

2026 TG Elite Canada - Detailed Schedule (V2)

THURSDAY, MARCH 12

<u>TUMBLING</u> Competition Gym	<u>TRAMPOLINE</u> Competition Gym	<u>TRAMPOLINE</u> Competition Gym	<u>DMT</u> Competition Gym
8:30 - 11:00 TRAINING ON (81)			
11:00 - 13:30 TRAINING QC (79)			
13:30 - 16:00 TRAINING AB (71), NL (6) - Total 77			
16:00 - 18:30 TRAINING BC (51), SK (7), MB (3), NB (0), NS (12) - total 73			
19:00 - 19:30 ORIENTATION MEETING (Coaches)			
19:00 - 19:45 SENIOR ATHLETES' MEETING			
19:45 - 20:45 COACHES FORUM & NATIONAL TEAM COACHES' COUNCIL MEETING			
20:45 - 21:45 TTPC MEETING (TBC)			

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FRIDAY, MARCH 13

	<u>TUMBLING</u> Competition Gym				<u>TRAMPOLINE</u> TRAMPOLINES 1&2				<u>TRAMPOLINE</u> TRAMPOLINES 3&4				<u>DMT</u> Competition Gym			
BLOCK 1	8:00 - 9:00 Judges Meeting															
	8:40 - 9:10 GENERAL WARM-UP (BLOCK 1) - TUM (all), TRA (all)										9:25- 9:55 GENERAL WARM-UP DMT (2 groups)					
	9:10 - 9:30 TRAINING		L5 17+ W Flight 1 (13)		9:10 - 9:30 TRAINING		L5 15-16 W Flight 1 (9) & Novice W (5)		9:10 - 9:30 TRAINING		Novice M (10)		9:55 - 10:15 TRAINING		L5 15-16 M Flight 1 (14)	
	9:30 - 10:25 COMP				9:30 - 10:25 COMP				9:30 - 10:25 COMP				10:15 - 10:50 COMP			
	10:25 - 10:45 TRAINING		L5 17+ W Flight 2 (13)		10:25 - 10:45 TRAINING		L5 15-16 W Flight 2 (10) & L7 W (4)		10:25 - 10:45 TRAINING		L6 W SYN (11)		10:50 - 11:10 TRAINING		L5 15-16 M Flight 2 (3) & Jr M (11)	
10:45 - 11:40 COMP		10:45 - 11:40 COMP			10:45 - 11:05 COMP				11:10 - 11:45 COMP							
BLOCK 2	11:50 - 12:20 GENERAL WARM-UP (BLOCK 2) - TUM (all), TRA (all), DMT (2 groups only)															
	12:20 - 12:40 TRAINING		L5 17+ M (10) & Novice M (4)		12:20 - 12:40 TRAINING		L5 17+ W Flight 1 (12)		12:20 - 12:40 TRAINING		Senior W (11) & Junior W (3)		12:20 - 12:40 TRAINING		Senior M Flight 1 (12)	
	12:40 - 13:25 COMP				12:40 - 13:25 COMP				12:40 - 13:35 COMP				12:40 - 13:10 COMP			
	13:25 - 13:45 TRAINING		L6 M (8) & L5 15-16 M (5)		13:25 - 13:45 TRAINING		L5 17+ W Flight 2 (12)		13:35 - 13:55 TRAINING		L6 W Flight 1 (12)		13:10 - 13:40 TRAINING		Senior M Flight 2 (11)	
	13:45 - 14:30 COMP				13:45 - 14:30 COMP				13:55 - 14:40 COMP				13:40 - 14:10 COMP			
	14:30 - 15:00 TRAINING		SR M (9) & Jr M (1)		14:30 - 14:50 TRAINING		L5 17+ W Flight 3 (11)		14:40 - 15:00 TRAINING		L6 W Flight 2 (13)		14:10 - 14:40 GENERAL WARM-UP DMT (2 groups)			
	15:00 - 15:35 COMP				14:50 - 15:35 COMP				15:00 - 15:45 COMP				15:00 - 15:00 TRAINING		L6 M Flight 1 (14)	
	15:35 - 16:05 TRAINING		SR W (9) & Jr W (2)		15:35 - 15:55 TRAINING		L5 W SYN (13)		15:45 - 16:10 TRAINING		Senior X Sync (5)		15:00 - 15:35 COMP		Novice M (9) & L6 M Flight 2 (5)	
	16:05 - 16:35 COMP				15:55 - 16:25 COMP				16:10 - 16:30 COMP				15:35 - 15:55 TRAINING			
	16:30 - 16:50 OPENING CEREMONIES															
BLOCK 3	16:50 - 17:20 GENERAL WARM-UP (BLOCK 3) - TRA (all), DMT (2 groups only)															
					17:20 - 17:40 TRAINING		L5 X Sync (12)		17:20 - 17:40 TRAINING		Senior M Flight 1 (9)		17:20 - 17:40 TRAINING		L6 W Flight 1 (11)	
					17:40 - 18:05 COMP				17:40 - 18:20 COMP				17:40 - 18:10 COMP			
					18:05 - 18:25 TRAINING		L5 M SYN (6) & L6 M SYN (9)		18:20 - 18:50 TRAINING		Senior M Flight 2 (8)		18:10 - 18:30 TRAINING		L6 W Flight 2 (11)	
					18:25 - 18:55 COMP				18:50 - 19:25 COMP				18:30 - 19:00 COMP			
	19:00 - 19:30 GENERAL WARM-UP DMT															
										19:30 - 19:50 TRAINING		L5 17+ M (14)				
								19:50 - 20:25 COMP								

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SATURDAY, MARCH 14

	<u>TUMBLING</u> Competition Gym	<u>TRAMPOLINE</u> TRAMPOLINES 1&2	<u>TRAMPOLINE</u> TRAMPOLINES 3&4	<u>DMT</u> Competition Gym						
BLOCK 4					8:00 - 8:30 GENERAL WARM-UP DMT (2 groups)					
					8:30 - 8:50 TRAINING	L5 17+ W Flight 1 (14)				
					8:50 - 9:25 COMP					
					8:30 - 9:00 GENERAL WARM-UP (BLOCK 4) TRA (all)				9:25 - 9:45 TRAINING	
					9:00 - 9:20 TRAINING	L5 15-16 M Flight 1 (12)	9:20 - 9:40 TRAINING	L5 17+ M Flight 1 (8)	9:45 - 10:20 COMP	
					9:20 - 10:05 COMP		9:40 - 10:10 COMP			
					10:05 - 10:25 TRAINING	L5 15-16 M Flight 2 (5) & L6 M Flight 1 (8)	10:10 - 10:30 TRAINING	L5 17+ M Flight 2 (7)	10:20 - 10:50 GENERAL WARM-UP DMT (2 groups)	
					10:25 - 11:15 COMP		10:30 - 11:00 COMP		10:50 - 11:10 TRAINING	
					10:45 - 11:15 GENERAL WARM-UP (BLOCK 4) TUM	10:25 - 11:15 COMP	10:30 - 11:00 COMP	L5 15-16 W (13)	11:10 - 11:40 COMP	
					11:15 - 11:45 TRAINING	L6 W (11)	11:00 - 11:30 TRAINING		Senior W SYN (5) & Senior M SYN (6)	11:40 - 12:00 TRAINING
11:45 - 12:20 COMP	11:15 - 11:35 TRAINING	11:30 - 12:20 COMP	12:00 - 12:30 COMP							
BLOCK 5	12:30 - 13:00 GENERAL WARM-UP (BLOCK 5) - TUM (all), TRA (all), DMT (2 groups only)									
	13:00 - 13:20 TRAINING	L5 15-16 W (9) & Novice W (4)	13:00 - 13:20 TRAINING	L7 M (8)	13:00 - 13:20 TRAINING	Junior M (9)	13:00 - 13:20 TRAINING	Senior W Flight 1 (10)		
	13:20 - 14:05 COMP		13:20 - 14:00 COMP		13:20 - 14:00 COMP					
								13:45 - 14:05 TRAINING	Senior W Flight 2 (9)	
								14:05 - 14:30 COMP		
FINALS										
14:30 - 15:00 GENERAL WARM-UP (BLOCK 6) - TUM (all), TRA (all), DMT (2 groups only)										
BLOCK 6	15:00 - 15:20 TRAINING	L5 15-16 M (5) & Novice M (4) & Jr M (1)	15:00 - 15:20 TRAINING	L5 17+ W (10)	15:00 - 15:20 TRAINING	Senior W (10) & Junior W (3)	15:00 - 15:20 TRAINING	Senior M (10)		
	15:20 - 15:50 COMP		15:20 - 15:45 COMP		15:20 - 15:50 COMP					
	15:50 - 16:10 TRAINING	L5 17+ M (10)	15:45 - 16:05 TRAINING	Novice W (5) & L7 W (4)	15:50 - 16:10 TRAINING	L6 W (10)	15:45 - 16:05 TRAINING	Novice M (9)		
	16:10 - 16:45 COMP		16:05 - 16:25 COMP		16:10 - 16:30 COMP					
	16:45 - 17:05 TRAINING	L6 M (8)	16:25 - 16:45 TRAINING	L5 15-16 W (10)	16:30 - 16:50 TRAINING	L6 W SYN (10)	16:30 - 17:00 GENERAL WARM-UP DMT (2 groups)			
	17:05 - 17:30 COMP		16:45 - 17:05 COMP		16:50 - 17:10 COMP					
	17:30 - 18:00 TRAINING	Senior M (9)	17:05 - 17:25 TRAINING	L5 W SYN (10)	17:10 - 17:30 TRAINING	Novice M (10)	17:20 - 17:45 COMP	L5 15-16 M (10)		
	18:00 - 18:30 COMP		17:25 - 17:45 COMP		17:30 - 17:50 COMP					
				17:45 - 18:05 TRAINING	L5 X Sync (10)	17:50 - 18:15 TRAINING	Senior X Sync (5)	18:05 - 18:30 COMP	Junior M (10)	
				18:05 - 18:25 COMP		18:15 - 18:30 COMP				
18:45 - 19:30 AWARDS										

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SUNDAY, MARCH 15

	<u>TUMBLING</u> Competition Gym	<u>TRAMPOLINE</u> TRAMPOLINES 1&2	<u>TRAMPOLINE</u> TRAMPOLINES 3&4	<u>DMT</u> Competition Gym			
BLOCK 7	FINALS						
	8:00 - 8:30 GENERAL WARM-UP DMT (2 groups)						
	8:30 - 9:00 GENERAL WARM-UP (BLOCK 7) - TRA (all)						
			9:00 - 9:20 TRAINING	L5 M SYN (6) & L6 M SYN (9)	8:30 - 8:50 TRAINING	L5 15-16 W (10)	
			9:20 - 9:50 COMP		8:50 - 9:15 COMP		
			9:50 - 10:10 TRAINING	L5 15-16 M (10)	9:15 - 9:35 TRAINING	Novice W (3) & Jr W (8)	
			10:10 - 10:30 COMP		9:35 - 10:05 COMP		
			10:05 - 10:35 GENERAL WARM-UP DMT (2 groups)				
			10:30 - 11:00 GENERAL WARM-UP (BLOCK 7) TUM		10:30 - 10:50 TRAINING	L7 M (8)	10:35 - 10:55 TRAINING
			10:50 - 11:10 COMP	10:55 - 11:20 COMP			
			11:00 - 11:20 TRAINING	L5 15-16 W (9) & Novice W (4)	11:10 - 11:30 TRAINING	L5 17+ W (10)	
	11:20 - 12:05 COMP	11:30 - 11:50 COMP	11:40 - 12:05 COMP				
12:05 - 12:45 AWARDS							
BLOCK 8	FINALS						
	12:45 - 13:15 GENERAL WARM-UP (BLOCK 8) - TUM (all), TRA (all), DMT (2 groups only)						
	13:15 - 13:35 TRAINING	L5 17+ W (10) & Junior W (2)		13:15 - 13:35 TRAINING	Junior M (9)	13:15 - 13:35 TRAINING	L6 M (10)
	13:35 - 14:15 COMP			13:35 - 13:55 COMP		13:35 - 14:00 COMP	
	14:15 - 14:35 TRAINING	L6 W (10)		13:55 - 14:25 TRAINING	Senior M (10)	14:00 - 14:20 TRAINING	L5 17+ M (10)
	14:35 - 15:10 COMP			14:25 - 14:45 COMP		14:20 - 14:45 COMP	
	15:10 - 15:40 TRAINING	SR W (9)		14:45 - 15:15 TRAINING	Senior W SYN (5) & Senior M SYN (6)	14:45 - 15:15 GENERAL WARM-UP DMT	
	15:40 - 16:10 COMP			15:15 - 15:40 COMP		15:15 - 15:35 TRAINING	L6 W (10)
			15:40 - 16:00 TRAINING	L5 17+ M (10)	15:35 - 16:00 COMP		
			16:00 - 16:20 COMP				
16:20 - 17:05 AWARDS							