

2026 Alberta T&T Provincial Championships

BMO CENTRE, CALGARY AB

Version: April 2nd, 2026

Thank you so much for your patience while we put the finishing touches on the schedule for our upcoming competition! We're thrilled to welcome 290 amazing athletes to our event.

Below are a few helpful notes to support your planning as we count down to competition day.

PROVINCIAL CHAMPIONSHIPS - INITIAL INFORMATION

Change to schedule: Change from March 30 V to April 2nd version is the mobility L4 DMT Flight Sunday AM.

Set up: Will take place on Wednesday, April 8. Training will not be available following set-

Schedule: Please go based on the PDF Version

Rotations: Will be announced. Please ensure your athletes are ready when called for marshalling. Athletes will march out in their suits.

Volunteer link: <https://signup.com/client/invitation2/secure/591018100086/false#/invitation>

Changes: Please double-check that all athletes are entered correctly in the schedule, in the appropriate level, and that there are no overlaps.

If there are any conflicts, please submit them no later than Monday, April 6 at 4:00 PM.

Synchro trampoline conflicts will be handled on the day of the event.

After Monday, April 6, all changes must be addressed at the competition. Please speak with the Head Judge and inform Marshalling to assist with organization.

All National Trampoline athletes: DD sheets must be submitted to trampoline@abgym.ab.ca

as soon as possible.

The deadline is Tuesday, March 31 at 4:00 PM, as per the 3rd directives.

Safety: As multiple events will be running simultaneously, please ensure athletes are aware of their surroundings. Equipment from other disciplines is off-limits.

Athletes should remain in the designated shared corrals while waiting.

Medical: Will be provided

Hospitality: Details will be posted at the venue. Additional information will be shared soon.

OnForm: Invite code for Provincial Championships 2026: atuAt

Teamwork makes the dream work: As this will be a busy and tightly scheduled event, we appreciate everyone working together to ensure things run smoothly. If athletes do not require their full warm-up time, we encourage starting early when possible. Assistance with moving mats or helping others is greatly appreciated.

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Thursday, April 9		DMT	TRAMPOLINE	TUMBLING	
Block 1	15:00-15:30	Block 1- General Warm-Up			
	15:30-16:00		Synchro- L1X Flight 1		
	16:00-16:30		Synchro- L1X Flight 2		
	16:30-17:00		Synchro- L1X Flight 3 & L2X Flight 1		
	17:00-17:30		Synchro- L2X Flight 2		
	17:50	L1/2 Synchro Awards			
Block 2	17:30 - 18:00	Block 2- General Warm-Up			
	18:00-18:30	L3M & L4M	L1M Flight 1		
	18:30-19:00	L2M	L1M Flight 2		
	19:00-19:40	L1M Flight 1	L2M		
	19:40-20:15	L1M Flight 2	L3M & L4M Flight 1		
	20:15-20:50		L4M Flight 2		
Friday, April 10		DMT	TRAMPOLINE	TUMBLING	
Block 3	7:30-7:55	Block 3- General Warm-Up			
	7:40	Coaches & Judges meeting			
	8:00-8:35	L1W 12 Flight 1	L1W 11U Flight 1	L1W 13+ Flight 1	
	8:35-9:10	L1W 12 Flight 2	L1W 11U Flight 2	L1W 13+ Flight 2	
	9:10-9:45	L1W 13+ Flight 1	L1W 11U Flight 3 & 12 Flight 1	L1W 13+ Flight 3	
	9:45-10:15	L1W 13+ Flight 2	L1W 12 Flight 2	L1W 11U Flight 1	
	10:15-10:45	L1W 11U Flight 1	L1W 12 Flight 3 & 13+ Flight 1	L1W 11U Flight 2	
	10:45-11:15	L1W 11U Flight 2	L1W 13+ Flight 2	L1W 12 Flight 1	
	11:15-11:45		L1W 13+ Flight 3	L1W 12 Flight 2	
Block 4	11:45-12:05	Block 4- General Warm-Up			
	12:05-12:35	L2M Finals	L4M Finals	L1M Flight 1	
	12:35-13:10	L3M & L4M Finals	L1M Finals	L1M Flight 2 & L2M	
	13:10-13:40	L1M Finals	L3M Finals	L4M	
	13:40-14:10		L2M Finals	L3M	
Block 5	14:00-14:30	Block 5- General Warm-Up			
	14:30-15:05	L2W 13U Flight 1	L2W 14+ Flight 1	L2M Finals	
	15:05-15:40	L2W 13U Flight 2	L2W 14+ Flight 2	L1M Finals	
	15:40-16:15	L2W 14+ Flight 1	L2W 13U Flight 1	L3M Finals	
	16:15-16:45	L2W 14+ Flight 2	L2W 13U Flight 2	L4M Finals	
	16:45-17:15		L2W 13U Flight 3		
	17:30	Block 4 & 5- Awards			
Block 6	17:10-17:40	Block 6- General Warm-Up			
		Will Move with TRA	Will move with DMT	Tumbling will run separate/ run ahead	
	17:40-18:20	L5W 15-16 & Novice	Synchro- L6W, SRX, SRM	17:40-18:05	L2W Flight 1
	18:20-19:00	L5W 17+	Synchro- L5W, L5M, L5X, L6M	18:05-18:30	L2W Flight 2
	19:00-19:40	L5M 15-16, 17+ & L6M	Synchro- L4X		
	19:40-20:20	L5M Novice	Synchro- L3X		

Saturday, April 11		DMT	TRAMPOLINE	TUMBLING	
Block 7	8:15-8:45	Block 7- General Warm-up			
	8:45-9:25	L3W Flight 1	L3W Flight 1	L6M, L6W & JRW	
	9:25-10:05	L3W Flight 2	L3W Flight 2	L5W 15-16 & L5M Novice, 15-16, 17+ Flight 1	
	10:05-10:40	L3W Flight 3 & L4W Flight 1	L4W Flight 1	L5W 17+	
	10:40-11:15	L4W Flight 2	L4W Flight 2	SRW & SRM	
Block 8	11:15-11:45	Block 8- General Warm-up			
		Will Move with TRA	Will move with DMT	Tumbling will run sepearte/ run ahead when flight is complete	
	11:45-12:30	SRM	Will start next rotation	11:45-12:10	L3W Flight 1
	12:30-13:15	JRW, JRM & SRW	L5M 17+ & L6M	12:10-12:35	L3W Flight 2
	13:15-14:00	L6W	L5M Novice, 15-16 & L5W Novice, 15-16	12:35-12:55	L1W 11U Finals
	14:00-14:45	L5W 15-16 & Novice Finals	L5W 17+ & L6W	12:55-13:15	L1W 12 Finals
	14:45-15:20	L5W 17+ Finals	SRM, L7M, & SRW	13:15-13:35	L2W Finals
	15:20-15:55	L5M 15-16, 17+ & L6M Finals		13:35-13:55	L1W 13+
	15:55-16:30	L5M Novice Finals		13:55-14:20	L4W Flight 1
				14:20-14:45	L4W Flight 2
	16:50	Block 8 Awards			
	15:45-16:45	ATTSA MEETING- National athletes and coaches should attend			
Block 9	16:30-16:55	Block 9- General Warm-up			
	16:55-17:00	March-In Group of Finalists			
	17:00-17:30	L2 14+ Women (10)	L1 12 Women (10)		
	17:30-18:00	L2 13U Women (10)	L1 13+ Women (10)		
	18:00-18:25	L1 11U Women (10)	L2 14+ Women (10)		
	18:25-18:50	L1 12 Women (10)	L1 11U Women (10)		
	18:50-19:15	L1 13+ Women (10)	L2 13U Women (10)		
	19:30	Block 9 Awards			
	Names for Team Finals must be in by Saturday Night (By the end of Awards)				
Sunday, April 12		DMT	TRAMPOLINE	TUMBLING	
Block 10	8:00-8:25	Block 10- General Warm-up			
	8:25-8:30	March-in Group of Finalists			
	8:30-9:05	L4W- Mobility Flight	L5M Novice, 15-16 & L5W Novice, 15-16	L3W Flight 1 Finals	
	9:05-9:50	SRM Finals	L5W 17+ & L6W	L4W Flight 2 Finals	
	9:50-10:30	JRW, JRM & SRW Finals	L5M 17+ & L6M	L5W 17+ Finals	
	10:30-11:10	L3W Finals	SRM, L7M, & SRW	L5W 15-16 & L5M Novice, 15-16, 17+ Flight 1	
	11:10-11:50	L4W Finals	L3W Finals	L6M, L6W & JRW Finals	
	11:50-12:30	L6W Finals	L4W Finals	SRW & SRM Finals	
	12:50	Block 10 Awards & L3- NAT Synchro			
Block 11	13:15-13:45	Block 11- General Warm-up			
	13:45-13:50	March-In			
	13:00-13:30	Group 2 (12) PHO, EXE, WW	Group 1 (12) EDG, INF	Group 4 (12) AIR, CGC, ALT	
	13:30-13:35	March-In			
	13:35-14:05	Group 4 (12) AIR, CGC, ALT	Group 3 (12) THU, ORT, PEG	Group 2 (12) PHO, EXE, WW	
	14:05-14:10	March-In			
	14:10-14:40	Group 1 (12) EDG, INF	Group 4 (12) AIR, CGC, ALT	Group 3 (12) THU, ORT, PEG	
	14:40-14:45	March-In			
	14:45-15:15	Group 3 (12) THU, ORT, PEG	Group 2 (12) PHO, EXE, WW	Group 1 (12) EDG, INF	
NAMING OF AB TEAM TO WESTERNS + CANADIANS & TEAM FINAL AWARDS - 15:30-16:00					