

2026 Artistic and Trampoline GymBC Championships

Co-Hosted by Flip City Gymnastics Club and Gymnastics BC

ARTISTIC SCHEDULE

Award ceremonies will begin approximately 15 minutes after each session. See the next page for detailed Award Groupings.

Friday, April 10, 2026	
SESSION 1	
08:00 - 10:45	
CCP 6 - Mar. 2014 and Younger 08:00 - 08:15 - Warmup 08:20 - 10:45 - Competition 8 rotations, 2 floors	
SESSION 2	
11:00 - 13:45	
CCP 6 - Feb. 2014 and Older 11:00 - 11:15 - Warmup 11:20 - 13:45 - Competition 8 rotations, 2 floors	
SESSION 3	
14:00 - 16:45	
CCP 9 (Trials + BC Champs Awards) 14:00 - 14:20 - Warmup 14:25 - 16:45 - Competition 8 rotations, 2 floors	
SESSION 4	
17:00 - 20:00	
CCP 10 (Trials + BC Champs Awards) 17:00 - 17:20 - Warmup 17:25 - 20:00 - Competition 4 rotations	

Saturday, April 11, 2026	
SESSION 5	
08:00 - 10:30	
CCP 7 - 2013 and Younger 08:00 - 08:15 - Warmup 08:20 - 10:30 - Competition 8 rotations, 1 floor, in-and-out warmup	
P1 - Ranked (24) 08:00 - 08:15 - Warmup 08:20 - 10:30 - Competition	
SESSION 6	
10:45 - 13:30	
CCP 7 - 2012 and Older 10:45 - 11:00 - Warmup 11:05 - 13:30 - Competition 8 rotations, 1 floor, in-and-out warmup	
P2 (38) 10:45 - 11:00 - Warmup 11:05 - 13:30 - Competition	
SESSION 7	
13:45 - 16:30	
CCP 8 13:45 - 14:00 - Warmup 14:05 - 16:30 - Competition 8 rotations, 1 floor, in-and-out warmup	
P3 + P4 + P5 (42) 13:45 - 14:05 - Warmup 14:10 - 16:30 - Competition	
SESSION 8	
16:45 - 20:50	
HP WAG 16:50 - 18:14 - Warmup 18:20 - 20:50 - Competition 2 rotations, VT + UB switch, BB + FX switch	
HP MAG (48) 16:45 - 18:15 - Warmup 18:20 - 20:50 - Competition	

Sunday, April 12, 2026	
SESSION 9	
08:00 - 10:45	
Aspire 08:00 - 08:15 - Warmup 08:20 - 10:45 - Competition 3 rotations	
P1 - Unranked (G/S/B) (39) 08:00 - 08:15 - Warmup 08:20 - 10:45 - Competition	
SESSION 10	
11:00 - 14:15	
Appratus Finals 11:00 - 11:20 - Warmup 11:25 - 14:15 - Competition 4 rotations, using all equipment	

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AWARD GROUPINGS

Friday, April 10, 2026	
SESSION 1 - 08:00 - 10:45	
CCP 6 Mar. 2014 and Younger	
CCP6 A: Mar 2014 - Jul 2014 CCP6 B: Aug 2014 - Mar 2015 CCP6 C: Apr 2015 - Nov 2015 CCP6 D: Dec 2015 and Younger	
SESSION 2 - 11:00 - 13:45	
CCP 6 Feb. 2014 and Older	
CCP6 E: Apr 2012 and Older CCP6 F: May 2012 - Feb 2013 CCP6 G: Mar 2013 - Aug 2013 CCP6 H: Sep 2013 - Feb 2014	
SESSION 3 - 14:00 - 16:45	
CCP 9	
CCP9 A: 2011 and Older CCP9 B: 2012 and Younger	
SESSION 4 - 17:00 - 20:00	
CCP 10	
CCP10 A: 2010 and Older CCP10 B: 2011 and Younger	

Saturday, April 11, 2026	
SESSION 5 - 08:00 - 10:30	
CCP 7 - 2013 and Younger	
CCP7 A: Jan 2013 - Aug 2013 CCP7 B: Sep 2013 - May 2014 CCP7 C: Jun 2014 and Younger	
P1 Ranked	
All P1 Ranked Athletes	
SESSION 6 - 10:45 - 13:30	
CCP 7 2012 and Older	
CCP7 D: Jan 2011 and Older CCP7 E: Mar 2011 - Jan 2012 CCP7 F: Feb 2012 - Dec 2012	
P2	
Ages 9-11 Ages 12-13	
SESSION 7 - 13:45 - 16:30	
CCP 8	
CCP8 A: Jul 2009 and Older CCP8 B: Aug 2009 - Jul 2011 CCP8 C: Aug 2011 - Sep 2012 CCP8 D: Oct 2012 and Younger	
P3 + P4 + P5	
P3: Under 14 P3: 14 and Older P4: Under 14 P4: 14 and Older All P5 Athletes	
SESSION 8 - 16:45 - 20:50	
HP	
All Novice Athletes All Junior Athletes All Senior Athletes All National Open Athletes	
HP	
All National Open Athletes All Novice Athletes Junior: Ages 15-16 Junior: Ages 17-18 Senior: Ages 19-20 Senior: Ages 21 and Older	

Sunday, April 12, 2026	
SESSION 9 - 08:00 - 10:45	
Aspire	
All Aspire 1 Athletes All Aspire 2 Athletes	
P1 Unranked (G/S/B)	
All P1 Unranked (G/S/B) Athletes	
SESSION 10 - 11:00 - 14:15	
Apparatus Finals	
All Ages Combined	

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TRAMPOLINE SCHEDULE

Times TBC, once flights have been entered. Participating clubs will receive an email once the schedule is published in Sportzsoft.

Friday, April 10, 2026			
Trampoline	Double Mini Trampoline	Tumbling	Synchronized Trampoline
08:00 - 12:00	08:00 - 12:00	08:00 - 12:00	08:00 - 12:00
L3 & 4 Preliminary Competition	L3 & 4 Preliminary Competition	L1 & 2 Preliminary Competition	
12:00 - 12:30 Break	12:00 - 12:30 Break	12:00 - 12:30 Break	12:00 - 12:30 Break
12:30 - 17:30	12:30 - 17:30	12:30 - 14:00	12:30 - 19:30
Level 3 & 4 Preliminary Competition	L1 & 2 Preliminary Competition	L3 & 4 Preliminary Competition	
17:30 - 18:00 Break	17:30 - 18:00 Break	17:30 - 18:00 Break	17:30 - 18:00 Break
18:00 - 19:30	18:00 - 20:30	18:00 - 20:30	19:30 - 20:30
L1 & 2 Preliminary Competition	National Preliminary Competition	National Preliminary Competition	
Saturday, April 11, 2026			
08:00 - 12:00	08:00 - 12:00	08:00 - 12:00	08:00 - 12:00
Level 1 & 2 Preliminary Competition	National Preliminary Competition	National Preliminary Competition	
12:00 - 12:30 Break	12:00 - 12:30 Break	12:00 - 12:30 Break	12:00 - 12:30 Break
12:30 - 17:30	12:30 - 17:30	12:30 - 17:30	16:30 - 17:30
National Preliminary Competition	National Preliminary Competition	L3 & 4 Final Competition	
17:30 - 18:00 Break	17:30 - 18:00 Break	17:30 - 18:00 Break	17:30 - 18:00 Break
18:00 - 19:00	18:00 - 19:00	18:00 - 19:00	18:00 - 19:00
National Preliminary Competition	National Preliminary Competition	National Preliminary Competition	
19:30 - 20:30	19:30 - 20:30	19:30 - 20:30	19:30 - 20:30
Team Finals	Team Finals	Team Finals	
Sunday, April 12, 2026			
08:00 - 11:00	08:00 - 12:00	08:00 - 12:00	11:00 - 12:00
L1 & 2 Final Competition	L1 & 2 Final Competition	L1 & 2 Final Competition	L1 & 2 Prelim Competition
12:00 - 12:30 Break	12:00 - 12:30 Break	12:00 - 12:30 Break	12:00 - 12:30 Break
12:30 - 15:30	12:30 - 16:30		15:30 - 16:30
Level 3 & 4 Final Competition	Level 3 & 4 Final Competition		L3 & 4 Prelim Competition
16:30 - 17:00	16:30 - 17:00		16:30 - 17:30
17:00 - 18:30	17:00 - 18:30		18:30 - 20:00
National Final Competition	National Final Competition		National Prelim and Final Competition