

2017 TRAMPOLINE GYMNASTICS BC CHAMPIONSHIPS



APRIL 7 - 9, 2017
PORT COQUITLAM BC

As of April 3 (v5)



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 FLIGHT

FRIDAY APRIL 7

WARM-UP TRAMPOLINES COMPETITION TRAMPOLINES DOUBLE MINI #1 DOUBLE MINI #2 TUMBLING

TRAMPOLINE SYNCHRO COMPETITORS - RUN AND STRETCH 8:00 - 8:30am - NO EQUIPMENT

COMPETITION BLOCK 1 (8:30 - 12:00)

PRE-NAT Synchro Prelim Only				PRE-NAT Synchro Prelim Only												
8:30	W/U	MAX - 15min														
	L1 W	FL 1	10													
	L1 W	FL 2	10	L1 W	FL 1	10										
					(1 t)											
	L2 W	FL 1	8	L1 W	FL 2	10										
					(1 t)											
	L2 W	FL 2	8	L2 W	FL 1	8										
					(1 t)											
	L1 M / L2 M / L3 M	(1,2,3)		L2 W	FL 2	8										
					(1 t)											
	L4 W / L4 M	(5,3)		L1 M / L2 M / L3 M	(4,2,3)											
					(1 t)											
	L3 W	11		L4 W / L4 M	(5,3)											
					(1 t)											
				L3 W	11											
					(1 t)											

EQUIPMENT CHANGE

12:00 - 12:45 OPENING CEREMONIES / COACHES & JUDGES MEETING

12:45 - 1:00

AWARDS PRE-NATIONAL SYNCHRO

COMPETITION BLOCK 2 (1:00 - 4:30pm)

TR-J PRELIMINARY				TR-J PRELIMINARY				DMT #1 PRELIMINARY				DMT #1 PRELIMINARY				TU - PRELIMINARY			
1:00	L1 12U W	FL 1	11									1:00	W/U	L5 M	13				
	L1 12U W	FL 2	10	1:30	L1 12U W	FL 1	11	1:30	W/U	L4 15U W	13								
	L2 13U W	FL 1	13		L1 12U W	FL 2	10												
	L2 13U W	FL 2	12		L2 13U W	FL 1	13		W/U	L4 16+ W	7								
	L3 14U W	FL1	11		L2 13U W	FL 2	12												
	L3 14U W	FL2	10		L3 14U W	FL1	11		W/U	L4 M	9								
					L3 14U W	FL2	10												

COMPETITION BLOCK 3 (4:30 - 8:00pm)

TR-J PRELIMINARY				TR-J PRELIMINARY				DMT #1 FINAL				DMT #2 FINAL				TU - PRELIM & FINAL				
4:30	L1 13+ W	FL1	7					4:30	W/U	L4 15U W	10					4:30	W/U	L1 12U W	FL 1	7
	L1 13+ W	FL2	7	4:50	L1 13+ W	FL1	7					4:50	W/U	L5 W	FL 1	9				
	L2 14+ W	FL1	8		L1 13+ W	FL2	7		W/U	L4 16+ W	7									
	L2 14+ W	FL2	7		L2 14+ W	FL1	8													
	L3 15+ W	8			L2 14+ W	FL2	7		W/U	L4 M	9									
	L1 M	12			L3 15+ W	8														
	L2 M	11			L1 M	12														
	L3 M	12			L2 M	11														
					L3 M	12														

Open Training
L5, L6, SR W&M
Time Allowing (Max 9:00pm)

AWARDS DMT L4 / L5 W&M **TU L1 / L2 / L3 M L1 12 / L1 13 W**
PARENT & ATHLETE MEETING
ALL L4 & L5 ATHLETES ATTENDING WESTERNS OR CAN CHAMPS

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SATURDAY APRIL 8

WARM-UP TRAMPOLINES				COMPETITION TRAMPOLINES				DOUBLE MINI #1				DOUBLE MINI #2				TUMBLING								
RUN AND STRETCH 8:00 - 8:30am NO EQUIPMENT																								
COMPETITION BLOCK 4 (8:30am - 12:30pm)																								
TR-J PRELIMINARY				TR-J PRELIMINARY				DMT #1 PRELIMINARY				DMT #2 PRELIMINARY				TU - Preliminary & FINAL								
8:30	W/U	L4 15U	W	10									8:30	W/U	L1 12U	W	FL 1	14	8:30	W/U	L4M / L5W / L5M		(1,4,4)	
	W/U	L4 16+	W	8	9:00	L4 15U	W	10	9:00	W/U	L2 14+	W	13		Compete					Compete Prelim & FINAL			(2-t - Final)	
	W/U	L4 M	FL 1	8		L4 16+	W	8		Compete				W/U	L1 12U	W	FL 2	14		W/U	L4	W	11	
	W/U	L4 M	FL 2	8		L4	M	FL 1	8		W/U	L2 13U	W	FL 1	9		Compete				Compete Prelim & FINAL			(2-t - Final)
	W/U	L5 W	FL 1	7		L4	M	FL 2	8		Compete				W/U	L1 13+	W	FL 1	10		JUDGES PANEL CHANGE			
	W/U	L5 W	FL 2	7		L5	W	FL 1	7		W/U	L2 13U	W	FL 2	9		Compete				W/U	L2	W	12
	W/U	L5 M		6		L5	W	FL 2	7		Compete				W/U	L1 13+	W	FL 2	9		Compete -Prelim			
	W/U	L5 M		6		L5	W	FL 2	7		Compete				W/U	L1 13+	W	FL 2	9		W/U	L3	W	8
12:00	Equipment Open to L6 17U / L6 18+ W / SR W (Max 12:30)					L5	M		6						Compete				W/U	L2	W	10		
																			Compete - FINAL					

COMPETITION BLOCK 5 (12:30 - 4:30pm)																								
TR-J PRELIM & FINAL				TR-J PRELIM & FINAL				DMT #1 PRELIMINARY				DMT #2 PRELIMINARY				TU - Preliminary & FINAL								
12:30	Equipment Open to L6 17U / L6 18+ M / SR M					W/U	L6 17U	W&M	SR W		12:30	W/U	L1	M	FL 1	8								
						L6 17 W&M	SR W		(4,7,2)		Compete			12:50	W/U	L2	M	FL 1	8					
						L6 17 W&M	SR W				W/U	L1	M	FL 2	7		Compete							
						Comp - Prelim					Compete				W/U	L2	M	FL 2	7					
						(1-t w/u FINAL)					W/U	L3 14U	W	FL 1	8		Compete							
						Comp - FINAL					W/U	L3 14U	W	FL 1	8		Compete							
						W/U	L6 18+	W&M	SR M		W/U	L3 14U	W	FL 2	7		Compete							
						(Max 30m)			(4,4,3)		Compete				W/U	L3 15+	W	7		W/U	L3 15+	W	7	
						L6 18+ W&M	SR M				W/U	L3 14U	W	FL 2	7		Compete				W/U	L3	M	7
						Comp - Prelim					Compete				W/U	L3	M	7		Compete				
						(1-t w/u FINAL)					Compete				W/U	L3	M	7		Compete				
						Comp - FINAL					Compete				W/U	L3	M	7		Compete				
						L5 W&M	FINAL		(10,6)		Compete				W/U	L3	M	7		Compete				

COMPETITION BLOCK 6 (4:30 - 7:00pm)																									
TR-S Prelim Only				TR-S Prelim Only				DMT #1 FINAL				DMT #2 FINAL				TU - Preliminary & FINAL									
4:30	W/U	TR-S	L5	W&M						4:30						W/U	L1 12U	W	10						
											W/	L2 14+	W	10		Compete - FINAL									
											Compete - FINAL				W/U	L1 13+	W	10							
											W/U	L2 13U	W	10		Compete - FINAL									
											Compete - FINAL				Compete - FINAL										

6:30	AWARDS TR L5 W&M / L6 W&M / SR W&M								AWARDS DMT								AWARDS TU							
	TR-S L5 W&M								L1 12U / L1 13+ / L2 13U / L2 14+								L2 / L3 / L4 / L5 W L4 / L5 M							
	WESTERN CANADA CUP ORGANIZING COMMITTEE MEETING																							
	ALL CLUB REPRESENTATIVES																							

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SUNDAY APRIL 9

WARM-UP TRAMPOLINES

COMPETITION TRAMPOLINES

DOUBLE MINI #1

DOUBLE MINI #2

TUMBLING

RUN & STRETCH 8:30 - 9:00am NO EQUIPMENT

COMPETITION BLOCK 7

TR-J FINAL

TR-J FINAL

DMT #1 FINAL

DMT #2 PREL & FINAL

TUMBLING

COMPETITION BLOCK 7 C

COMPETITION BLOCK 7 D

9:00 W/U L3 14U W 10

Compete - FINAL

9:30 W/U L6 W&M 13

W/U L3 15+ W 7

(2m per person per pass)
(45m max)

Compete - FINAL

Compete Pass 1&2

COMPETITION BLOCK 7A

10:00 W/U L1 12U W 10

10:20 L1 12U W 10

W/U L1 M 10

Compete - FINAL

W/U Pass 3&4 (2-t)
(20m max)

W/U L1 13+ W 10

L1 13+ W 10

W/U L2 13U W 10

L2 13U W 10

W/U L2 M 10

Compete - FINAL

W/U JR M / SR W&M 5
(2m per person per pass)

W/U L2 14+ W 10

L2 14+ W 10

W/U L1 M 10

L1 M 10

W/U L3 M 7

Compete - FINAL

Compete Pass 1&2

W/U L2 M 10

L2 M 10

W/U L3 14U W 10

WU Pass 3&4 (2-t w/u)

Compete - FINAL

Compete Pass 3&4

COMPETITION BLOCK 7B

12:20 W/U L3 14U W 10

L3 14U W 10

W/U L6 W&M 13

FRESH START FINAL (Min 2-t)

W/U L3 15+ W 10

L3 15+ W 10

W/U L3 M 10

Compete 5&6

W/U JR M / SR W&M (1,2,2)

W/U L4 15U W 10

L3 M 10

W/U L4 16+ W 8

L4 15U W 10

FRESH START FINAL (Min 2-t)

Compete Pass 5&6

W/U L4 16+ W 8

L4 16+ W 8

W/U L4 M 10

L4 M 10

3:00 **AWARDS**

AWARDS