

*Flights may start ahead of schedule if running early, but blocks will start according to the schedule.

Friday June 6th, 2025 - Day 1

Block	Time	Trampoline	Tumbling	Double Mini	Synchro	Time
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Saturday June 7th, 2025 - Day 2									
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	Time	Trampoline	Tumbling	Double Mini	Synchro	Time
Block 4	8:00-8:30	General Warm-Up Morning				8:00-8:30
	8:30-9:15	L4 Women - Flight 1 (9)	L1 Women 11U - Flight 1 (12)	L2 Men - Flight 1 (12)		8:30-9:15
	9:15-9:55	L4 Women - Flight 2 (8)	L1 Women 11U - Flight 2 (11)	L2 Women 14+ - Flight 1 (11)		9:15-9:55
	9:55-10:40	L4 Men - Flight 1 (9)	L1 Women 12 - Flight 1 (7)	L2 Women 14+ - Flight 2 (11)		9:55-10:40
	10:40-11:20	L4 Men - Flight 2 (8)	L1 Women 12 - Flight 2 (7)	L2 Women 13U - Flight 1 (13)		10:40-11:20
	11:20-12:05	L3 Men - Flight 1 (9)	L1 Women 13+ - Flight 1 (11)	L2 Women 13U - Flight 2 (12)		11:20-12:05
	12:05-12:50	L3 Men - Flight 2 (9)	L1 Women 13+ - Flight 2 (12)			12:05-12:50
Block 5	12:50-1:20	General Warm-Up Afternoon				12:50-1:20
	1:20-2:05	L3 Women 14U - Flight 1 (12)	L2 Women - Flight 1 (10)	L4 Men - Flight 1 (8)		1:20-2:05
	2:05-2:50	L3 Women 14U - Flight 2 (11)	L2 Women - Flight 2 (11)	L4 Men - Flight 2 (8)		2:05-2:50
	2:50-3:30	L3 Women 15+ - Flight 1 (8)	L2 Men - Flight 1 (11)	L4 Women - Flight 1 (8)		2:50-3:30
	3:30-4:10	L3 Women 15+ - Flight 2 (8)	L1 Men - Flight 1 (11)	L4 Women - Flight 2 (7)		3:30-4:10
	4:10-4:40	General Warm-Up Evening				4:10-4:40
Block 6	4:40-5:10	L1 Women 11U - FINALS	L4 Women - FINALS	L3 Women 14U - FINALS		4:40-5:10
	5:10-5:40	L1 Women 12 - FINALS	L4 Men - FINALS	L3 Women 15+ - FINALS		5:10-5:40
	5:40-6:10	L1 Women 13+ - FINALS	L3 Women - FINALS	L3 Men - FINALS		5:40-6:10
	6:10-6:40	L2 Women 12U - FINALS	L3 Men - FINALS	L1 Women 13+ - FINALS		6:10-6:40
	6:40-7:10	L2 Women 13+ - FINALS		L1 Women 11U - FINALS		6:40-7:10
	7:10-7:40	L2 Men - FINALS		L1 Women 12 - FINALS		7:10-7:40
	7:40-8:00	Award Prep				7:40-8:00
	8:00-8:30	Awards for Synchro and Saturday Finals				8:00-8:30
	8:30-9:00	Coaches and Judges Forum				8:30-9:00
		Sunday June 8th, 2025 - Day 3				
	Time	Trampoline	Tumbling	Double Mini	Synchro	Time
Block 7	8:00-8:30	General Warm-Up Morning				8:00-8:30
	8:30-9:00	L4 Women - FINALS	L2 Men - FINALS	L1 Men - FINALS		8:30-9:00
	9:00-9:30	L4 Men FINALS	L2 Women - FINALS	L2 Men - FINALS		9:00-9:30
	9:30-10:00	L3 Women 15+ - FINALS	L1 Men - FINALS	L2 Women 13U - FINALS		9:30-10:00
	10:00-10:30	L3 Women 14U - FINALS	L1 Women 11U - FINALS	L2 Women 14+ - FINALS		10:00-10:30
	10:30-11:00	L3 Men - FINALS	L1 Women 12 - FINALS	L4 Women - FINALS		10:30-11:00
	11:00-11:30	L1 Men - FINALS	L1 Women 13+ - FINALS	L4 Men - FINALS		11:00-11:30
	11:30-12:00			L4 Mobility FINALS		11:30-12:00
	12:00-12:25	Award Prep				12:00-12:25
	12:25-1:00	Awards for Sunday Finals				12:25-1:00
Block 8	1:00-1:30	General Warm-Up Afternoon				1:00-1:30
	1:30-2:05	Team BC/ Team Sask		Team MB/ Team Alberta		1:30-2:05
	2:05-2:40	Team MB/ Team Alberta	Team BC/ Team Sask			2:05-2:40
	2:40-3:15		Team MB/ Team Alberta	Team BC/ Team Sask		2:40-3:15
	3:15-3:30	Award Prep				3:15-3:30
	3:30-3:45	Awards for Team Finals				3:30-3:45