

2026 Artistic and Trampoline GymBC Championships

Co-Hosted by Flip City Gymnastics Club and Gymnastics BC

Finalized Event Workplan #2

March 25, 2026



EVENT INFORMATION

April 10-12, 2026

North Surrey Sport and Ice Complex - 10950 126A St, Surrey, BC V3V 0E5

[Event Website](#) - Workplans, schedules, event information will consistently be updated on the event website

HOST CONTACT INFORMATION

<p>Flip City Gymnastics Club 20279 97 Ave #4, Langley Twp, BC V1M 4B9</p> <p>Bobbie Worrall Competitive Director competitive.flipcity@gmail.com (604) 888-3366</p>	<p>Gymnastics BC 268-828 West 8th Avenue, Vancouver BC, V5Z 1E2</p> <p>Aidan Muth Communications and Events Manager events@gymbc.org (604) 333-3490</p>
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MEDIA INFORMATION

Social Media

Instagram: @gymnasticsbc || @flipcitygymnasticsclub

Facebook: Gymnastics BC || Flip City Gymnastics Club

Please Use Hashtags: #2026GymBCChamps #GymBCxFlipCity

Media Contact

For press releases, news coverage, and other media inquiries, please email: communications@gymbc.org.

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ADMINISTRATIVE INFORMATION

Payment of Fees

Payment is due upon registering and can be made by:

- **Credit card** (contact GymBC; transaction fees apply)
- **E-transfer** to accounting@gymbc.org (include your club name and event in the memo)
- **Cheque**, payable to *Gymnastics BC*

Payment is due to GymBC by **March 31, 2026**. Payments received after this date are subject to a **\$100 late penalty**. Refunds for scratches will be processed **after the event** according to the fee schedule, below.

Withdrawals, Event Scratches (TG Only) & Refund Requests

To withdrawal and request a refund, complete the [Withdrawal Form](#). Refunds will be processed **after** the competition.

- Refund minus **\$50** fee between **March 22-April 9, 2026**. *A medical note is required for athletes.*
- **Coaches** can withdrawal at any time before **April 9, 2026**. *No fees kept.*
- **TG** refunds will only be given for withdrawals from the entire competition. Event scratches must be submitted through the Withdrawal form.
- No refunds will be issued after **April 9, 2026**, except under special circumstances approved by GymBC.

Important Deadlines At-A-Glance

March 31, 2026	Full payment due to GymBC
April 9, 2026	Deadline to submit a request for a refund

Results

Results will be consistently posted during the event on [Kscore for Artistic](#) and [Sportzsoft for Trampoline](#).

Venue Information

[Click here](#) for various information of what the North Surrey Sport and Ice Complex offers.

Parking and Transit

There are a limited number of parking stalls at the North Surrey Sport & Ice Complex; however, additional nearby street parking is available as well as a paid parking lot located at the Scott Road Skytrain Station. The closest sky train station to the venue is Scott Road Station. Plan your trip [online here](#).

Medical Services

Qualified medical professionals will be on-site throughout all competition hours and will be stationed at the First Aid area.

Accreditation

All athletes, coaches, and judges are required to wear their event accreditation tag while at the venue. Individuals without an event pass will not be permitted onto the Field of Play. Accreditation can be picked up at the front desk upon arrival and provides access to the full event

Athlete Gift

Stop by the Cakewalk Media Portrait Studio to receive your athlete gift — a printed portrait! Photos can be taken individually or with friends.

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Event Photography

The official GymBC Championships event photographer is Cakewalk Media! GymBC is excited to announce that all event photos will be available to competitors for free. A link will be distributed to participating clubs following the event.

Admission Tickets

Admission tickets are available at the prices below. [Click here to pre-order until April 9, 2026!](#) Prices increase at the door.

Type	Pre-Purchase until April 9		Door Pricing	
	Day Pass	Weekend Pass	Day Pass	Weekend Pass
Adult (18+)	\$23	\$40	\$25	\$45
Child/Senior	\$15	\$25	\$17	\$30
Children 5 and under	Free	Free	Free	Free
Family of 4	\$60	\$100	\$65	\$115

Live Stream

GymBC is excited to be livestreaming the GymBC Championships Events in 2026! Livestream information will be available for purchase and viewing on [HomeTeam Network](#).

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ATHLETE INFORMATION

Attire

Athletes must adhere to GymBC's attire guidelines as outlined in the [TG](#), [MAG](#), and [WAG](#) Operations Manuals, ensuring compliance with competition standards during warm-up and competition.

Warm-Up Procedures

Consult the [TG](#), and [MAG](#) Operations Manual or for WAG, the [BC CCP Charts & Xcel Program Document](#) for more information.

COACH INFORMATION

Eligibility

All coaches must have the required NCCP certification and complete the Respect in Sport (RiS) program, as outlined in the [GymBC Coaching Education Operations Manual](#). GymBC will verify these for all registered coaches. Those coaching without proper certification during the event will face a \$200 fine. A one-time exemption may be requested until the next applicable NCCP course. For details, see the Coaching Education Operations Manual or email coaching@gymbc.org.

Attire

Coaches must adhere to GymBC's attire guidelines in the [TG](#), [MAG](#), and [WAG](#) Operations Manuals, maintaining a professional image during warm-up and competition.

Coaches Group Chat

If you did not indicate your phone number during registration and would like to be added to the coaches group chat, please email events@gymbc.org.

Hospitality

A Hospitality Room with meals and refreshments will be available for all coaches during the competition.

JUDGE INFORMATION

Eligibility

All judges must be registered with Gymnastics BC. Consult the [TG](#), [MAG](#), and [WAG](#) Operations Manuals for more information regarding each disciplines judges.

Hospitality

A Hospitality Room with meals and refreshments will be available for all judges during the competition.

PARENT INFORMATION

Parents, athletes, and coaches can subscribe to the [2026 GymBC Championships Email List](#) to stay up to date with event information. Participating clubs will continue to receive all event information directly.

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COMPETITION INFORMATION - TG

Categories, Eligibility, and Awards

Category	Eligibility	Awards
Provincial Level 1-4, National Level 5-Senior	Eligible to compete at GymBC Championships.	Team Awards: Medal 1-3 for Trampoline, Double Mini, Tumbling. Provincial Individual: Medal 1-3, Ribbon 4-10. National Individual: Medal 1-3, Ribbon 4-6 All Around: Plaque 1-6.
Synchronized Trampoline (Provincial Level 1-4)	Eligible to compete at GymBC Championships.	Team Awards: Medal 1-3 for Trampoline Individual: Medal 1-3, Ribbon 4-10.
Synchronized Trampoline (National Level 5-SR M & W, Level 5-Senior Mixed)	Eligible to compete at GymBC Championships.	Team Awards: Medal 1-3 for Trampoline Individual: Medal 1-3, Ribbon 4-6.

Tie-Breaking

In both the Preliminary and Final round, there will be no ties. Athletes will automatically be ranked according to the [GymCan Competition Regulations](#).

Corrections & Level Changes

Corrections or level changes can be made in your Sportzsoft Account until **March 2, 2026**. Corrections or level changes needed after this date must be submitted via the official [Corrections/Level Changes Form](#).

Event Scratches & Competition Withdrawal

All scratches; whether for a single TG event or a full TG withdrawal; must be submitted to GymBC using the official [Request for Refund Form](#). Clubs **must not** scratch athletes directly in Sportzsoft. Once the form is received, GymBC will manually update the athlete's registration accordingly. Refunds will only be given for withdrawals from the entire competition (no refunds for single event scratches).

TG Coaches Meeting

Please join us for a Coaches Meeting in the evening of **April 9, 2026** at the competition venue for a Team BC Selection discussion.

More Information

Consult the [TG Operations Manual](#) for further information.

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COMPETITION INFORMATION - MAG

Categories, Age Groups, and Awards

Please consult the [GymBC Registration Handbook](#), sent to all clubs at the beginning of the season, or the GymCan program documents (Provincial or HP Pathways) to have exact birth years for each age group.

Category	Age Group	Awards
Provincial 1	7+ (Unranked)	No team awards Ribbons for each apparatus AA medal All-Star Certificates
	10+ (Ranked)	No team awards Medal 1-3, Ribbon 4-6 (AA and Apparatus) Plaque AA Champion
Provincial 2	8-13	No team awards Medal 1-3, Ribbon 4-6 (AA and Apparatus) Plaque AA Champion
Provincial 3	10-13, 14+	
Provincial 4		
Provincial 5	14+	
National Open	15+	
Novice	13-14	
Junior	15-16, 17-18	
Senior	19-20, 21+	

Restrictions

If there is only one competitor, only an all-around award will be given. If there are two or more competitors, all awards will be presented.

National Team Members

National Team members are not required to compete at GymBC Championships, but they must be in attendance as judges, coaches, or award presenters.

Tie-Breaking

There is no tie-breaking rule. If there is a tie, the following position is skipped. For example; if there are two athletes tied for second place, there will be no third place awarded. The next athlete in rank order will receive the fourth-place award.

MAG Challenge Cup Trophy Presentation

The MAG Challenge Cup Trophy Presentation will take place during Session 7 (P3,4,5) Awards Ceremony.

More Information

Consult the [MAG Operations Manual](#) for further information.

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COMPETITION INFORMATION - WAG

Music

Floor music **must** be submitted on Kscore with registration. We strongly recommend having backup music.

Categories, Eligibility, and Awards

Category	Eligibility	Awards
CCP 6-7	Minimum of 32.00 AA with verifiable online results prior to registering for the event. Extenuating circumstances may petition to the WTC for participation by emailing wag@gymbc.org with any supporting information available.	Team: Club awards (1-3) for each level. Min 3 athletes per club, all birth years combined. Top 3 scores on each apparatus to count By category and by competitive age groupings: Medal 1-3, Ribbon 4-10 (AA and Apparatus) Plaque AA Champion
CCP 8-10 Aspire 1-2	Eligible to compete at GymBC Championships.	Team: Club awards (1-3) for each level. Min 3 athletes per club, all birth years combined. Top 3 scores on each apparatus to count By category and by competitive age groupings: Medal 1-3, Ribbon 4-10 (AA and Apparatus) Plaque AA Champion
HP Novice, Junior, Senior, National Open	Eligible to compete at GymBC Championships and attendance is mandatory as an athlete, coach, judge, demonstrator or volunteer.	No team awards By category: Medal 1-3, Ribbon 4-10 (AA and Apparatus) Plaque AA Champion
Apparatus Finals	CCP 7-10. Top 8 athletes per apparatus, per level, all ages combined.	No team awards Medal 1-3, Ribbon 4-8 (Apparatus)

Restrictions

If there is only one competitor in any one category, only an all-around award will be given.

Category Grouping

For CCP 6-8, each competitive grouping will ideally be approximately 24 athletes. Groupings will not be changed once the official schedule for the event is circulated. For CCP 9-10, athletes will be split by GymCan Technical Regulations.

Tie-Breaking

There is no tie-breaking rule. If there is a tie, the following position is skipped.

WAG Coaches & Judges Meeting

Join us for an information session regarding the proposed new Canadian WAG Athlete Development Pathway & Competitive Structure. **Andrée Montreuil** will provide an overview, answer questions and collect feedback. We strongly recommend reviewing the documents prior to attending the meeting (they will be shared at large nationally by **April 1**). This meeting will take place from **6-8 p.m. on April 9, 2026** upstairs at the competition venue.

More Information

Consult the [WAG Operations Manual](#) for further information.

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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