

2026
Eastern Canadian
Gymnastics
Championships



Championnats de
gymnastique
de l'Est du Canada 2026

2026 Eastern Canadian Gymnastics Championships TG Training & Competition Schedule
May 1st, 2026

TG TRAINING SCHEDULE			
FRIDAY MAY 15TH	Training Block 1	8:00-9:30am	NB, NL, NS (79)
	Block 2	9:45-11:45am	QC (93)
	Block 3	12:00pm-2:30pm	ON (126)

2026 Eastern Canadian Trampoline Gymnastics Championships							
Friday May 15							
Trampoline		Double Mini Trampoline		Tumbling		Synchronized Trampoline	
16:00-16:15	General Warm-up	16:00-16:15	General Warm-up	16:00-16:15	General Warm-up		
16:15-16:49	L1M12U (8)	16:15-16:35	L1W12U Flight 1 (7)	16:15-16:55	L1W13+ Flight 1 (9)		
16:49-17:35	L1M13+ (11)	16:35-16:55	L1W12U Flight 2 (7)	16:55-17:31	L1W13+ Flight 2 (8)		
17:35-18:09	L1W12U Flight 1 (8)	16:55-17:12	Break	17:31-18:07	L1W12U Flight 1 (8)		
18:09-18:43	L1W12U Flight 2 (8)	17:12-17:35	L1W13 Flight 1 (8)	18:07-18:20	Break		
18:43-19:21	L1W13+ Flight 1 (9)	17:35-17:40	Break	18:20-18:56	L1W12U Flight 2 (8)		
19:21-19:55	L1W13+ Flight 2 (8)	17:40-18:06	L1W13 Flight 2 (9)	18:56-19:14	L1M13+ (4)		
		18:06-18:32	L1M12U (9)	19:14-19:32	L1M12U (4)		
		18:32-18:52	L1M13+ Flight 1 (7)				
		18:52-19:12	L1M13+ Flight 2 (7)				

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Saturday May 16

Trampoline		Double Mini Trampoline		Tumbling		Synchronized Trampoline
8:15-8:30	General Warm-up	8:15-8:45	Break	8:15-8:45	Break	
8:30-9:12	L3W Flight 1 (10)	8:45-9:00	General Warm-up	8:45-9:00	General Warm-up	
9:12-9:50	L3W Flight 2 (9)	9:00-9:26	L2M Flight 1 (9)	9:00-9:40	L3-4M Flight 1 (9)	
9:50-10:00	Break	9:26-9:49	L2M Flight 2 (8)	9:40-9:50	Break	
10:00-10:51	L2W Flight 1 (11)	9:49-9:59	Break	9:50-10:35	L4W Flight (10)	
10:51-11:37	L2W Flight 2 (12)	9:59-10:22	L3W Flight 1 (7)	10:35-11:50	Judges Break	
11:37-12:05	Judges Break	10:22-10:42	L3W Flight 2 (8)	11:50-12:05	General Warm-up	
12:05-12:20	General Warm-up	10:42-10:52	Break	12:05-12:41	L3W (8)	
12:20-13:02	L2M Flight 1 (10)	10:52-11:18	L3M Flight 1 (9)	12:41-12:51	Break	
13:02-13:40	L2M Flight 2 (9)	11:18-11:41	L3M Flight 2 (8)	12:51-13:45	L2W Flight 1 (12)	
13:40-13:50	Break	11:41-12:48	Judges Break	13:45-14:34	L2W Flight 2 (11)	
13:50-14:19	L3M Flight 1 (7)	12:48-13:03	General Warm-up	14:34-14:44	Break	
14:19-14:44	L3M Flight 2 (6)	13:03-13:32	L4W Flight 1 (10)	14:44-15:02	L2M (4)	
14:44-14:54	Break	13:32-13:58	L4W Flight 2 (9)			
14:54-15:36	L4W Flight 1 (10)	13:58-14:08	Break			
15:36-16:14	L4W Flight 2 (9)	14:08-14:40	L2W Flight 1 (11)			
16:14-16:24	Break	14:40-15:12	L2W Flight 2 (11)			
16:24-16:53	L4M Flight 1 (7)	15:12-15:22	Break			
16:53-17:22	L4M Flight 2 (7)	15:22-15:39	L4M Flight (6)			

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Sunday May 17

Trampoline		Double Mini Trampoline		Tumbling		Synchronized Trampoline	
8:45-9:00	General Warm-up	8:45-9:00	General Warm-up	8:45-9:00	General Warm-up	8:45-14:15	Break
9:00-9:22	L1W12U Finals (8)	9:00-9:23	L1M12U Finals (8)	9:00-9:22	L2W Finals (8)	14:15-14:30	General Warm-up
9:22-9:44	L1W13+ Finals (8)	9:23-9:46	L1M13+ Finals (8)	9:22-9:33	L2M Finals (4)	14:30-14:48	L1TRS (6)
9:44-10:00	Break	9:46-10:00	Break	9:33-9:55	Break	14:48-15:06	L2TRS (6)
10:00-10:22	L1M12U Finals (8)	10:00-10:23	L3W Finals (8)	9:55-10:17	L1W12U Finals (8)	15:06-15:18	L3TRS (4)
10:22-10:44	L1M13+ Finals (8)	10:23-10:46	L3M Finals (8)	10:17-10:39	L1W13+ Finals (8)	15:18-15:39	L4TRS (7)
10:44-11:00	Break	10:46-11:00	Break	10:39-10:50	Break	15:39-16:00	Break
11:00-11:22	L2W Finals (8)	11:00-11:23	L1W12U Finals (8)	10:50-11:26	L4W Finals (8)		
11:22-11:44	L2M Finals (8)	11:23-11:46	L1W13+ Finals (8)	11:26-11:53	L4M Finals (6)		
11:44-12:05	Judges Break	11:46-12:10	Judges Break	11:53-12:05	Judges Break		
12:05-12:20	General Warm-up	12:10-12:25	General Warm-up	12:05-12:20	General Warm-up		
12:20-12:42	L3W Finals (8)	12:25-12:48	L4W Finals (8)	12:20-12:31	L1M12U Finals (4)		
12:42-13:04	L3M Finals (8)	12:48-13:05	L4M Finals (6)	12:31-12:42	L1M13+ Finals (4)		
13:04-13:20	Break	13:05-13:25	Break	12:42-13:25	Break		
13:20-13:42	L4W Finals (8)	13:25-13:48	L2W Finals (8)	13:25-14:01	L3W Finals (8)		
13:42-14:04	L4M Finals (8)	13:48-14:11	L2M Finals (8)	14:01-14:14	L3M Finals (3)		
16:00-17:00	Awards	16:00-17:00	Awards	16:00-17:00	Awards		