

2026 TG Canadian Championships

Tuesday, May 19, 2026

TBC	JUDGES MEETING (Virtual)
19:00-19:30	ORIENTATION MEETING (Virtual)
19:45-20:45	COACHES FORUM (Virtual)

Thursday, May 21, 2026

		TUMBLING	TRAMPOLINE Trampolines 1 & 2 - Women Trampolines 3 & 4 - Men	DMT
Training Sessions	09:00 - 11:30	TRAINING ON		
	11:30-14:00	TRAINING QC, NB, NL, NS		
	14:00-16:30	TRAINING AB		
	16:30-19:00	TRAINING BC, MB, SK		
	19:00-20:00	ATHLETES MEETING (Venue)		

2026 TG Canadian Championships

Friday, May 22, 2026

TUMBLING		TRAMPOLINE						DMT					
		Trampolines 1 & 2 - Women			Trampolines 3 & 4 - Men			8:00-8:30 General warm-up DMT (2 Groups)					
BLOCK 1	8:00-8:30	Judges Meeting											
	8:30-9:00	General Warm Up (Block 2)						8:30-8:50	Warm up	L5 15-16 M (12)			
		9:00-9:20	Warm up	L5 17+ W	9:00-9:20	Warm up	L5 17+ M	8:50-9:20	Compete				
		9:20-10:05	Compete	GR1 (9)	9:20-10:05	Compete	GR1 (10)	9:20-9:40	Warm up	L5 15-16 M (7) & Junior M (4)			
		10:05-10:25	Warm up	L5 17+ W	10:05-10:25	Warm up	L5 17 + M GR2 (5) & L7 M (6)	9:40-10:10	Compete				
		10:25-11:10	Compete	GR2 (9)	10:25-11:10	Compete		10:10-10:30 General warm-up (2 Groups)					
		11:10-11:30	Warm up	L5 17+ W	11:10-11:30	Warm up	L5 SYN M (7) & Senior SYN X (2)	10:30-10:50	Warm up	Junior M (12)			
		11:30-12:10	Compete	GR3 (9)	11:30-12:10	Compete		10:50-11:20	Compete				
								11:20-11:40	Warm up	Junior W (12)			
								11:40-12:10	Compete				
12:15-12:30	Opening Ceremonies												
BLOCK 2	12:30-13:00	General Warm Up (Block 2)						General warm-up DMT (2 Groups)					
	13:00-13:20	Warm up	L5 15-16 M (6) L5 17+ M (6)	13:00-13:20	Warm up	Novice W (4) & Junior W (7)	13:00-13:20	Warm up	Novice M (12)	13:00-13:20	Warm up	L6 Men (13)	
	13:20-14:05	Compete		13:20-14:05	Compete		13:20-14:05	Compete		13:20-13:50	Compete		
	14:05-14:25	Warm up	L6 W (7) & Novice W (6)	14:05-14:35	Warm up	L7 W (4) & Senior W (8)	14:05-14:25	Warm up	L5 15-16 M GR1 (9)	13:50-14:10	Warm up	L6 Men (13)	
	14:25-15:10	Warm up		14:35-15:20	Compete		14:25-15:10	Compete		14:10-14:40	Compete		
	15:10-15:30	Compete	L5 15-16 W(10)	15:20-15:40	Warm up	L5 SYN W (10)	15:10-15:30	Warm up	L5 15-16 M GR 2(9)	14:40-15:00 General warm-up (2 Groups)			
	15:30-16:15	Warm up		15:40-16:00	Compete		15:30-16:15	Compete		15:00-15:20	Warm up	Senior M (8)	
								15:20-15:40	Compete	Senior M (7)			
							15:40-16:00	Warm up					
							16:00-16:40	Compete					
BLOCK 3	16:45-17:15	General Warm Up (Block 3)						General warm-up DMT (2 Groups)					
	17:15-17:35	Warm up	L5 17+ W GR1 (10)	17:15-17:35	Warm up	L5 SYN X (11)	17:15-17:35	Warm up	Junior M (12)	17:15-17:35	Warm up	Senior W (10)	
	17:35-18:20	Compete		17:35-18:20	Compete		17:35-18:20	Compete		17:35-18:00	Compete		
	18:20-18:40	Warm up	L5 17+ W GR2 (11)	18:20-18:40	Warm up	L5 15-16 W GR1 (10)	18:20-18:50	Warm up	Junior M (4) & Senior M (6)	18:00-18:20	Warm up	Senior W (9)	
	18:40-19:25	Compete		18:40-19:25	Compete		18:50-19:35	Compete		18:20-18:45	Compete		
	19:25-19:45	Warm up	L5 17+ W GR3 (11)	19:25-19:45	Warm up	L5 15-16 W GR2 (9)	19:35-20:05	Warm up	Senior M (10))	18:45-19:05 General warm-up (2 Groups)			
	19:45-20:15	Compete		19:45-20:15	Compete		20:05-20:45	Compete		19:05-19:25	Warm up	L6 W (10)	
							19:25-19:50	Compete					
							19:50-20:10	Warm up	L6 W (9)				
							20:10-20:35	Compete					

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Saturday, May 22, 2026

		TUMBLING			TRAMPOLINE					DMT				
					Trampolines 1 & 2 - Women			Trampolines 3 & 4 - Men		8:00-8:30 General warm-up DMT (2 Groups)				
BLOCK 4	8:30-9:00	General Warm Up (Block 4)										8:30-8:50	Warm up	L5 17+ W GR1 (10)
	9:00-9:20	Warm up	Senior W (10) & Junior W (2)	9:00-9:20	Warm up	L6 W (12)	9:00-9:20	Warm up	L6 SYN M (9) & Senior SYN M (4)	8:50-9:20	Compete			
	9:20-10:05	Compete		9:20-10:05	Compete		9:20-10:05	Compete		9:20-9:40	Warm up	L5 17+ W GR 2(9)		
	10:05-10:25	Warm up	Novice M(5) & L6 M (9)	10:05-10:25	Warm up	L6 W (11)	10:05-10:25	Warm up	L6 M (11)	9:40-10:10	Compete			
	10:25-11:10	Compete		10:25-11:10	Compete		10:25-11:10	Compete		10:10-10:30 General warm-up (2 Groups)				
	11:10-11:40	Warm up	Senior M (8) & Junior M (2)	11:10-11:40	Warm up	L6 SYN W (6) & Senior W SYN (3)	11:10-11:30	Warm up	L6 M (11)	10:30-10:50	Warm up	Novice W (3) & L5 15-16 W (12)		
	11:40-12:25	Compete		11:40-12:25	Compete		11:30-12:15	Compete		10:50-11:20	Compete			
										11:20-11:40	Warm up	Novice M (11)		
										11:40-12:10	Compete			
										12:10-12:20 General warm-up (1Group)				
									12:20-12:40	Warm up	L5 17+ M (11)			
									12:40-13:10	Compete				
BLOCK 5	13:30-14:00	General Warm Up (Block 5)										General warm-up DMT (2 Groups)		
	Finals													
	14:00-14:20	Warm up	L6 W (7) & Novice W (6)	14:00-14:20	Warm up	Novice W (4) & Junior W (7)	14:00-14:20	Warm up	L5 17+ M (10)	14:00-14:20	Warm up	Junior M (10)		
	14:20-15:00	Compete		14:20-15:00	Compete		14:20-15:00	Compete		14:20-14:40	Compete			
	15:00-15:20	Warm up	L5 15-16 W(10)	15:00-15:30	Warm up	L7 W (4) & Senior W (8)	15:00-15:20	Warm up	L5 15-16 M (10)	14:40-15:00	Warm up	Senior M (10)		
	15:20-16:00	Compete		15:30-16:00	Compete		15:20-16:00	Compete		15:00-15:20	Compete			
	16:00-16:20	Warm up	L6 M (9)	16:00-16:20	Warm up	L5 SYN W (10)	16:00-16:20	Warm up	Novice M (10)	15:20-15:40 General warm-up (2 Groups)				
	16:20-16:50	Compete		16:20-16:40	Compete		16:20-16:40	Compete		15:40-16:00	Warm up	Junior W (10)		
										16:00-16:20	Compete			
										16:20-16:40	Warm up	Senior W (10)		
									16:40-17:00	Compete				
17:00-17:45	Awards													
BLOCK 6	17:45-18:15	General Warm Up (Block 6)										General warm-up DMT (2 Groups)		
	18:15-18:35	Warm up	L5 15-16 M (6) & L5 17+ M (6)	18:15-18:35	Warm up	L5 17+ W (10)	18:15-18:35	Warm up	Senior M (10))	18:15-18:35	Warm up	Novice W (3) & L5 15-16 W (10)		
	18:25-19:05	Compete		18:25-18:55	Compete		18:25-18:55	Compete		18:35-18:55	Compete			
	19:05-19:25	Warm up	L5 17+W (10)	18:55-19:15	Warm up	L5 16-16 W (10)	18:55-19:15	Warm up	Junior M (10)	18:55-19:15	Warm up	Novice M 10)		
	19:25-20:00	Compete		19:15-19:35	Compete		19:15-19:35	Compete		19:15-19:35	Compete			
										19:35-19:55	Warm up	L7 M (6)		
										19:35-19:55	Warm up			
										19:35-19:45 0General warm-up (1 Group)				
									19:45-20:05	Warm up	L5 17+M (10)			
									20:05-20:25	Compete				
20:25-21:00	Awards													

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Sunday, May 24, 2026

TUMBLING		TRAMPOLINE						DMT				
		Trampolines 1 & 2 - Women			Trampolines 3 & 4 - Men							
BLOCK 7	8:00-8:30	General Warm Up (Block 7)						General warm-up DMT (2 Groups)				
	Finals											
	8:30-8:50	Warm up	Novice M (5)				8:30-8:50	Warm up	L6 M (10)	8:30-8:50	Warm up	L5 17+ W (10)
	8:50-9:15	Compete					8:50-9:15	Compete		8:50-9:15	Compete	
	9:15-9:45	Warm up	Senior M (8) & Junior M (2)	9:15-9:45	Warm up	L6 SYN W (6) & Senior SYN W (3)	9:15-9:45	Warm up	L6 SYN M (9) & Senior SYN M (4)	9:15-9:35	Warm up	L5 15-16 M (10)
	9:45-10:20	Compete		9:45-10:20	Compete		9:45-10:20	Compete		9:35-10:00	Compete	
	10:20-10:50	Warm up	Senior W (10) & Junior W (2)	10:20-10:40	Warm up	L5 SYN X (10)	10:20-10:40	Warm up	L5 SYN M (7) & Senior SYN X (2)	10:00-10:20 General warm-up (2 Groups)		
	10:50-11:30	Compete		10:40-10:50	Compete		10:20-10:50	Compete		10:20-10:40	Warm up	L6 W (10)
									10:40-11:05	Compete		
									11:05-11:25	Warm up	L6 M (10)	
								11:25-11:50	Compete			
11:50-12:30	Awards											
BLOCK 8	12:30-13:00	General Warm Up (Block 8)										
	TEAM FINALS											
	13:00-13:20	Warm up	Senior W (8) & Senior M (8)	13:00-13:20	Warm Up	L5 - Women (8)	13:00-13:20	Warm Up	L5 - Men (8)	13:00-13:20	Warm Up	L6/L7/Jr 1 W (8) & M (8)
	13:20-13:50	Compete		13:20-13:50	Compete		13:20-13:50	Compete		13:20-13:50	Compete	
	13:50-14:10	Warm up	L6/L7/Jr 1 W (8) & M (8)	13:50-14:10	Warm Up	L6/L7/Jr 1 Women (8)	13:50-14:10	Warm Up	L6/L7/Jr 1 Men (8)	13:50-14:10	Warm Up	Senior Women (8) & Men (8)
	14:10-14:40	Compete		14:10-14:40	Compete		14:10-14:40	Compete		14:10-14:40	Compete	
	14:40-15:00	Warm up	L6/L7/Jr 2 W (8) & M (8)	14:40-15:00	Warm Up	L6/L7/Jr 2 Women (8)	14:40-15:00	Warm Up	L6/L7/Jr 2 Men (8)	14:40-15:00	Warm Up	L5 Women (8) & Men (8)
	15:00-15:30	Compete		15:00-15:30	Compete		15:00-15:30	Compete		15:00-15:30	Compete	
	15:30-15:50	Warm up	L5 Women (8) & Men (8)	15:30-15:50	Warm Up	Senior Women (8)	15:30-15:50	Warm Up	Senior Men (8)	15:30-15:50	Warm Up	L6/L7/Jr 2 W (8) & M (8)
	15:50-16:20	Compete		15:50-16:20	Compete		15:50-16:20	Compete		15:50-16:20	Compete	
16:30-16:45												