

2025 Canadian Championships - Detailed Schedule

MONDAY, MAY 26th					
	TUMBLING	TRAMPOLINE TRAMPOLINE 1 - WOMEN	TRAMPOLINE TRAMPOLINE 2 - MEN	DMT DMT 1 - WOMEN	DMT DMT 2 - MEN
TRAINING & MEETINGS	** Photography sessions (headshots) to take place after each training session ** for anyone (athletes and staff who need an update, who only have shots with the red shirts or who are new to the team/would like to try for the WAGCS team)				
	10:00 - 12:00	TRAINING AB			
	12:00 - 14:00	TRAINING BC, SK, MB			
	14:00 - 16:00	TRAINING ON			
	16:00 - 18:00	TRAINING QC, NB, NS, NL			
	18:15 - 18:45	ORIENTATION MEETING (Coaches and Judges (optional))			
	18:00 - 19:00	SENIOR ATHLETES' MEETING			
	19:00 - 20:00	COACHES FORUM			

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TUESDAY, MAY 27th

	TUMBLING				TRAMPOLINE TRAMPOLINE 1 - WOMEN				TRAMPOLINE TRAMPOLINE 2 - MEN				DMT DMT 1 - WOMEN		DMT DMT 2 - MEN							
BLOCK 1	9:00 - 9:30 GENERAL WARM-UP (BLOCK 1)																					
	9:00 - 9:30 JUDGES MEETING																					
	OPEN TRAINING 9:00 to 11:30				9:40 - 10:00		Warm-up		L6 W Synchro (10)		9:30 - 9:50		Warm-up		L5 X Synchro (9) + Sr X Synchro (4)		OPEN TRAINING 9:00 to 11:30					
					10:00 - 10:20		Compete				9:50 - 10:20		Compete									
					10:20 - 10:40		Warm-up		L5 W Synchro (13)		10:30 - 10:40		Warm-up		L6 M Synchro (5) + L5 M Synchro (6)							
					10:40 - 11:10		Compete				10:40 - 11:05		Compete									
					11:10 - 11:30		Warm-up		Senior W Synchro (6)		11:05 - 11:25		Warm-up		Senior M Synchro (7)							
					11:30 - 11:55		Compete				11:25 - 11:55		Compete									
BLOCK 2	12:00 - 12:30 OPENING CEREMONIES																					
	12:30 - 13:00 GENERAL WARM-UP (BLOCK 2)																					
	13:00 - 13:20		Warm-Up		L5 17+ M (10) L5 14U M (2)		13:00 - 13:20		Warm-up		L6 W Flight 1 (12)		13:00 - 13:20		Warm-up		L5 15-16 M (12)		Junior W (12) Warm-Up - 13:00 - 13:20 Compete - 13:20 - 13:55		Senior M Flight 1 (12) Warm-Up - 13:35 - 13:55 Compete - 13:55 - 14:30	
	13:20 - 14:00		Compete				13:20 - 14:05		Compete				13:20 - 14:05		Compete				13:20 - 14:05			
	14:00 - 14:20		Warm-Up		L5 17+ W Flight 1 (12)		14:05 - 14:25		Warm-up		L6 W Flight 2 (7) + L7 W (4)		14:05 - 14:25		Warm-up		Junior M (9)		Senior W Flight 1 (11) Warm-Up - 14:10 - 14:30 Compete - 14:30 - 15:05		Senior M Flight 2 (12) Warm-Up - 14:45 - 15:05 Compete - 15:05 - 15:40	
	14:20 - 15:00		Compete				14:25 - 15:10		Compete				14:25 - 15:00		Compete				14:25 - 15:00			
	15:00 - 15:20		Warm-Up		L5 17+ W Flight 2 (11)		15:10 - 15:30		Warm-up		L5 15-16 W Flight 1 (12)		15:00 - 15:20		Warm-up		L5 17+ M (14)		Senior W Flight 2 (10) Warm-Up - 15:20 - 15:40 Compete - 15:40 - 16:10		L6 M (13) Warm-Up - 15:50 - 16:10 Compete - 16:10 - 16:45	
	15:20 - 16:00		Compete				15:30 - 16:15		Compete				15:20 - 16:15		Compete				15:20 - 16:15			
	16:00 - 16:20		Warm-Up		L5 17+ W Flight 3 (11)		16:15 - 16:35		Warm-up		L5 15-16 W Flight 2 (4) + Junior W (8)		16:15 - 16:35		Warm-up		L5 14U M (12)		L5 14U W (13) Warm-Up - 16:25 - 16:45 Compete - 16:45 - 17:20			
	16:20 - 17:00		Compete				16:35 - 17:20		Compete				16:35 - 17:20		Compete				16:35 - 17:20			

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WEDNESDAY, MAY 28th															
	TUMBLING			TRAMPOLINE TRAMPOLINE 1 - WOMEN				TRAMPOLINE TRAMPOLINE 2 - MEN				DMT DMT 1 - WOMEN		DMT DMT 2 - MEN	
BLOCK 3	8:00 - 8:30 GENERAL WARM-UP (BLOCK 3)														
	8:30 - 8:50	Warm-Up	L5 14U W (5) L5 15-16 W Flight 1 (8)									L5 17+ W Flight 1 (12) Warm-Up - 9:00 - 9:20 Compete - 9:20 - 9:50		L5 15-16 M F1 (12) Warm-Up - 8:30 - 8:50 Compete - 8:50 - 9:20	
	8:50 - 9:30	Compete													
	9:30 - 9:50	Warm-Up	L5 15-16 W Flight 2 (7) L5 15-16 M (6)	9:20 - 9:40	Warm-up	L5 14U W (10)	9:30 - 9:50	Warm-up	L6 M Flight 1 (10)	L5 15-16 F2 (8) + L5 17+ F1 (4) Warm-Up - 9:30 - 9:50 Compete - 9:50 - 10:20					
	9:50 - 10:30	Compete		9:40 - 10:15	Compete		9:50 - 10:30	Compete							
	10:30 - 10:50	Warm-Up	Senior M (7) Junior M (2)	10:15 - 10:45	Warm-up	Senior W (10)	10:30 - 10:50	Warm-up	L6 M Flight 2 (10)	L5 17+ M F2 (12) Warm-Up - 10:00 - 10:20 Compete - 10:20 - 10:50					
	10:50 - 11:30	Compete		10:45 - 11:30	Compete		10:50 - 11:30	Compete							
BLOCK 4	11:30 - 12:00 GENERAL WARM-UP (BLOCK 4)														
	12:00 - 12:20	Warm-Up	L6 W (9) Junior W (4)	12:00 - 12:20	Warm-up	L5 17+ W Flight 1 (12)	12:00 - 12:20	Warm-up	Senior M Flight 1 (9)	L5 15-16 W Flight 1 (11) Warm-Up - 12:00 - 12:20 Compete - 12:20 - 12:50		Jr M (12) Warm-Up - 12:30 - 12:50 Compete - 12:50 - 13:20			
	12:20 - 12:55	Compete		12:20 - 13:05	Compete		12:20 - 12:55	Compete							
	12:55 - 13:15	Warm-Up	L6 M (12)	13:05 - 13:25	Warm-up	L5 17+ W Flight 2 (11)	12:55 - 13:25	Warm-up	Senior M Flight 2 (8)	L5 15-16 F2 (4) + L6 W F1 (6) Warm-Up - 13:00 - 13:20 Compete - 13:20 - 13:50		L5 14U M (12) Warm-Up - 13:30 - 13:50 Compete - 13:50 - 14:20			
	13:15 - 13:55	Compete		13:25 - 14:10	Compete		13:25 - 14:00	Compete							
	13:55 - 14:15	Warm-Up	Senior W (14)	14:10 - 14:30	Warm-up	L5 17+ W Flight 3 (11)	14:00 - 14:20	Warm-up	L7 M (10)	L6 W Flight 2 (12) Warm-Up - 14:00 - 14:20 Compete - 14:20 - 14:50					
	14:15 - 15:00	Compete		14:30 - 15:15	Compete		14:20 - 15:00	Compete							
BLOCK 5	15:15 - 15:45 GENERAL WARM-UP (BLOCK 5)														
	FINALS			FINALS				FINALS							
				15:45 - 16:05	Warm-up	Senior W Synchro (6)	15:45 - 16:05	Warm-up	Senior M Synchro (7)						
				16:05 - 16:20	Compete		16:05 - 16:20	Compete							
				16:20 - 16:40	Warm-up	L5 W Synchro (10)	16:20 - 16:40	Warm-up	L6 M Synchro (5) + L5 M Synchro (6)						
				16:40 - 17:00	Compete		16:40 - 17:00	Compete							
				17:00 - 17:20	Warm-up	L6 W Synchro (10)	17:00 - 17:20	Warm-up	L5 X Synchro (9) + Sr X Synchro (4)						
				17:20 - 17:40	Compete		17:20 - 17:45	Compete							
	17:45 - 18:15 AWARDS														

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THURSDAY, MAY 29th

	TUMBLING			TRAMPOLINE TRAMPOLINE 1 - WOMEN			TRAMPOLINE TRAMPOLINE 2 - MEN			DMT DMT 1 - WOMEN	DMT DMT 2 - MEN
BLOCK 6	8:00 - 8:30 GENERAL WARM-UP (BLOCK 6)										
	FINALS			FINALS			FINALS				
	8:30 - 8:50	Warm-Up	L5 15-16 W (10)	9:00 - 9:20	Warm-up	Junior W (8) L7 W (4)	8:50 - 9:10	Warm-up	L5 15-16 M (10)	L5 17+ W (10) Warm-Up - 8:30 - 8:50 Compete - 8:50 - 9:20	Junior M (10) Warm-Up - 9:00 - 9:20 Compete - 9:20 - 9:50
	8:50 - 9:30	Compete		9:20 - 9:50	Compete		9:10 - 9:35	Compete		L5 15-16 W (10) Warm-Up - 9:30 - 9:50 Compete - 9:50 - 10:15	
	9:30 - 9:50	Warm-Up	L5 17+ M (10) L5 14U M (2)	9:50 - 10:10	Warm-up	L5 14U W (9)	9:35 - 9:55	Warm-up	L6 M (10)	L5 15-16 W (10) Warm-Up - 9:30 - 9:50 Compete - 9:50 - 10:15	L5 15-16 M (10) Warm-Up - 9:55 - 10:15 Compete - 10:15 - 10:40
	9:50 - 10:25	Compete		10:10 - 10:30	Compete		9:55 - 10:20	Compete			
	10:25 - 10:45	Warm-Up	L6 M (10)	10:30 - 10:50	Warm-up	L6 W (10)	10:20 - 10:40	Warm-up	L5 14U M (10)	Senior W (10) Warm-Up - 10:20 - 10:40 Compete - 10:40 - 11:05	L5 17+ M (10) Warm-Up - 10:45 - 11:05 Compete - 11:05 - 11:30
	10:45 - 11:20	Compete		10:50 - 11:15	Compete		10:40 - 11:05	Compete			
	11:20 - 11:40	Warm-Up	L5 14U W (5) L5 15-16 M (6)	11:15 - 11:35	Warm-up	L5 15-16 W (10)	11:05 - 11:35	Warm-up	Senior M (10)	L6 W (10) Warm-Up - 11:10 - 11:30 Compete - 11:30 - 12:00	
	11:40 - 12:10	Compete		11:35 - 11:55	Compete		11:35 - 12:00	Compete			
12:00 - 12:45 AWARDS											
BLOCK 7	12:45 - 13:15 GENERAL WARM-UP (BLOCK 7)										
	FINALS			FINALS			FINALS				
	13:15 - 13:35	Warm-Up	Senior M (7) Junior M (2)	13:15 - 13:35	Warm-up	Senior W (10)	13:15 - 13:35	Warm-up	L5 17+ M (10)	Junior W (10) Warm-Up - 13:55 - 14:15 Compete - 14:15 - 14:45	L5 14U M (10) Warm-Up - 13:25 - 13:45 Compete - 13:45 - 14:15
	13:35 - 14:10	Compete		13:35 - 14:00	Compete		13:35 - 14:00	Compete			
	14:10 - 14:30	Warm-Up	Senior W (10)	14:00 - 14:20	Warm-up	L5 17+ W (10)	14:00 - 14:20	Warm-up	Junior M (9)	L5 14U W (7) Warm-Up - 14:55 - 15:15 Compete - 15:15 - 15:45	L6 M (10) Warm-Up - 14:25 - 14:45 Compete - 14:45 - 15:15
	14:30 - 15:10	Compete		14:20 - 14:45	Compete		14:20 - 14:45	Compete			
	15:10 - 15:30	Warm-Up	L5 17+ W (10)				14:45 - 15:05	Warm-up	L7 M (10)		Senior M (10) Warm-Up - 15:25 - 15:45 Compete - 15:45 - 16:15
	15:30 - 16:05	Compete					15:05 - 15:30	Compete			
	16:05 - 16:25	Warm-Up	L6 W (9) Junior Women (4)								
	16:25 - 16:55	Compete									
17:00 - 18:00 AWARDS & SPECIAL AWARDS											

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FRIDAY, MAY 30th

	TUMBLING			TRAMPOLINE TRAMPOLINE 1 - WOMEN			TRAMPOLINE TRAMPOLINE 2 - MEN			DMT DMT 1 - WOMEN	DMT DMT 2 - MEN
BLOCK 8	8:30 - 9:00										
	TEAM FINALS			TEAM FINALS						TEAM FINALS	
	9:00 - 9:15	Warm-Up	SENIOR W & M (4+4)	9:00 - 9:15	Warm-Up	LEVEL 5 - WOMEN (7)	9:00 - 9:15	Warm-Up	LEVEL 5 - MEN (7)	L6/L7/JR 2 WOMEN (6) Warm-Up - 9:00 - 9:15 Compete - 9:15 - 9:30	L6/L7/JR 2 MEN (6) Warm-Up - 9:15 - 9:30 Compete - 9:30 - 9:45
	9:15 - 9:35	Compete		9:15 - 9:35	Compete		9:15 - 9:35	Compete			
	9:35 - 9:50	Warm-Up	L6/L7/JR 1 W & M (5+4)	9:35 - 9:50	Warm-Up	L6/L7/JR 2 WOMEN (7)	9:35 - 9:50	Warm-Up	L6/L7/JR 2 MEN (7)	LEVEL 5 WOMEN (6) Warm-Up - 9:30 - 9:45 Compete - 9:45 - 10:00	LEVEL 5 MEN (6) Warm-Up - 9:45 - 10:00 Compete - 10:00 - 10:15
	9:50 - 10:10	Compete		9:50 - 10:10	Compete		9:50 - 10:10	Compete			
	10:10 - 10:25	Warm-Up	L6/L7/JR 2 W & M (5+4)	10:10 - 10:25	Warm-Up	L6/L7/JR 1 WOMEN (7)	10:10 - 10:25	Warm-Up	L6/L7/JR 1 MEN (7)	SENIOR WOMEN (6) Warm-Up - 10:00 - 10:15 Compete - 10:15 - 10:30	SENIOR MEN (6) Warm-Up - 10:15 - 10:30 Compete - 10:30 - 10:45
	10:25 - 10:45	Compete		10:25 - 10:45	Compete		10:25 - 10:45	Compete			
	10:45 - 11:00	Warm-Up	LEVEL 5 W & M (5+4)	10:45 - 11:00	Warm-Up	SENIOR WOMEN (7)	10:45 - 11:00	Warm-Up	SENIOR MEN (7)	L6/L7/JR 1 WOMEN (6) Warm-Up - 10:30 - 10:45 Compete - 10:45 - 11:00	L6/L7/JR 1 MEN (6) Warm-Up - 10:45 - 11:00 Compete - 11:00 - 11:15
	11:00 - 11:20	Compete		11:00 - 11:30	Compete		11:00 - 11:30	Compete			
	12:15 - 13:00										
AWARDS											
Meetings	14:00 - 18:00	Program Assembly Meeting									