

2026 TG Elite Canada - Detailed Schedule

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 (91)			
11:00 - 13:30 TRAINING QC (83)			
13:30 - 15:30 TRAINING AB (69), NL (6) - Total 75			
15:30 - 17:30 TRAINING BC (48), SK (7), MB (3), NB (0), NS (12) - total 70			
18:00 - 18:30 ORIENTATION MEETING (Coaches)			
18:45 - 19:45 COACHES FORUM & NATIONAL TEAM COACHES' COUNCIL MEETING / SENIOR ATHLETES' MEETING			
19:45 - 20:45 TTPC MEETING			

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FRIDAY, MARCH 13

2026 TG Elite Canada - Detailed Schedule												
FRIDAY, MARCH 13												
	TUMBLING Competition Gym			TRAMPOLINE TRAMPOLINES 1&2			TRAMPOLINE TRAMPOLINES 3&4			DMT 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 (14)	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	
	14:15 - 14:45	TRAINING	SR M (9) & Jr M (1)	14:30 - 14:50	TRAINING	L5 17+ W Flight 3 (12)	14:40 - 15:00	TRAINING	L6 W Flight 2 (12)	14:10 - 14:40 GENERAL WARM-UP DMT (2 groups)		
	14:45 - 15:20	COMP		14:50 - 15:35	COMP		15:00 - 15:45	COMP		14:40 - 15:00	TRAINING	L6 M Flight 1 (14)
	15:20 - 15:50	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 (4)
	15:50 - 16:25	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 (12)
				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 L5 17+ W Flight 2 (14)					
			9:00 - 9:20 TRAINING L5 15-16 M Flight 1 (12)			9:45 - 10:20 COMP				
			9:20 - 10:05 COMP			10:20 - 10:50 GENERAL WARM-UP DMT (2 groups)				
			10:05 - 10:25 TRAINING L5 15-16 M Flight 2 (5) & L6 M Flight 1 (8)	9:45 - 10:05 TRAINING L5 17+ M (14)	10:50 - 11:10 TRAINING L5 15-16 W (13)					
	10:45 - 11:15 GENERAL WARM-UP (BLOCK 4) TUM		10:25 - 11:15 COMP	10:05 - 11:00 COMP	11:10 - 11:40 COMP					
	11:15 - 11:45 TRAINING L6 W (11)	11:15 - 11:35 TRAINING L6 M Flight 2 (13)	11:00 - 11:30 TRAINING Senior W SYN (5) & Senior M SYN (6)	11:40 - 12:00 TRAINING Novice W (3) & Jr W (8)						
	11:45 - 12:20 COMP	11:35 - 12:25 COMP	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	13:20 - 13:45 COMP						
					13:45 - 14:05 TRAINING Senior W Flight 2 (9)					
					14:05 - 14:30 COMP					
BLOCK 6	14:30 - 15:00 GENERAL WARM-UP (BLOCK 6) - TUM (all), TRA (all), DMT (2 groups only)									
	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	15:20 - 15:45 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	16:05 - 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	17:00 - 17:20 TRAINING L5 15-16 M (10)						
	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						
	18:00 - 18:30 COMP	17:25 - 17:45 COMP	17:30 - 17:50 COMP	17:45 - 18:05 TRAINING Junior M (10)						
			17:45 - 18:05 TRAINING L5 X Sync (10)	18:05 - 18:30 COMP						
			18:05 - 18:25 COMP	17:50 - 18:15 TRAINING Senior X Sync (5)						
				18:15 - 18:30 COMP						
	18:45 - 19:30 AWARDS									

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SUNDAY, MARCH 15

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