

2026
Eastern Canadian
Gymnastics
Championships



Championnats de
gymnastique
de l'Est du Canada 2026

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

WAG SCHEDULE			
FRIDAY MAY 15TH	Training Block 1	8:00-9:30am	NS & PE (38)
	Block 2	9:45-11:15am	NB & NL (38)
	Block 3	11:30am-1:15pm	QC (66)
	Block 4	1:30-3:15pm	ON (66)
	Competition Session 1	4:00-4:15pm Warmup 4:15-6:00pm Competition 6:15pm Awards	Level 7 age 13-14 (27)
	Session 2	6:30-6:45pm Warmup 6:45-8:45pm Competition 9:00pm Awards	Level 7 age 15+ (32)
SATURDAY MAY 16TH	Session 3	8:00-8:15am Warmup 8:15-9:45am Competition 10:00am Awards	Level 7 age 11-12 (23)
	Session 4	10:15-10:35am Warmup 10:35am-1:30pm Competition 1:45pm Awards	Level 9 age 11-14 (12) & age 15+ (19)
	Session 5	2:00-2:20pm Warmup 2:20-4:30pm Competition 4:45pm Awards	Level 10 age 12-15 (7) & age 16+ (12)
	Session 6	5:00-5:15pm Warmup 5:15-8:00pm Competition 8:15pm Awards	Level 8 age 15+ (29)
SUNDAY MAY 17TH	Session 7	9:00-9:15am Warmup 9:15-11:30am Competition 11:45am Awards	Level 8 age 11-12 (15) & age 13-14 (15)
	Session 8	12:00-12:15pm Warmup 12:15-2:30pm Competition 2:45pm Awards	Aspire 1 (12) & Aspire 2 (5)