



*2010 Canadian Linen & Uniform Service  
BC Gymnastics Championships  
April 9-11, 2010, New Westminster, BC*

**Trampoline Gymnastics Schedule (March 24, 2010)**

**Friday, April 9th**

<b>RUN AND STRETCH (NO EQUIPMENT)</b>	1:45 pm - 2:00 pm
<b>GENERAL WARM-UP: Provincial Trampoline / National DMT / All Tumbling</b>	2:00 pm - 3:30 pm
<b>GENERAL WARM-UP: National Trampoline / Provincial DMT / All Tumbling</b>	3:30 pm - 5:00 pm
<b>COACHES AND JUDGES MEETING:</b>	5:00 pm - 5:30 pm
<b>OPENING CEREMONIES</b>	5:15 pm - 5:45 pm

**BLOCK 1 PROV TR & PROV TUM / BLOCK 2 NAT TU - W/U ON COMPETITION EQUIPMENT ONLY**

BLOCK 1 TRAMPOLINE		BLOCK 1 PROVINCIAL TUMBLING	
6:00-7:45	AW (6)	6:00-7:00	10 & Under/DW (1,8)
one touch warm-up	AM (8)	one touch warm-up	CW (6)
	CM & BM (4,9)		BW & BM (6)
	10&U flight 1 (8)		AW & AM (7,1)
	10&U flight 2 (9)	<b>TUMBLING "FINALS"</b>	
		7:00-7:30	10&U/DW (1,8)
		one touch warm-up	CW (6)
			BW & BM (6)
			AW & AM (7,1)

**WARM-UP FOR BLOCK "2" ONLY  
7:30 - 8:00**

BLOCK 2 NATIONAL TUMBLING	
8:00-9:00	All National (12)
<b>TUMBLING "FINALS"</b>	
15 min. w/u	All National (12)

**Saturday, April 10th, Preliminaries for Trampoline & Double-Mini**

10:00-12:00

BLOCK 3 PROV. SYNCHRO	
10:00-10:30	warm-up "All Synchro"
	10&U/BM/CM (6,4,1)
one touch warm-up	CW (14)
	BW (12)
	A W&M (6)

**ALL SYNCHRO W/U ON THE COMPETITION EQUIPMENT**

10:00-12:00

BLOCK 3 NATIONAL DMT	
10:00-10:30	warm-up "All National"
two touch warm-up	Novice 10-14 W (10)
	Novice 10-14/15+ M (3,6)
	Novice 15+ W (9)
11:30-12:00	15 min. Warm-up
	Open/Youth/Senior W&M (10)

**BLOCK 4 PROV TR & PROV DMT - FL-1 W/U ON THE COMPETITION EQUIPMENT**

**12:00-1:45**

**12:00-1:00**

<b>BLOCK 4</b>	<b>w/u on 3rd trampoline</b>	<b>PROVINCIAL TRAMPOLINE</b>			<b>BLOCK 4</b>	<b>w/u on 2nd double-mini</b>	<b>PROVINCIAL DOUBLE-MINI</b>		
12:00-12:15	warm-up	B13+ W	flight 1	(10)	12:00-12:10	warm-up	CW	flight 1	(12)
12:15-12:30	compete	B13+ W	flight 1	(10)	12:10-12:20	compete	CW	flight 1	(12)
12:15-12:30	warm-up	B13+ W	flight 2	(9)	12:10-12:20	warm-up	CW	flight 2	(12)
12:30-12:45	compete	B13+ W	flight 2	(9)	12:20-12:30	compete	CW	flight 2	(12)
12:30-12:45	warm-up	B12&under	flight 1	(9)	12:20-12:30	warm-up	10 & Under	flight 1	(10)
12:45-1:00	compete	B12&under	flight 1	(9)	12:30-12:40	compete	10 & Under	flight 1	(10)
12:45-1:00	warm-up	B12&under	flight 2	(8)	12:30-12:40	warm-up	10 & Under	flight 2	(9)
1:00-1:15	compete	B12&under	flight 2	(8)	12:40-12:50	compete	10 & Under	flight 2	(9)
1:00-1:15	warm-up	CW	flight 1	(10)	12:40-12:50	warm-up	AW		(8)
1:15-1:30	compete	CW	flight 1	(10)	12:50-1:00	compete	AW		(8)
1:15-1:30	warm-up	CW	flight 2	(10)					
1:30-1:45	compete	CW	flight 2	(10)					

ALL PROV ATHLETES WILL BE MARSHALLED DIRECTLY FROM THE W/U AREA TO THE COMPETITION EQUIPMENT IN THEIR COMPETITIVE ATTIRE

**\*\*\* LUNCH BREAK \*\*\***

Shasta Trampoline Booster Club will be providing a Pizza lunch, juice and snack for all athletes on Saturday April 10 from 11:00 am to 1:00 pm.

**BLOCK 5 PROV DMT - BW FL-1 W/U ON THE COMPETITION EQUIPMENT**

**2:15-4:00**

<b>BLOCK 5</b>	<b>NATIONAL TRAMPOLINE</b>
2:15-2:45	warm-up "All National"
two touch warm-up	Novice 10-14 W & M (8,4)
	Novice 15+ W & M (6,7)
20 minute	Warm-Up Open/Youth/Senior
	Open/Youth/Senior W&M (13)
	<b>NAT. SYNCHRO TRAMPOLINE</b>
30 minute	Warm-Up "all synchro pairs"
	All National Synchro (14)

**2:15-3:15**

<b>BLOCK 5</b>	<b>w/u on 2nd double-mini</b>	<b>PROVINCIAL DOUBLE-MINI</b>		
2:15-2:25	warm-up	BW	flight 1	(9)
2:25-2:35	compete	BW	flight 1	(9)
2:25-2:35	warm-up	BW	flight 2	(9)
2:35-2:45	compete	BW	flight 2	(9)
2:35-2:45	warm-up	BW	flight 3	(8)
2:45-2:55	compete	BW	flight 3	(8)
2:45-2:55	warm-up	CM & BM		(5,8)
2:55-3:05	compete	CM & BM		(5,8)
2:55-3:05	warm-up	AM		(11)
3:05-3:15	compete	AM		(11)

**\*\*\* ATHLETE DANCE \*\*\***

**6:00 pm - 10:00 pm**

## Sunday, April 11th, "EVENT FINALS"

### BLOCK 6 PROV TR - 10+U W/U ON COMPETITION EQUIPMENT

9:00-10:20

BLOCK 6	w/u on 3rd trampoline	PROVINCIAL TRAMPOLINE	
9:00-9:10	warm-up	10 & Under	(10)
9:10-9:20	compete	10 & Under	(10)
9:10-9:20	warm-up	CW & CM	(10,4)
9:20-9:30	compete	CW & CM	(10,4)
9:20-9:30	warm-up	B12&under	(10)
9:30-9:40	compete	B12&under	(10)
9:30-9:40	warm-up	B13+ W	(10)
9:40-9:50	compete	B13+ W	(10)
9:40-9:50	warm-up	BM	(9)
9:50-10:00	compete	BM	(9)
9:50-10:00	warm-up	AW	(6)
10:00-10:10	compete	AW	(6)
10:00-10:10	warm-up	AM	(8)
10:10-10:20	compete	AM	(8)

9:00-11:00

BLOCK 6	NATIONAL DOUBLE - MINI
9:00-9:30	warm-up "All National"
two touch warm-up	Novice 10-14 W (10)
	Novice 10-14/15+ M (3,6)
	Novice 15+ W (9)
	15 min. Warm-up
	Open/Youth/Senior W&M (10)

### BLOCK 7 PROV DMT - 10+U W/U ON COMPETITION EQUIPMENT

11:00-12:45

BLOCK 7	NATIONAL TRAMPOLINE
11:00-11:30	warm-up "All National"
two touch warm-up	Novice 10-14 W & M (8,4)
	Novice 15+ W & M (6,7)
20 minute	warm-up Open/Youth/Senior
	Open/Youth/Senior W&M (13)

11:00-11:40

BLOCK 7	w/u on 2nd double-mini	PROVINCIAL DOUBLE-MINI	
11:00-11:10	warm-up	10 & Under	(10)
11:10-11:20	compete	CW & CM	(10,4)
11:10-11:20	warm-up	BW	(10)
11:20-11:30	compete	BM	(9)
11:20-11:30	warm-up	AW	(8)
11:30-11:40	compete	AM	(10)

\*\*\* AWARDS \*\*\*