:36	Team Event - Teams 5 & 6 (10min w/u & 10 min compete)	16:16-16:36	Team Event - Teams 5 & 6 (10min w/u & 10 min compete)		
BLOCK 54	16:36-16:46	Awards - Team Event	16:36-16:46	Awards - Team Event	16:36-16:46	Awards - Team Event		

TAG Highlights



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SHASTA TRAMPOLINE OKANAGAN GYMNASTICS

PARTICIPATING MAG CLUBS

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KELOWNA GYMNASTIX SMITHERS SALTOS
FLICKA GYMNASTICS PRINCE GEORGE GYMNASTICS
NANAIMO GYMNASTICS DELTA GYMNASTICS
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EMILY
NOVICE NATIONAL TEAM ESPOIRE

BARB
VIASPORT COACH OF THE YEAR

BETH
CANADA GAMES
SILVER MEDAL TEAM

VANESSA
NATIONAL L9 ATHLETE
OF THE YEAR

BROOKE
BC TU & DMT CHAMP

SIENNA F
NATIONAL L10 ATHLETE OF THE YEAR

ALICJA
NATIONAL DMT CHAMP
NATIONAL TG ATHLETE OF THE YEAR

TRAMPOLINE & ARTISTIC
GYMNASTICS

BC AA CHAMPIONS 2023
BETH CCP 10 O
SIENNA F CCP 10 Y

NATIONAL CLUB
OF THE YEAR 2022 AND 2023



HIGH PERFORMANCE CLUB
OF THE YEAR 2022 AND 2023

We would like to thank
the x^wməθk^wəyəm (Musqueam), Skwxwú7mesh (Squamish),
and səlilwətał (Tsleil-Waututh) Nations
for welcoming us to their treaty land/traditional territory.