

2018 Western Canada Cup Schedule



TIME	TRAMP Warm-Up	TRAMP-COMP	DMT 1	DMT 2	TUMBLING	
FRIDAY JUNE 1						
8.30-9.00	COACHES & JUDGES MEETING					
8:30-9:00	RUN & STRETCH - Morning Events (no equipment)					
9:00-9:10	L1 12U Women Flight 1		Warm-up L3 Women- 13U			
9:10-9:20			Compete (9)			
9:20-9:30			Flight 1 L3 W 13U			
9.30-9.40	L1 12U Women Flight 2	L1 12U Women Flight 1 (10)	Warm-up L3 Women- 13U	Warm-up Flight 1 L3 Women- 14+	Warm-up Flight 1 L2 Women	
9.40-9.50			Compete (13)	Flight 1 L3 W 14+	Compete (13)	
9.50-10.00			Compete (8)	Warm-up Flight 2 L3 Women- 14+	Warm-up - Flight 2 L2 Women	
10.00-10.10	L1 13+ Women Flight 1	L1 12U Women Flight 2 (10)	Warm-up L3 Men (13)	Compete (12) Flight 2 L3 W 14+	Compete (13)	
10.10-10.20			Compete (13)	Warm-up Flight 1 L1 Women 12U	Warm-up Flight 1 L4 Women	
10.20-10.30			Warm-up L4 Men (6)	Compete (11) Flight 1 L1 W 12U	Compete (10)	
10.30-10.40	L1 13+ Women Flight 2	L1 13+ Women Flight 1 (9)	Compete (6)	Warm-up Flight 2 L1 Women 12U	Warm-up Flight 2 L4 Women-	
10.40-10.50			Compete (10)	Compete (10) Flight 2 L1 W 12U	Compete (9)	
10.50-11.00						
11.00-11.10	L1 Men (10)	L1 13+ Women Flight 2 (9)	Warm-up L4 Men (6)	Compete (11) Flight 1 L1 W 12U	Compete (10)	
11.10-11.20			Compete (6)	Warm-up Flight 2 L1 Women 12U	Warm-up Flight 2 L4 Women-	
11.20-11.30				Compete (10) Flight 2 L1 W 12U	Compete (9)	
11.30-11.40		L1 Men (10)				
11.40-11.50						
11.50-12.00						
12.00-12.10						
12.00-12.30	LUNCH BREAK					
12.30-1.00	OPENING CEREMONIES					
1.00-1.30	RUN & STRETCH - Afternoon Events (no equipment)					
1.30-1.40	L2 Women- 13+ Flight 1 (11)		Warm-up Flight 1 L1 13+ Women			
1.40-1.50			Compete (9)			
1.50-2.00			Flight 1 L1 W 13+			
2.00-2.10	L2 Women- 13+ Flight 2 (11)	L2 Women- 13+ Flight 1 (11)	Warm-up Flight 2 Flight 2 L1 W 13+			
2.10-2.20			Compete (9)			Warm-up Flight 1 L 4 Women
2.20-2.30			Flight 2 L1 W 13+			Compete Flight1 (12)
2.30-2.40	L2 Women- 13+ Flight 3 (11)	L2 Women- 13+ Flight 2 (11)	Compete (9)	Warm-up Flight 1 L 4 Women		
2.40-2.50			Flight 2 L1 W 13+	Compete Flight1 (12)		
2.50-3.00				Warm-up Flight 2 L 4 Women		
3.00-3.10	L2 Men (9)	L2 Women- 13+ Flight 3 (11)	Compete Flight 2 (11)			
3.10-3.20						
3.20-3.30						
3.30-3.40		L2 Men (9)		Compete Flight 2 (11)		
3.40-3.50						
3.50-4.00						
4.00-4.30	DINNER BREAK					
4.30-5.00	RUN & STRETCH - Evening Events (no equipment)					
5.00-5.10	L2 Women- 12U Flight 1 (12)				Warm-up Flight 1 L3 Women	
5.10-5.20					Compete (12)	
5.20-5.30						
5.30-5.40	L2 Women- 12U Flight 2 (12)	L2 Women- 12U Flight 1 (12)			Warm-up Flight 2 L3 Women	
5.40-5.50					Compete (12)	
5.50-6.00						
6.00-6.10	L4 Women Flight 1 (8)	L2 Women- 12U Flight 2 (12)			Warm-up Flight 3 L3 Women	
6.10-6.20					Compete (12)	
6.20-6.30						
6.30-6.40	L4 Women Flight 2 (8)	L4 Women Flight 1 (10)			Compete (12)	
6.40-6.50						
6.50-7.00						
7.00-7.10		L4 Women Flight 2 (10)				
7.10-7.20						
7.20-7.30						

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TIME	TRAMP Warm-Up	TRAMP-COMP	DMT 1	DMT 2	TUMBLING
SATURDAY JUNE 2					
RUN & STRETCH - Morning Events (no equipment)					
8:00-8:30					
8:30-8:40	L3 Women 13U				Warm-up
8:40-8:50	Flight 1				L1 Women 12U
8:50-9:00	(12)				Compete
9:00-9:10	L3 Women 13U	L3 Women 13U	Warm-up		Flight 1 (12)
9:10-9:20	Flight 2	Flight 1	L2 Women 13+		
9:20-9:30	(12)	(12)	Compete	Warm-up	Warm-up
9:30-9:40	L3 Women 14+	L3 Women 13U	Flight 1 (12)	L2 Women 12U	L1 Women 12U
9:40-9:50	Flight 1	Flight 2	Warm-up	Compete	Compete
9:50-10:00	(10)	(12)	L2 Women 13+	Flight 1 (13)	Flight 2 (12)
10:00-10:10	L3 Women 14+	L3 Women 14+	Compete	Warm-up	Warm-up
10:10-10:20	Flight 2	Flight 1	Flight 2 (12)	L2 Women 12U	L1 Women 13+
10:20-10:30	(10)	(10)	Warm-up	Compete	Compete
10:30-10:40	L3 Women 14+	L3 Women 14+	L2 Women 13+	Flight 2 (12)	Flight 1 (9)
10:40-10:50	Flight 3	Flight 2	Compete	Warm-up	Warm-up
10:50-11:00	(9)	(10)	Flight 3 (12)	L2 Men	L1 Women 13+
11:00-11:10	L3 Men	L3 Women 14+		Compete	Compete
11:10-11:20	(13)	Flight 3		(9)	Flight 2 (9)
11:20-11:30		(9)		Warm-up	Warm-up
11:30-11:40		L3 Men		L1 Men	L1 Women 13+
11:40-11:50		(13)		Compete	Compete
11:50-12:00				(8)	Flight 3 (9)
12:00-12:30	LUNCH BREAK				
RUN & STRETCH - Afternoon Events (no equipment)					
12:30-1:00					
1:00-1:10	Warm-up				Warm-up
1:10-1:20	L4 Men				L1 Men
1:20-1:30	(8)				Compete
1:30-1:40		Compete			(8)
1:40-1:50	SYNCHRO	L4 Men			Warm-up
1:50-2:00	L1 W (12)	(8)			L2 Men
2:00-2:10	SYNCHRO	SYNCHRO			Compete
2:10-2:20	L2 W FI 1 (8)	L1 W (12)			(8)
2:20-2:30	SYNCHRO	SYNCHRO			Warm-up
2:30-2:40	L2 W FI 2/ L1 M/ L2 M (8+1+1)	L2 W FI 1 (8)			L3 + L4 Men
2:40-2:50	SYNCHRO	SYNCHRO			Compete
2:50-3:00	L3 W FI 1 (8) L4 W (2)	L2 W FI 2/ L1 M/ L2 M (8+1+1)			(5) + (4)
3:00-3:30	SYNCHRO	SYNCHRO			
3:30-3:40	L3 W FI 2/ L3 M/ L4 M (8+1+2)	L3 W FI 1 (8) L4 W (2)			
3:40-3:50		SYNCHRO			
3:50-4:00		L3 W FI 2/ L3 M/ L4 M (8+1+2)			
4:00-4:30	RUN & STRETCH - FINALS (no equipment)				
4:30-4:40	L1 Women 13+		Warm-up		
4:40-4:50	(10)		L3 Women 13U		W/U L2 Women
4:50-5:00	L1 Men (10)	L1 Women 13+	Compete	Warm-up	-----
5:00-5:10		(10)	(10)	L4 Men	Compete (10)
5:10-5:20	L2 Women 12U	L1 Men (10)	Warm-up	Compete	W/U L1 W 12U
5:20-5:30	(10)		L4 Women	(6)	-----
5:30-5:40	L2 Women 13+	L2 Women 12U	Compete	Warm-up	Compete (10)
5:40-5:50	(10)	(10)	(10)	L3 Men	W/U L3 Women
5:50-6:00		L2 Women 13+		Compete	-----
6:00-6:10		(10)		(10)	Compete (10)
6:10-6:40	AWARDS - (Saturdays Finals + SYNCHRO)/ SUPPER BREAK				
6:45-7:45	WCC Coaches and Judges Forum				

2018 Western Canada Cup Schedule



TIME	TRAMP Warm-Up	TRAMP-COMP	DMT 1	DMT 2	TUMBLING
SUNDAY JUNE 3					
8:00-8:30 RUN & STRETCH - Morning Events (no equipment)					
8:30-8:40	L1 Women 12U (10)		Warm-up		
8:40-8:50			L1 Men		
8:50-9:00	L3 Men (10)	L1 Women 12U (10)	Compete	Warm-up	
9:00-9:10				(8)	L 3 Women 14+
9:10-9:20	L4 Men (8)	L3 Men (10)	Warm-up	Compete	W/U L1 W 13+
9:20-9:30				L2 Men (9)	(10)
9:30-9:40	L2 Men (10)	L4 Men (8)	Compete	Warm-up	Compete (10)
9:40-9:50				(9)	L2 Women 12U
9:50-10:00	L3 Women 13U (10)	L2 Men (10)	Warm-up	Compete	-----
10:00-10:10				L1 Women 13+ (10)	(10)
10:10-10:20	L3 Women 14+ (10)	L3 Women 13U (10)	Compete	Warm-up	W/U L1 + L2 Men
10:20-10:30				(10)	L1 Women 12U
10:30-10:40	L4 Women (10)	L3 Women 14+ (10)	Warm-up	Compete	Compete (3) + (6)
10:40-10:50				L2 Women 13+ (10)	(10)
10:50-11:00		L4 Women (10)	Compete		-----
11:00-11:10			(10)	(10)	Compete (3) + (4)
11:10-12:00	AWARDS - (Sundays Individual Events)				
12:00-12:30	LUNCH BREAK				
12:30-1:00	RUN & STRETCH FOR TEAM FINALS (no equipment)				
1:00-1:30	Warm-up is in Competition Gym only for Team Final	Team 1 + Team 2	Team 3 + Team 4		Team 5 + Team 6
1:30-2:00		Team 3 + Team 4	Team 5 + Team 6		Team 1 + Team 2
2:00-2:30		Team 5 + Team 6	Team 1 + Team 2		Team 3 + Team 4
2:30-3:00	AWARDS - TEAM + ALL-AROUND				