| | | | | IB - Detailed Schedule | | | | |
|---------|------------------------|--|---|--|---|------------------------|--|--|
| | | *Flights | | early, but blocks will start according to th | e schedule. | | | |
| Disale | Time | Trampalina | | 6th, 2025 - Day 1 Double Mini | Cumphro | Time | | |
| Block | | Trampoline | Tumbling | | Synchro | 7:50-8:00 | | |
| | 7:50-8:00 7:50-8:20 | Coaches Meeting - On the Floor | | | | | | |
| | | Judges Meeting - Hospitality Room General Warm-Up Morning | | | | | | |
| | 8:00-8:30 8:30-9:10 | L2 Men - Flight 1 (11) | Genera I | L1 Women 11U Flight 1 (12) | T | 8:00-8:30 8:30-9:10 | | |
| Plook 1 | | L2 Women 14+ - Flight 1 (12) | | L1 Women 11U Flight 2 (11) | | 9:10-9:55 | | |
| BIOCK 1 | | L2 Women 14+ - Flight 2 (11) | | L1 Women 12 Flight 1 (10) | | 9:55-10:35 | | |
| | | L2 Women 13U - Flight 1 (12) | | L1 Women 13+ Flight 1 (10) | | 10:35-11:2 | | |
| | | L2 Women 13U - Flight 2 (12) | | L1 W 12 Flight 2 (5) & 13+ Flight 2 (4) | | 11:20-12: | | |
| | 12:05-12:35 | L2 Worlien 130 - Flight 2 (12) | | L1 Wen - Flight 1 (7) | | 12:05-12: | | |
| | 12:35-1:05 | | Gonora | | | 12:35-1:05 | | |
| | 1:05-1:25 | General Warm-Up Afternoon Opening Ceremonies | | | | | | |
| | | L1 Women 11U - Flight 1 (11) | T Ope | L3 Women 14U - Flight 1 (11) | I | 1:05-1:25 1:25-2:05 | | |
| | 2.05-2.45 | L1 Women 11U - Flight 1 (11) L1 Women 11U - Flight 2 (11) | | L3 Women 140 - Flight 1 (11) | | 2:05-2:45 | | |
| Block 2 | | L1 Women 110 - Flight 2 (11) | | L3 Women 140 - Flight 2 (10) | | 2:45-3:25 | | |
| | | L1 Women 12 - Flight 1 (11) | | L3 Women 15+ - Flight 1 (9) | | 3:25-4:05 | | |
| | | L1 W 12 Flight 2 (6) & 13+ Flight 2 (5) | | L3 Women 15+ - Flight 2 (8) L3 Men - Flight 1 (13) | | 4:05-4:45 | | |
| | | L1 W 12 Flight 2 (6) & 13+ Flight 2 (5) | | Lo Men - Flight 1 (13) | | 4:45-5:25 | | |
| | 5:25-5:55 | LT Men - Flight T (9) | General Warm-Up Evening | | 2-Touch: L1 Flight 1 **starts at 5:45 | 5:25-5:55 | | |
| | | | L3 Women - Flight 1 (10) | | Compete: L1 Mixed Synchro - Flight 1 (9) | 5:55-6:20 | | |
| | 5:55-6:20 | | | | 2-Touch: L1 Flight 2 | | | |
| | | | | | Compete: L1 Mixed Synchro - Flight 2 (9) | | | |
| | 6:25-6:50 | | L3 Women - Flight 2 (9) | | 2-Touch: L2 Flight 1 | 6:25-6:50 | | |
| | | | L3 Men Flight 1 (4) & L4 M Flight 1 (8) | | Compete: L2 Mixed Synchro - Flight 1 (12) | 6:50-7:15 | | |
| Block 3 | 6:50-7:15 | | | | 2-Touch: L2 Flight 2 | | | |
| | 7:15-7:40 | | L4 Women - Flight 1 (8) | | Compete: L2 Mixed Synchro - Flight 2 (11) | 7:15-7:40 | | |
| | | | | | 2-Touch: L3 Flight 1 | | | |
| | | | | | Compete: L3 Mixed Synchro - Flight 1 (11) | | | |
| | 7:40-8:05 | | | | 2-Touch: L3 Flight 2/ L4 Flight 1 | 7:40-8:05 | | |
| | 8:05-8:30 | | | | Compete: L3 MixSync Flight 2 (5) & L4 Flight 1 (6) | 8:05-8:30 | | |
| | 0.00 0.00 | | | | Compete: Lo wilkeyne r light 2 (o) & E4 r light 1 (o) | 0.00 0.00 | | |
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| | 1 | · | Saturday June | e 7th, 2025 - Day 2 | <u> </u> | • | | |

| | Time | Trampoline | Tumbling | Double Mini | Synchro | Time | |
|---------|-------------|--|------------------------------|------------------------------|---------|----------------------------|--|
| Block 4 | 8:00-8:30 | | Genera | l 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 | |
| | 12:50-1:20 | | | 12:50-1:20 | | | |
| | | L3 Women 14U - Flight 1 (12) | L2 Women - Flight 1 (10) | L4 Men - Flight 1 (8) | | 1:20-2:05 | |
| Block 5 | 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 | |
| | | | | 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 | |
| Block 6 | 6:10-6:40 | L2 Women 12U - FINALS | L3 Men - FINALS | L1 Women 13+ - FINALS | | 6:10-6:40 | |
| DIOCK 0 | 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 | |
| | 7:40-8:00 | Award Prep | | | | | |
| | 8:00-8:30 | Awards for Synchro and Saturday Finals | | | | | |
| | 8:30-9:00 | Coaches and Judges Forum | | | | | |
| | | | | 8th, 2025 - Day 3 | | · | |
| | Time | Trampoline | Tumbling | Double Mini | Synchro | Time | |
| | 8:00-8:30 | | | | | 8:00-8:30 | |
| | | | | L1 Men - FINALS | | 8:30-9:00 | |
| | | L4 Men FINALS | | L2 Men - FINALS | | 9:00-9:30 | |
| | | | | L2 Women 13U - FINALS | | 9:30-10:00 | |
| Block 7 | 10:00-10:30 | L3 Women 14U - FINALS | L1 Women 11U - FINALS | L2 Women 14+ - FINALS | | 10:00-10:30 | |
| DIOCK / | 10:30-11:00 | L3 Men - FINALS | | L4 Women - FINALS | | 10:30-11:00 | |
| | | L1 Men - FINALS | | L4 Men - FINALS | | 11:00-11:30 | |
| | 11:30-12:00 | | | L4 Mobility FINALS | | 11:30-12:00 12:00-12:25 | |
| | 12:00-12:25 | | | | | | |
| | 12:25-1:00 | Awards for Sunday Finals | | | | | |
| | 1:00-1:30 | General Warm-Up Afternoon | | | | | |
| | 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 | |
| Dioon 0 | 2:40-3:15 | | | Team BC/ Team Sask | | 2:40-3:15 3:15-3:30 | |
| | 3:15-3:30 | Award Prep | | | | | |
| | 3:30-3:45 | Awards for Team Finals | | | | | |