

# 2023 TG Elite Canada (Detailed 07/03/23)

## THURSDAY, MARCH 16TH

		TUMBLING Competition Gym		TRAMPOLINE Training Gym	TRAMPOLINE Competition Gym		DMT Competition Gym
TRAINING & MEETINGS	9:00 - 11:00	TRAINING QC, NL, NB, NS (56, 1, 3, 6)					
	11:00 - 13:00	TRAINING ON (74)					
	13:00 - 15:00	TRAINING AB (62)					
	15:00 - 17:00	TRAINING BC, SK, MB (52, 8, 2)					
	17:15 - 17:45	ORIENTATION MEETING (Coaches)					
	17:45 - 18:45	COACHES' COUNCIL MEETING (All Coaches Welcome) & ATHLETES MEETING					
	18:00 - 19:00	JUDGES TECHNICAL MEETING (TRA & DMT)					
	19:00 - 20:30	TTPC MEETING					

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## FRIDAY MARCH 17TH

		TUMBLING Competition Gym		TRAMPOLINE Training Gym		TRAMPOLINE Competition Gym		DMT Competition Gym	
<b>BLOCK 1</b>	7:45 - 8:30	<b>GENERAL WARM-UP (BLOCK 1)</b>							
	8:30 - 8:45	<b>OPENING CEREMONIES</b>							
	10:00 - 11:00  11:00 - 12:00	<b>TUMBLING TRAINING (AB, SK, MB, NS)</b>	8:00 - 8:45	L5 15-16 W (13)		8:45 - 9:00	TRAINING	L5 17+ M (14)	
			8:45 - 9:30	L7 17+ W (Flight 1 - 11)	L5 15-16 W (13)	9:00 - 9:45	COMP		
			9:30 - 10:10	L7 17+ W (Flight 2 - 10)	L7 17+ W (Flight 1 - 11)	9:45 - 10:00	TRAINING	L7 17+ M - Q1 (Flight 1 - 7)	
			10:10 - 10:45	L6 14U & 15-16 W (1,5)	L7 17+ W (Flight 2 - 10)	10:00 - 10:30	COMP		
			10:45 - 11:20	SYN SENIOR W & M (4,3) Warm-up	L6 14U & 15-16 W (1,5)	10:30 - 10:45	TRAINING	L7 17+ M - Q1 (Flight 2 - 6)	
11:20 - 11:50			SYN SENIOR W & M (4,3) COMPETE		10:45 - 11:15	COMP			
		*SR TRS to compete in Training Gym*		11:15 - 11:30	TRAINING	JUNIOR W & M - Q1 (3,4)			
				11:30 - 12:00	COMP				
<b>BLOCK 2</b>	12:00 - 12:45	<b>GENERAL WARM-UP (BLOCK 2)</b>							
	12:00 - 13:00	<b>TUMBLING TRAINING (AB, SK, MB, NS)</b>	12:00 - 12:45	L5 17+ W (Flight 1 - 10)		12:45 - 13:05	TRAINING	SENIOR W - Q1 (14)	
			12:45 - 13:30	L5 17+ W (Flight 2 - 10)	L5 17+ W (Flight 1 - 10)	13:05 - 14:00	COMP		
	13:00 - 14:00	<b>TUMBLING TRAINING (QC, ON, BC)</b>	13:30 - 14:15	L5 17+ W (Flight 3 - 10)	L5 17+ W (Flight 2 - 10)	14:00 - 14:15	TRAINING	SENIOR M - Q1 (Flight 1 - 11)	
			14:15 - 15:00	L5 17+ W (Flight 4 - 10)	L5 17+ W (Flight 3 - 10)	14:15 - 15:00	COMP		
			15:00 - 15:45	L5 14U W & M (4,4)	L5 17+ W (Flight 4 - 10)	15:00 - 15:15	TRAINING	SENIOR M - Q1 (Flight 2 - 10)	
	15:45 - 16:30  16:30 - 17:15		15:45 - 16:30	L6 15-16 M (7) & JUNIOR W & M (3,1)	L5 14U W & M (4,4)	15:15 - 16:00	COMP		L7 17+ W - Q1 (Flight 1 - 10)
			16:00 - 16:15		L6 15-16 M (7) & JUNIOR W & M (3,1)	16:15 - 17:00	COMP		
			17:00 - 17:15			17:15 - 18:00	TRAINING	L7 17+ W - Q1 (Flight 2 - 10)	
	17:15 - 18:00			17:15 - 18:00	COMP				
18:00 - 18:45	<b>Judges Technical Meeting (TUM)</b>								
<b>BLOCK 3</b>	18:00 - 18:45	<b>GENERAL WARM-UP (BLOCK 3)</b>							
	18:45 - 19:00	TRAINING	L5 15-16M (4)	17:30 - 18:00	SENIOR W (12) Warm-up	*Note: All SR TRI to compete in Training Gym*	18:45 - 19:00	TRAINING	L6 14U & 15-16 W & M (1,1,4,5)
	19:00 - 19:20	COMP		18:00 - 18:40	SENIOR W (12) COMPETE		19:00 - 19:40	COMP	
	19:20 - 19:40	TRAINING	L5 15-16 W (10)	18:40 - 19:10	SENIOR M (Flight 1 - 8) Warm-up		19:40 - 19:55	TRAINING	L5 14U W & M (4,5)
	19:40 - 20:15	COMP		19:10 - 19:40	SENIOR M (Flight 1 - 8) COMPETE		19:55 - 20:30	COMP	
	20:15 - 20:35	TRAINING	L5 17+ M (11)	19:40 - 20:10	SENIOR M (Flight 2 - 7) Warm-up		20:30 - 20:45	TRAINING	L5 15-16 M (7)
	20:35 - 21:15	COMP		20:10 - 20:40	SENIOR M (Flight 2 - 7) COMPETE		20:45 - 21:15	COMP	

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## SATURDAY MARCH 18TH

		TUMBLING			TRAMPOLINE	TRAMPOLINE				
		Competition Gym		Training Gym	Competition Gym		DMT			
							Competition Gym			
BLOCK 4	8:00 - 8:45	GENERAL WARM-UP (BLOCK 4)								
	8:45 - 9:00	TRAINING	L5 14U W (3) & L6 15-16 W & M (1,3)	8:00 - 8:45	L5 17+ M (Flight 1 - 13)		8:45 - 9:00	TRAINING	L5 15-16 W (Flight 1 - 8)	
	9:00 - 9:35	COMP		8:45 - 9:40	L5 17+ M (Flight 2 - 12)	L5 17+ M (Flight 1 - 13)	9:00 - 9:35	COMP		
	9:35 - 9:55	TRAINING	L7 17+ W (11) - Q1	9:40 - 10:30	L7 17+ M (Flight 1 - 11)	L5 17+ M (Flight 2 - 12)	9:35 - 9:50	TRAINING	L5 15-16 W (Flight 1 - 7)	
	9:55 - 10:45	COMP		10:30 - 11:15	L7 17+ M (Flight 2 - 10)	L7 17+ M (Flight 1 - 11)	9:50 - 10:20	COMP		
	10:45 - 11:05	TRAINING	JUNIOR & SENIOR M (1 & 6) - Q1	11:15 - 12:00	L5 15-16 M (13)	L7 17+ M (Flight 2 - 10)	10:20 - 10:35	TRAINING	L5 17+ W (Flight 1 - 11)	
	11:05 - 11:40	COMP		12:00 - 12:45		L5 15-16 M (13)	10:35 - 11:20	COMP		
	11:40 - 12:00	TRAINING	SENIOR W (7) - Q1				11:20 - 11:35	TRAINING	L5 17+ W (Flight 2 - 11)	
	12:00 - 12:35	COMP		11:35 - 12:20			11:35 - 12:20	COMP		
	12:45 - 13:30	GENERAL WARM-UP (BLOCK 5)								
BLOCK 5	13:30 - 13:45	TRAINING	L5 17+ W (Flight 1 - 10)	12:45 - 13:30	SYN L5 W (12)		13:30 - 14:00	10 Min Warm-up & Compete	SENIOR W - Q2 (14)	
	13:45 - 14:20	COMP		13:30 - 14:00	SYN L6 W (8)	SYN L5 W (12)	14:00 - 14:30	10 Min Warm-up & Compete	SENIOR M - Q2 (Flight 1 - 11)	
	14:20 - 14:35	TRAINING	L5 17+ W (Flight 2 - 10)	14:00 - 14:30	SYN L5 M (7)	SYN L6 W (11)	14:30 - 15:00	10 Min Warm-up & Compete	SENIOR M - Q2 (Flight 2 - 10)	
	14:35 - 15:10	COMP		14:30 - 15:00	SYN L6 M (5)	SYN L5 M (7)	15:00 - 15:30	10 Min Warm-up & Compete	JUNIOR W & M - Q2 (3,4)	
	15:10 - 15:25	TRAINING	L5 17+ W (Flight 3 - 10)	15:00 - 15:30	SYN Mixed (5)	SYN L6 M (5)	15:30 - 16:00	10 Min Warm-up & Compete	L7 17+ W - Q2 (Flight 1 - 10)	
	15:25 - 16:00	COMP		15:30 - 16:00			SYN Mixed (5)	16:00 - 16:30	10 Min Warm-up & Compete	L7 17+ W - Q2 (Flight 2 - 10)
	16:00 - 16:15	TRAINING	L7 17+ M (7) - Q1							
	16:15 - 16:45	COMP								
		17:15 - 18:00	GENERAL WARM-UP (BLOCK 6)							
BLOCK 6	18:00 - 18:30	10 Min Warm-up & Compete	L7 17+ W (11) - Q2	FINALS			18:00 - 18:30	10 Min Warm-up & Compete	L7 17+ M - Q2 (Flight 1 - 7)	
	18:30 - 19:00	10 Min Warm-up & Compete		17:15 - 18:00	L5 15-16 W (10)		18:30 - 19:00	10 Min Warm-up & Compete		L7 17+ M - Q2 (Flight 2 - 6)
	19:00 - 19:30	10 Min Warm-up & Compete	JUNIOR & SENIOR M (1 & 6) - Q2	18:00 - 18:30	L5 14U W & M (4,4)	L5 15-16 W (10)	FINALS			
	19:30 - 20:00	10 Min Warm-up & Compete		18:30 - 19:00	SENIOR W (10) Warm-up	L5 14U W & M (4,4)	19:00 - 19:15	TRAINING	L6 14U W & 15-16 W & M (1,1,4,5)	
			SENIOR W (7) - Q2	19:00 - 19:30	SENIOR W (10) COMPETE	19:15 - 19:55	COMP			
			L7 17+ M (7) - Q2	19:30 - 20:00	SENIOR M (10) Warm-up		19:55 - 20:15	TRAINING		
				20:00 - 20:30	SENIOR M (10) COMPETE		20:15 - 20:55	COMP	L5 17+ M (10)	
	21:00 - 21:30	AWARDS - BLOCK 6								

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## SUNDAY MARCH 19TH

		TUMBLING Competition Gym		TRAMPOLINE Training Gym	TRAMPOLINE Competition Gym		DMT Competition Gym		
BLOCK 7	8:00 - 8:45	GENERAL WARM-UP (BLOCK 7)							
	FINALS		FINALS				FINALS		
	8:45 - 9:00	TRAINING	L5 15-16 W (10)	8:00 - 8:45	L5 17+ W (10)		8:45 - 9:00	TRAINING	L5 15-16 M (7)
	9:00 - 9:35	COMP		8:45 - 9:15	L5 17+ M (10)	L5 17+ W (10)	9:00 - 9:35	COMP	
	9:35 - 9:50	TRAINING	L5 15-16 M (4)	9:15 - 9:45	L6 14U & 15-16 W (1,5)	L5 17+ M (10)	9:35 - 9:50	TRAINING	JUNIOR W & M (3,4)
	9:50 - 10:10	COMP		9:45 - 10:15	L7 17+ W (10)	L6 14U & 15-16 W (1,5)	9:50 - 10:10	COMP	
	10:10 - 10:25	TRAINING	L7 17+ M (7)	10:15 - 10:45	L6 15-16 M (7) & JUNIOR W & M (3,1)	L7 17+ W (10)	10:10 - 10:25	TRAINING	L5 15-16 W (10)
	10:25 - 10:55	COMP		10:45 - 11:15	L7 17+ M (10)	L6 15-16 M (7) & JUNIOR W & M (3,1)	10:25 - 10:55	COMP	
	10:55 - 11:10	TRAINING	L7 17+ W (10)	11:15 - 11:45	L5 15-16 M (10)	L7 17+ M (10)	10:55 - 11:10	TRAINING	L5 14U W & M (4,5)
	11:10 - 11:45	COMP		11:45 - 12:15	SYN SENIOR W & M (4,3) Warm-up		L5 15-16 M (10)	11:10 - 11:45	
	11:45 - 12:00	TRAINING	L5 17+ M (11)	12:15 - 12:45	SYN SENIOR W & M (4,3) COMPETE		11:45 - 12:00	TRAINING	L5 17+ W (10)
	12:00 - 12:40	COMP		12:00 - 12:40				COMP	
	12:45 - 13:45	AWARDS - BLOCK 7							
13:45 - 14:30	GENERAL WARM-UP (BLOCK 8)								
FINALS		FINALS				FINALS			
14:30 - 14:45	TRAINING	SENIOR W (7)	13:45 - 14:30	SYN L5 W (10)		14:30 - 14:45	TRAINING	SENIOR MEN (10)	
14:45 - 15:20	COMP		14:30 - 15:00	SYN L6 W (8)	SYN L5 W (10)	14:45 - 15:25	COMP		
15:20 - 15:35	TRAINING	L5 14U W (3) & L6 15-16 W & M (1,3)	15:00 - 15:30	SYN L5 M (7)	SYN L6 W (8)	15:25 - 15:40	TRAINING	SENIOR WOMEN (10)	
15:35 - 16:05	COMP		15:30 - 16:00	SYN L6 M (5)	SYN L5 M (7)	15:40 - 16:20	COMP		
16:05 - 16:25	TRAINING	JUNIOR & SENIOR M (1 & 6)	16:00 - 16:30	SYN Mixed (5)	SYN L6 M (5)	16:20 - 16:35	TRAINING	L7 17+ W (10)	
16:25 - 17:00	COMP		16:30 - 17:00		SYN Mixed (5)	16:35 - 17:15	COMP		
17:00 - 17:20	TRAINING	L5 17+ W (10)				17:15 - 17:30	TRAINING	L7 17+ M (10)	
17:20 - 17:55	COMP		17:30 - 18:10				COMP		
18:15 - 19:15	AWARDS & SPECIAL AWARDS - BLOCK 8								