

**2023 Western Canada Cup - SCHEDULE (subject to changes)**

**Friday June 2**

|                |             | Double Mini Trampoline    | Trampoline            | Tumbling              | Synchronized Trampoline |
|----------------|-------------|---------------------------|-----------------------|-----------------------|-------------------------|
| <b>BLOCK 1</b> | 8:00-8:10   | Coaches/Judges Meeting    |                       |                       |                         |
|                | 8:10-8:30   | WARM UP                   |                       |                       |                         |
|                | 8:30-9:00   | OPENING CEREMONIES        |                       |                       |                         |
| <b>BLOCK 2</b> | 9:00-9:31   | L3M Flight 1 (7)          | L1W 13+Flight 1 (9)   |                       |                         |
|                | 9:31-10:09  | L3M Flight 2 (6)          | L1W 12U Flight 1 (12) |                       |                         |
|                | 10:09-10:47 | L1M Flight 1 (9)          | L1W 12U Flight 2 (12) |                       |                         |
|                | 10:47-11:25 | L1M Flight 2 (9)          | L1W 12U Flight 3 (12) |                       |                         |
|                | 11:25-12:00 | L2M Flight 1 (9)          | L1W 12U Flight 4(7)   |                       |                         |
|                | 12:00-12:32 | L2M Flight 2 (9)          | L4M Flight 1 (8)      |                       |                         |
|                | 12:32-13:04 | L2M Flight 3 (7)          | L4M Flight 2 (8)      |                       |                         |
| <b>BLOCK 3</b> | 13:04-13:24 | General Warm-up Afternoon |                       |                       |                         |
|                | 13:24-14:06 | L4W Flight 1 (12)         | L2W 13+ Flight 1 (12) | L1M Flight 1 (9)      |                         |
|                | 14:06-14:41 | L4W Flight 2 (11)         | L2W 13+ Flight 2 (12) | L1M Flight 2 (9)      |                         |
|                | 14:41-15:23 | L4M Flight 1 (8)          | L2W 13+Flight 3 (12)  | L2M/L3M Flight 1 (6)  |                         |
|                | 15:23-16:05 | L4M Flight 2 (8)          | L2W 13+ Flight 4 (12) | L1W 13+ Flight 1 (12) |                         |
|                | 16:05-16:29 | L3W 14U Flight 1 (12)     | L2W 12U Flight 5 (12) | L1W 13+ Flight 2 (12) |                         |
|                | 16:29-16:57 | L3W 14U Flight 2 (12)     | L2W 12U Flight 6 (3)  | L1W 13+Flight 3 (2)   |                         |
|                | 16:57-17:15 | L3W 14U Flight 3 (4)      |                       | L1W 12U Flight 1 (12) | L3M/L4M Flight 1 (6)    |
|                | 17:15-17:33 | L3W 15+ Flight 1 (12)     |                       | L1W 12U Flight 2 (10) | L2M Flight 1 (6)        |
|                | 17:33-18:03 | L3W 15+ Flight 2 (6)      |                       | L4W Flight 1 (12)     | L1M Flight 1 (10)       |
|                | 18:03-18:33 |                           |                       |                       | L1M Flight 2 (10)       |
|                | 18:33-18:57 |                           |                       |                       | L1W Flight 1 (8)        |
|                | 18:57-19:27 |                           |                       |                       | L2W Flight 1 (10)       |
|                | 19:27-19:48 |                           |                       |                       | L3W Flight 1 (7)        |
| 19:48-20:09    |             |                           |                       | L4W Flight 1 (7)      |                         |

**Saturday June 3**

|                |                  | Double Mini Trampoline    | Trampoline            | Tumbling          | Synchronized Trampoline |
|----------------|------------------|---------------------------|-----------------------|-------------------|-------------------------|
| <b>BLOCK 4</b> | 8:00-8:30        | General Warm-Up Morning   |                       |                   |                         |
|                | 8:30-8:40        | First Flight Round Up     |                       |                   |                         |
|                | 8:40-9:08        | L1W 13+ Flight 1 (12)     | L1M Flight 1 (8)      |                   |                         |
|                | 9:08-9:32        | L1W 13+Flight 2 (9)       | L1M Flight 2 (7)      |                   |                         |
|                | 9:32-10:14       | L1W 12U Flight 3 (12)     | L2M Flight 1 (12)     |                   |                         |
|                | 10:14-10:52      | L1W 12U Flight 4 (12)     | L2M Flight 2 (11)     | L3W Flight 1 (12) |                         |
|                | 10:52-11:32      | L1W 12U Flight 5 (12)     | L3M Flight 1 (10)     | L3W Flight 2 (11) |                         |
|                | 11:32-12:12      | L1W 12U Flight 6 (3)      | L3M Flight 2 (10)     | L2W Flight 1 (9)  |                         |
|                | 12:12-12:57      |                           | L4W Flight 1 (10)     | L2W Flight 2 (9)  |                         |
|                | 12:57-13:42      |                           | L4W Flight 2 (10)     | L2W Flight 3 (9)  |                         |
| 13:42-14:22    | L4W Flight 3 (9) |                           | L4M Flight 1 (6)      |                   |                         |
| <b>BLOCK 5</b> | 14:22-14:52      | General Warm-Up Afternoon |                       |                   |                         |
|                | 14:52-15:32      | L2W 12U Flight 4 (11)     | L3W 14U Flight 1 (10) | L1M Final         |                         |
|                | 15:32-16:12      | L2W 13+ Flight 3 (12)     | L3W 14U Flight 2 (12) | L2M Final         |                         |
|                | 16:12-16:52      | L2W 13+Flight 2 (12)      | L3W 14U Flight 3 (10) | L3M Final         |                         |
|                | 16:52-17:32      | L2W 13+ Flight 1 (12)     | L3W 15+ Flight 4 (10) | L4M Final         |                         |
|                | 17:32-18:02      | L1M Final                 | L1W 13+ Final         | L4W Final         |                         |

|                      |             |   |                           |                           |                                |
|----------------------|-------------|---|---------------------------|---------------------------|--------------------------------|
|                      | 18:02-18:32 | L2M Final   | L1W 12U Final             | L3W Final                 |                                |
|                      | 18:32-19:02 | L3M Final   | L4M Final                 | L2W Final                 |                                |
|                      | 19:02-19:32 | L4W Final   | L2W 13+ Final             | L1W 12U Final             |                                |
|                      | 19:32-20:02 |   | L2 W 12U Final            | L1W 13+ Final             |                                |
| <b>BLOCK 6</b>       | 20:02-20:12 | Cool down/Award prep                              |                           |                           |                                |
|                      | 20:12-20:57 | AWARDS for all Saturday finals and Synchro        |                           |                           |                                |
| <b>Sunday June 4</b> |             |   |                           |                           |                                |
|                      |             | <b>Double Mini Trampoline</b>                     | <b>Trampoline</b>         | <b>Tumbling</b>           | <b>Synchronized Trampoline</b> |
| <b>BLOCK 7</b>       | 8:00-8:30   | General Warm-Up Morning                           |                           |                           |                                |
|                      | 8:30-8:40   | First Event Round Up                              |                           |                           |                                |
|                      | 8:40-9:10   | L3W 14U Final                                     | L1M Final                 |                           |                                |
|                      | 9:10-9:40   | L3W 15+   | L2M Final                 |                           |                                |
|                      | 9:40-10:15  | L1W 12U Final                                     | L3M Final                 |                           |                                |
|                      | 10:15-10:50 | L1W 13+   | L3W 14U Final             |                           |                                |
|                      | 10:50-11:25 | L2W 12U Final                                     | L3W 15+ Final             |                           |                                |
|                      | 11:25-12:05 | L2W 13+ Final                                     | L4W Final                 |                           |                                |
|                      | 12:05-12:35 | L4M Final   |                           |                           |                                |
| <b>BLOCK 8</b>       | 12:35-12:45 | Set up  |                           |                           |                                |
|                      | 12:45-13:45 | AWARDS for all Sunday Finals                      |                           |                           |                                |
| <b>BLOCK 9</b>       | 13:45-14:15 | General Warm-Up Afternoon                         | General Warm-Up Afternoon | General Warm-Up Afternoon |                                |
|                      | 14:15-14:20 | MARCH IN  | March In                  | MARCH IN                  |                                |
|                      | 14:20-14:50 | Teams #1  | Teams #2                  | Teams #3                  |                                |
|                      | 14:50-14:55 | MARCH IN  | MARCH IN                  | MARCH IN                  |                                |
|                      | 14:55-15:25 | Teams #4  | Teams #1                  | Teams #2                  |                                |
|                      | 15:25-15:30 | MARCH IN  | MARCH IN                  | MARCH IN                  |                                |
|                      | 15:30-16:00 | Teams #3  | Teams #4                  | Segment 3                 |                                |
|                      | 16:00-16:05 | MARCH IN  | MARCH IN                  | MARCH IN                  |                                |
|                      | 16:05-16:35 | Teams #2  | Teams #3                  | Teams #4                  |                                |
| <b>BLOCK 10</b>      | 16:35-16:50 | Cool Down   |                           |                           |                                |
|                      | 16:50-17:50 | ALL SPECIAL EVENT AWARDS and SUNDAY FINALS AWARDS |                           |                           |                                |