

2022 TRAMPOLINE GYMNASTICS BC CHAMPIONSHIPS

March 25-27, 2022



North Surrey Sport & Ice
Complex
Surrey, BC
Work plan #2
(March 2022)



HOST CLUB

Flip City Gymnastics
#4-20279 97th Avenue
Langley, BC V1M 4B9
(P) 604-888-3366
Website: www.flipcitygym.com

Bobbie Worrall
(W) 604-888-3366
bcchamps.flipcity@gmail.com

GYMNASTICS BC

Gymnastics BC
268-828 West 8th Street
Vancouver, BC V5C 1E2
(B) 604-333-3496 (F) 604-333-3499
info@gymbc.org


Debbie McBoyle
Trampoline Gymnastics Coordinator
(B) 604-333-3498 (F) 604-333-3499
Email: dmcboyle@gymbc.org

Bobbie Worrall
Coaching and Event Coordinator
(B) 604-333-3495 (F) 604-333-3499
Email: events@gymbc.org

WEBSITE

<https://events.gymbc.org/events/events/post/1933>

EVENT INFORMATION

COMPETITION DATE	March 25-27, 2022
VENUE	North Surrey Sport & Ice Complex 10950 126A St., Surrey, BC V3V 0E5 To find out more- Visit the website to view the facilities https://www.surrey.ca/culture-recreation/23437.aspx
VENUE CLIMATE	<p style="text-align: center;">THE COMPETITION AND SPECTATOR AREAS WILL BE</p> <p style="text-align: center;">COLD</p>  <p>The ice will only have been removed days before. When used as a hockey rink, the spectator area is NOT equipped with overhead heaters.</p> <p>Please ensure you and your athletes are prepared with items to help keep you warm.</p> <p>Athletes should have appropriate club clothing and proper footwear while waiting to compete. THE COMPETITION AND SPECTATOR AREAS WILL BE</p> <p>The ice will only have been removed days before. When used as a hockey rink, the spectator area is NOT equipped with overhead heaters.</p> <p>Please ensure you and your athletes are prepared with items to help keep you warm.</p> <p>Athletes should have appropriate club clothing and proper footwear while waiting to compete.</p>
COVID PROTOCOLS (as of March 14)	<p>All participants will be required to abide by the most current Provincial Health Order. The current facility requirements are listed below.</p> <p>Masks are optional for all spectators and participants.</p> <p>Athletes: At this time, any participating athlete who is under twenty-one (21) years will not be required to provide proof of full vaccination when entering a City of Surrey Arena. Personnel affiliated with youth sports associations including, all volunteers (twelve (12) years and older), parent helpers, safety designates, non-paid adult support leading or assisting with programs, will be required to provide proof of full vaccination and valid government ID when entering a City of Surrey Arena</p> <p>Spectators: All spectators (twelve (12) years and older) will be required to provide proof of full vaccination for all indoor sporting events.</p>
PAYMENT OF FEES	Full payment must be received within seven days of the February 20, 2022 deadline to be considered on-time.

Gymnastics BC will only accept one payment from the club. Payment can be made via e-transfer to accounting@gymbc.org.

E-Transfer: E-Transfers may be emailed to accounting@gymbc.org. Please include the following information:

- 2022 TG BC Champs
- GBC Invoice (if you have already received one)
- Club Name
- Number of athletes & coaches you are paying for

Cheques are payable to:

Gymnastic BC
#268 – 828 West 8th Avenue
Vancouver, B.C. V5Z 1E2

ACCOMMODATIONS

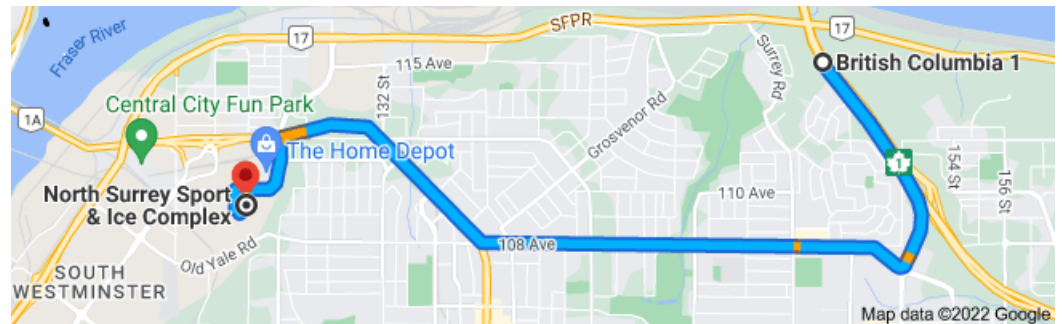
Civic Hotel, Autograph Collection by Marriot

13475 Central Ave, Surrey, BC, V3T 0L8
(P) 1-855-255-8933 www.civichotel.ca

Best Western King George Inn & Suites

2033 King George Inn & Suites
(P) 604-502-9000 <https://www.bestwesternsurrey.com/>

GETTING THERE



PUBLIC TRANSIT

EXPO LINE to SCOTT ROAD STATION. The Complex is a 6 minute walk from Scott Road station.

VENUE PARKING

Please be advised that there are a limited number of parking stalls at the North Surrey Sport & Ice Complex, However, additional nearby street parking is available as well as a paid parking lot located at the Scott Road Skytrain Station.

ADMISSIONS

	Day Pass	Weekend Pass
Adults	\$20	\$45
Student/Seniors	\$15	\$35
Children (6 and under)	FREE	FREE
Family	\$45	\$65

Please Note: Admissions will be Credit or E-Transfer only. NO CASH SALES.

Family = 2 Adults & 2 Students

Student = ages 6-18) or with valid Student ID card

Spectators are strongly encourage to purchase their tickets in advance via this [link!](#)

APPAREL

Official BC Championships bodysuit is available for purchase at www.gymgear.ca. Cost is \$55+ tax. To be able to pick up your bodysuit at BC Championships please place your order by March 17 2022.

Late orders placed between March 18 and April 7 will be mailed out.



Other apparel (hoodies, t-shirts, sweatpants etc) will be available for purchase on-site through Northwest Designs.

RAFFLE

50/50 raffle tickets will be available for online purchase for \$5 each! Purchase link will be available on site.

CONCESSIONS AREA SERVICES

A concession will be available on site that will include breakfast items, pizza and hotdogs, snacks and beverages. Cash, debit and credit will be accepted at the concession.

As we are trying to cut down on waste at the event, please make sure to bring a reusable water bottle for the duration of the competition. Coaches and judges who will be availing themselves of the hospitality rooms are also strongly encouraged to bring their own reusable plates/cutlery. Thank you!

Please note there are very few alternative food options available within walking distance of the venue.

DECLARATION OF COMPLIANCE AND MEDIA RELEASE

In order to participate in this event, each club must sign a [Declaration of Compliance](#) form and submit it to GBC with your registration fees.

This form affirms that your club will adhere to all COVID-19 policies in affect.

By signing this document, you are also ensuring that your club has attained a media release form for all participating athletes, coaches and/or members at your club that may appear on camera during the competition, and giving GymBC and Flip City Gymnastics Club permission to post media to our social media channels during and after the competition.

If you need a media release form template please contact safety@gymbc.org

Any questions regarding these requirements can be sent to events@gymbc.org.

TEAM BC UNIFORM SIZING

SATURDAY MARCH 26th

11:00am - 2:00pm

SEE FULL DETAILS AT THE END OF THE BULLETIN

COMPETITION INFORMATION

CATEGORIES

Trampoline

Provincial

Women: L1 12U / L1 13+ / L2 12U / L2 13+ / L3 14U / L3 15+ / L4 14U / L4 15+

Men: **L1 11U / L1 12+** / L2 / L3 / L4 14U / L4 15+

National:

Women: **L5 16U** / L5 17+ / L6 / L7 / SR

Men: L5 / L6 / L7 / SR

Double Mini

Provincial

Women: L1 12U / L1 13+ / L2 12U / L2 13+ / L3 14U / L3 15+ / L4 14U / L4 15+

Men: **L1 11U / L1 12+** / L2 / L3 / L4 14U / L4 15+

National

Women: **L5 16U** / L5 17+ / L6 / JR / L7 / SR

Men: L5 / L6 / L7 / SR

Tumbling

Women: L1 12U / L1 13+ / **L2 13U / L2 14+** / L3 / L4 / L5 / JR / SR

Men: L1, L2, L3, L4, L5

Synchro

L1 / L2 / L3 / L4 / L5 / L6 / Senior
Prelim Only

For Provincial Levels 1-4 AND National L5 and L6 synchro pairs will compete one (1) voluntary routine ONLY. There will be NO finals. Pairs with the top 6 scores following the optional round will be declared the winners.

For SR synchro, pairs will compete one 1st Voluntary and one 2nd voluntary routine as per the GCG TG Pathways requirements. There will be NO finals. Pairs with the top 6 scores following this round will be declared the winners.

GBC EQUIPMENT

TR 2 Trampolines + 1 warm up trampoline

DMT 2 Eurotramp

TU 1 Ross Athletics rod floor

CORRECTIONS & CHANGES

Forward all changes/corrections/withdraws to:
Debbie McBoyle (dmcboyle@gymbc.org)
DEADLINE: FRIDAY MARCH 11TH

**** Absolutely NO changes or corrections will be accepted at the event ****

**REFUNDS AND
WITHDRAWALS**

Refunds will only be issued, provided that a medical certificate and the request for refund forms are submitted to Gymnastics BC by 4:30 p.m. on **Thursday, March 24, 2022**. A \$10 administration fee will be withheld for those withdrawing from the competition after **February 20, 2022**.

**DD SHEETS
(SUBMISSION & FINES)**

All completed DD sheets must be submitted by EMAIL to:
DEBBIE McBOYLE (dmcboyle@gymbc.org)
COPY TO: DEBBIE McBOYLE (dmcboyle@shaw.ca)

DEADLINE: NO LATER THAN 5:00pm ON FRIDAY MARCH 18
ONLY THE NEW ON-LINE DD SHEET FORMAT WILL BE ACCEPTED.

Submission	Due Date	Fines
Received complete without errors or omissions (Fines will be enforced for missing and/or errors)	MARCH 18	No fines
Late, missing and/or errors including changes	MARCH 19-21	\$10 per DD sheets
Late, missing and/or errors including changes	MARCH 21-22	\$15 per DD sheet
All unresolved issues	MARCH 23 or later	\$20 per DD sheet

(ie 1 athlete changes in 3 different discipline = 3 times the fine)

All fines must be paid to the host club prior to the start of warm-up on **MARCH 25TH** .

**COMPETITION
FORMAT**

At GBC BC Championships, Level 1 through senior, with the ten best scores from the preliminary round will advance to finals.
Exception – there will be NO finals competed in Synchro Trampoline.

COMPETITION RULES

As per the 2021-2022
GCG TG Canadian
Pathways

As per the 2021-2022
GCG TG Canadian
Pathways

As per the 2021-2022
GCG TG Canadian
Pathways

As per the 2021-2022
GCG TG Canadian
Pathways

	TRAMPOLINE	DOUBLE MINI	TUMBLING
LEVEL 1 LEVEL 2 LEVEL 3 LEVEL 4	<u>Preliminary Round</u> 1 compulsory routine 1 voluntary routine <u>Finals Round</u> 1 voluntary pass <u>Awards</u> Will be presented as of the official results following the <u>FINALS</u> round	<u>Preliminary Round</u> 2 voluntary passes <u>Finals Round</u> 2 voluntary passes <u>Awards</u> Will be presented as of the official result following the <u>FINALS</u> round	<u>Preliminary Round</u> 1 compulsory pass 1 voluntary pass <u>Finals Round</u> 1 voluntary pass <u>Awards</u> Will be presented as of the official results following the <u>FINALS</u> round
LEVEL 5 LEVEL 6 JR LEVEL 7 SR	<u>Preliminary Round</u> 1 compulsory routine 1 voluntary routine <u>Finals round</u> 1 voluntary routine <u>Awards</u> Will be presented as of the official results following the <u>FINALS</u> round		<u>Preliminary Round</u> 1 st voluntary pass 2 nd voluntary pass <u>Finals Round</u> 1 st voluntary pass (Final) 2 nd voluntary pass (Final) <u>Awards</u> Will be presented as of the official results following the <u>FINALS</u> round
LEVEL 5 LEVEL 6		<u>Preliminary Round</u> 2 voluntary passes <u>Finals Round</u> 2 voluntary passes <u>Awards</u> Will be presented as of the official results following the <u>FINALS</u> round	
JR LEVEL 7 SR		<u>Preliminary Round</u> 2 voluntary passes with requirements <u>Finals Round</u> 1 voluntary passes with requirements <u>Awards</u> Will be presented as of the official results following the <u>FINALS</u> round	

TEAM FINAL

Please the appendix at the end of this bulletin

MOBILITY

2022 Western Canada Cup

TEAM BC SELECTION	<p>Athletes that mobilize up to and including the <u>2022 GBC BC CHAMPIONSHIPS</u> are eligible to compete at the <u>2022 WESTERN CANADA CUP</u> . Athletes may ONLY compete in Trampoline, DMT and/or TU where they have NOT already competed L5 any competition in 2021-2022.</p> <p><u>2022 Canadian Championships</u> Athletes that mobilize up to and including the <u>2022 GBC BC CHAMPIONSHIPS</u> and <u>WESTERN CANADA CUP</u> are eligible to compete at <u>CANADIAN CHAMPIONSHIPS</u> as L5.</p>																				
JUDGES	<p>GBC MANDATORY PROOF OF VACCINATION <i>All GYMBC judges must comply with GymBC Requirements and the host club's protocols for each competition that they attend. One form must be completed for the 2021-2022 competition season from each judge prior to their first in-person judging assignment.</i> Please ensure you have completed the form to be eligible to judge at potential in-person events this year. https://activitymessenger.com/p/3fS81Je</p>																				
SCORING	<p>This ISS scoring system will be used.</p>																				
TIES	<p>In both the Preliminary and Final round, there will be no ties. Athletes will automatically be ranked according to GCG Regulations.</p>																				
AWARDS	<table border="1" data-bbox="396 940 1053 1304"> <tr> <td colspan="2">INDIVIDUAL</td> </tr> <tr> <td>Medals</td> <td>1st – 3rd</td> </tr> <tr> <td>Ribbons</td> <td>4th – 10th</td> </tr> <tr> <td colspan="2">ALL AROUND – KEEPER PLAQUE</td> </tr> <tr> <td>Provincial</td> <td>1st – 6th</td> </tr> <tr> <td>National</td> <td>1st – 6th</td> </tr> <tr> <td colspan="2">TEAM AWARDS – KEEPER PLAQUE</td> </tr> <tr> <td>Trampoline</td> <td>1st – 3rd</td> </tr> <tr> <td>Double Mini</td> <td>1st – 3rd</td> </tr> <tr> <td>Tumbling</td> <td>1st – 3rd</td> </tr> </table>	INDIVIDUAL		Medals	1 st – 3 rd	Ribbons	4 th – 10 th	ALL AROUND – KEEPER PLAQUE		Provincial	1 st – 6 th	National	1 st – 6 th	TEAM AWARDS – KEEPER PLAQUE		Trampoline	1 st – 3 rd	Double Mini	1 st – 3 rd	Tumbling	1 st – 3 rd
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COMPETITION ATTIRE (COACHES & SPOTTERS)	<p>Coaches and spotters must dress appropriately:</p> <ul style="list-style-type: none"> • Appropriate training suit; hats, shorts, midriff tops, ripped or torn clothing or similar will NOT be accepted • Top: t-shirt, polo shirt or training jacket • Appropriate indoor sport footwear 																				
COMPETITION ATTIRE ATHLETES	<p>Dress for Competitors All athletes must dress in their <u>CURRENT</u> club's team competitive attire for all preliminaries at GBC BC Championships unless prior approval of the TGTC is given. Any/all athletes not dressed in their <u>CURRENT</u> club's team competitive attire <u>will</u> receive a 0.1 dress code violation per routine/pass.</p> <p>Women: Leotard with or without sleeves (must be skin tight). Long tights or full-length one-piece leotard will be accepted.</p>																				

Gym Shorts MAY be worn (must be part of the uniform)

- Must NOT be longer than mid-thigh
- Must be skin tight
- Shorts can either be the same colour as the leotard OR plain BLACK but must coordinate with the leotard
- Athletes who choose to wear shorts from the club OR province MUST have the same brand
- There may NOT be any obvious logos

Men: Sleeveless or short sleeve singlet.
Competition Longs OR gym shorts in a single colour
Exception: black or any other deep dark colour
Length of shorts must not be longer than **MID-thigh**.

Footwear: Mandatory for TR and DMT. TU may compete barefoot.
TG Women: White trampoline shoes and/or white foot covering.
TG Men: White trampoline shoes and/or foot covering of the same colour as the competition longs.

Jewellery: No jewelry may be worn by competitors, spotters and/or coaches as spotters. Taping of jewelry is NOT adequate. Medic alert bracelets can be worn, but must be taped. Medical support braces can be white or beige in colour.

Warm-up: when warm-up is conducted in the competition gym, all competitors and coaches must dress in proper club competition attire or equivalent.

SCHEDULE

(subject to change following the registration deadline)

Please refer to the detailed competition schedule for full details for events, categories and times

Thursday March 24	5:30 – 6:30pm	WESTERN CANADA CUP CLUB TEAM LEADERS
Friday March 25	8:00am – 8:00pm	Preliminary Competition
		Preliminary Competition
		Parent & Athlete Meeting (TBC) All L4 & L5 athletes attending Western Canada Cup AND Canadian Championships
Saturday March 26	8:00am – 8:00pm	Preliminary Competition
Sunday March 27	8:00am – 5:00pm	Finals Competition
		TEAM FINAL

2022 TRAMPOLINE GYMNASTICS BC CHAMPIONSHIPS



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REQUEST FOR REFUND

Refunds will only be issued, provided that a medical certificate and this request for refund form is submitted to Gymnastics BC by 4:30 p.m. on **Thursday March 24, 2022**

A \$10 administration fee will be withheld for those withdrawing from the competition after Feb 20, 2022.

Club:	Contact:	
Address:	City:	Postal Code:

Athlete or coach refunds requested for:

Participant name:	Competition level	Medical note submitted
		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No

For GBC use only

Date received:	Date processed:	Medical notes received:	Registration paid:	Administration fee:
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2022 TRAMPOLINE GYMNASTICS BC CHAMPIONSHIPS



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2022 TEAM EVENT FINAL FORMAT

1. The Team Event Final will be open to all clubs at BC Championships as long as they have a minimum of three athletes registered. Six clubs (teams) will be selected to compete in each event (TR, DMT, TU).
2. Teams will be determined based on the results following the preliminary round of competition in trampoline, DMT and tumbling. A minimum of three (3) and maximum four (4) scores, regardless of gender, will be tabulated based on the following priority. The top three (3) scores will determine the clubs team score(s) and ranking.
 - 1 – Senior OR L7 OR Junior
 - 1 – L6 OR L5
 - 1 – L4 OR L3
 - 1 – L 2 OR L1
3. If a club does not have athletes in each of the above levels, their club team score(s) will be tabulated based by substituting athletes from the lower levels.

For example, should a club not have any seniors, juniors, L6 or L5 athletes

Does not have any SR, JR, L6

 - Scores from one L4 OR L3 will be utilized

Does not have any L5

 - Scores from one L1 OR L2 will be utilized

To fill a maximum of four (4) spots

 - Scores from a second L4 OR L3 will be utilized
 - Scores from a second L2 OR L1 will be utilized
4. Once all six teams have been determined, clubs may choose a minimum of three (3) and maximum of four (4) athletes to compete in the Team Event Final. The names submitted are at the discretion of the club, regardless of gender, and do not need to be the same as their athlete(s) that ranked the highest following the preliminary round. However, clubs MUST follow the criteria as outlined in point 2.
5. ONLY if necessary, may a club use the substitution options outlined in point 3.
6. Rules During the Team Event Finals:
 - All the Team Event Finals will be fresh start
 - The draw will be by team and not a random draw
 - Start order in each round will alternate teams as per the Western Canada Cup policy

- Competition will consist of one free routine/pass per athlete.
- In each event, the top three (3) individual scores from each team will be added together to determine the Team Score
- Individual Trampoline Team Event Final – 1 routine of 10 elements with NO bonuses, minimums or maximums. DD will be awarded as competed.
- Double Mini Team Event Final – 1 pass of 2 elements with NO bonuses, minimums or maximums. DD is awarded as competed
- Tumbling Team Event Final – 1 pass of 8 elements with NO bonuses, minimums or maximums. DD is awarded as competed.
- Awards will be presented to the top three (3) teams.

7. Team Event Final All Around (Grand Aggregate) award is decided by summing points achieved from ranking in the Team Event Final. Any ties will be broken by identifying the highest points given in a single event. One award will be presented to the team with the highest overall points.

- 1st Place = 6 points
- 2nd Place = 5 points
- 3rd Place = 4 points
- 4th Place = 3 points
- 5th Place = 2 points
- 6th Place = 1 point



WELCOME TO THE 2022 COMPETITIVE SEASON.

First, may I express my sincere thanks to GBC, Sandra Comeault and Kerrie Turner for all the hard work in organizing the Team BC uniform packages for this season.

I am so pleased to provide you all with the details for the 2022 Team BC Uniform package and how to order. Please circulate to all your coaches, athletes, parents and prospective event support staff.

2022 TG TEAM BC CALENDAR

DISCIPLINE	EVENT	DATE	LOCATION
TG	Western Canada Cup	June 3-5	Port Moody
TG	Canadian Championships	July (TBC)	TBC

2022 UNIFORM PACKAGE

It is an extraordinary year for our Team BC gear. Pieces that would have been replaced in 2020 and 2021 had to be delayed due to the cancellation of all events. Athletes and coaches must now order **ALL** mandatory items. Items purchased this year will be available for at least the next 2-3 years.

Competition singlets for MAG and TG men are from TURN. Other MAG and TG competition attire is from GK. For WAG and TG women, competition and training bodysuits are from GymGear.

It is our hope that by ordering from these well-known and familiar companies that sizing will be much easier. If athletes already have pieces from these companies and already know their sizes before they come to the sizing table, it will make the process much quicker and easier.

SIZING – IN PERSON (TG BC Championships)

All sizing and ordering will be the responsibility of each club. **It is the responsibility of ALL ATHLETES, COACHES and potential event support staff members to ensure they are properly sized at the designed sizing dates and times.** During in-person sessions, **priority will be given to those athletes and coaches from outside the lower mainland and will ONLY be available on the dates and locations shown below.**

One person from each club **MUST** be identified as the person responsible for **collecting all the order forms and completing the team order.** The volunteers are NOT responsible for lost or missing forms.

SIZING - LOWER MAINLAND

Sizing totes have been specifically assembled for each discipline and will be available to all lower mainland clubs by scheduling a date that is convenient for your club.

One person from each club **MUST** be identified as the person responsible for collecting all order forms and completing the team order and be responsible for the safe return of the sizing tote. **TOTES, AND ALL ITS CONTENTS, MUCH BE RETURNED IN THE SAME STATE AS WHICH THEY WERE RECEIVED.** Missing or damaged items will be charged back to the club. **ALL SIZING MUST BE COMPLETED BY MARCH 30TH**

ORDER FORMS

Paper order forms will be provided at all sizing sessions. It is the responsibility of each athlete, coach and potential event support staff members to ensure they are properly sized and their order form is properly completed. **It is also their responsibility to ensure that the completed form is returned to the designated club representative.**

Clubs **MUST** designate one person to be responsible for collecting all the order forms and completing and submitting the on-line club order on behalf of **ALL** their clubs' athletes, coaches and/or support staff. One club order must be submitted by the designated deadline.

ON-LINE CLUB ORDER FORM

Clubs **MUST** designate one person to be responsible for collecting all the order forms and completing and submitting the on-line club order on behalf of **ALL** their clubs' athletes, coaches and potential event support staff. One club order must be submitted by the designated deadline.

An email has been sent which includes designated links for each club. Please click on your club's name to be taken to your individual order form. If your club is missing from the list - please contact Kerrie to have a form sent to you.
(kerrieandscott@shaw.ca)

Each form has 4 tabs at the bottom – WAG, MAG, TG and Coach/Manager. Please ensure that you have selected the correct tab for each group. Clubs with athletes in MORE than ONE discipline **MUST** complete a SEPARATE FORM FOR EACH DISCIPLINE.

Using the paper copy of the order form, simply enter the athlete or coach's names on the line and use the drop-down menu for each item to select sizing.

Mandatory items have been bolded in **RED** and the optional items have been bolded in **GREEN**.

INVOICING

Uniform packages will be distributed immediately following the confirmation of all team members. Athletes and/or coaches NOT named to Team BC will NOT receive any Team BC items and will not be billed for any items ordered.

WHO SHOULD BE SIZED and PLACE AN ORDER

Team BC Events: TG Western Canada Cup (Prov L3 / L4)
 TG Canadian Championships (Nat L5 – SR)
 Team BC and/or personal coaches
 Potential Support Staff

SIZING SCHEDULE at BC CHAMPS

Prior to coming to the sizing table – please ensure you have thoroughly washed your hand and your legs and arms are free from chalk. Athletes should be prepared to try on the sizing items over their training attire. There will be NO change area available.

TG						
EVENT	DATE	TIME	CATEGORY	WHO	VOLUNTEERS REQUIRED	ON-LINE ORDER DEADLINE
TG BC Championships	MARCH 26 TH	11:00 am – 2:00pm	Prov L3 & L4 NAT L5 - SR	KGTC / KEL Gym OGC / PRG / PTA REV / VIP / WAY /WHI	TG 2 volunteers required	MARCH 30TH

NOTE: ALL LOWER MAINLAND CLUBS

All lower mainland clubs should now have had an opportunity to utilize the sizing totes. If you are still in need, please contact SANDRA COMEAULT (comeault@telus.net) asap.

Clubs **MUST** designate one person to be responsible for collecting all the order forms and completing and submitting the on-line club order on behalf of ALL their clubs' athletes, coaches and/or support staff. One club order must be submitted by **MARCH 30TH**.

NEW ITEMS FOR TEAM BC MEMBERS

Please see the list of Mandatory items below. Optional items such as hoodies and backpack are once again available to order. Names can be added to the backpack at no extra charge.

TG – MANDATORY – W	TG – MANDATORY – M	TG OPTIONAL ITEMS WOMEN	TG OPTIONAL ITEMS MEN
Team BC T-shirt Package	Team BC T-shirt Package	Team BC Track Pants	Team BC Track Pants
Team BC Jackets	Team BC Jacket	Team BC Leggings	Team BC Hoodie
GymGear Competition Bodysuit	TURN – Competition Singlet (2021)	Team BC Hoodie	Under Armor Backpack
GymGear Trainer Suit (2021)	GK – Trainer (2019)	Under Armour Backpack	
GymGear Competition Shorts	GK – Competition Shorts		

COMMUNICATIONS & CONTACT INFORMATION

Sandra Comeault	<u>(comeault@telus.net)</u>	604-813-6820
Kerrie Turner	<u>(kerrieandscott@shaw.ca)</u>	604-813-7495 (text only please)
Debbie McBoyle	<u>(dmcboyle@gymbc.org)</u>	604-626-5581 (text only please)

Thank you for your kind cooperation.

All the very best to all your athletes

Debbie McBoyle
GBC TG Coordinator

2022 TRAMPOLINE GYMNASTICS BC CHAMPIONSHIPS



NORTH SURREY ICE & SPORT
COMPLEX



SATURDAY MARCH 26

BLOCK 4

COMPETITION WILL RUN AHEAD WITHIN THE BLOCK

RUN & STRETCH 8:00 - 8:30am SYNCHRO ONLY - NO EQUIPMENT

WARM UP		TR-SYNCHRO		DOUBLE MINI #1	DOUBLE MIN #2	TUMBLING PRELIM & FINAL	
7:40		Warm up (7:40-8:00)				7:40	WARMUP UP 7:40 - 8:00
7:50	L1 12+ M (7) PRELIM	L2 / L3 M PRELIM (11)				7:50	L1 W 13+ (6) L2 13U W (6)
8:00			8:00			8:00	
8:10			8:10			8:10	
8:20	L1 11U M (12) PRELIM	WARM UP (5m)	8:20			8:20	WARM UP (14m)
8:30		L1 12+ M PRELIM	8:30			8:30	L2 14+ W (10) / L2 M (4)
8:40			8:40			8:40	
8:50		WARM UP (7m)	8:50			8:50	
9:00	L3 15+ W (8) FINAL	L1 11U M PRELIM	9:00			9:00	WARM UP (13m)
9:10			9:10			9:10	L1 12U W (8) L1 M (5)
9:20	L3 14U W (10) FINAL	WARM UP (5m)	9:20			9:20	
9:30		L3 15+ FINAL	9:30			9:30	
9:40	L2 13+ W (8) FINAL	WARM UP (7m)	9:40			9:40	WARM UP (10m)
9:50		L3 14U FINAL	9:50			9:50	L3W / L3 M (8)
10:00	L2 12U W (8) FINAL	WARM UP (5m)	10:00			10:00	
10:10		L2 13+ W FINAL	10:10			10:10	WARM UP (18m)
10:20	L1 13+ W (10) FINAL	WARM UP (5m)	10:20			10:20	
10:30		L2 12U W FINAL	10:30			10:30	L4W / L4 M (9)
10:40	L1 12U W (10) FINAL	WARM UP (7m)	10:40			10:40	
10:50		L1 13+ W FINAL	10:50			10:50	WARM UP (12m) FINAL
11:00	L1 12+ M (7) FINAL	WARM UP (7m)	11:00			11:00	L1 W 13+ (6) L2 13U W (6)
11:10		L1 12U W FINAL	11:10			11:10	WARMUP (14m) FINAL
11:20	L1 11U M (10) FINAL	WARM UP (5m)	11:20			11:20	L2 14+ W (10) L2 M (4)
11:30		L1 12+ M FINAL	11:30			11:30	WARM UP (12m) FINAL
11:40	L2 / L3 M (11) FINAL	WARM UP (7m)	11:40			11:40	L1 12U W (8) L1 M (5)
11:50		L1 11U M FINAL	11:50			11:50	
12:00		WARM UP (7m)	12:00			12:00	
12:10		L2 / L3 M FINAL					

SESSION BREAK 12:00 - 12:30

BLOCK 5

12:00	BLOCK 4 AWARDS		12:00			12:00	WARM UP (10m)
12:10			12:10			12:10	L3 W / L3 M (10)
12:20			12:20			12:20	(2 passes) FINAL
12:30			12:30			12:30	WARM UP (22m)
12:40		TR-I BLOCK W/U (25m)	12:40			12:40	
12:50			12:50	WARM-UP		12:50	L4 W / L4 M (11)
1:00		L7 W (9)	1:00	L2 13+ W (11)		1:00	(2 passes) FINAL
1:10		COMPETE	1:10	COMPETE	WARM UP	1:10	
1:20			1:20		L3 14U W (8)	1:20	
1:30		TR-I BLOCK W/U (25m)	1:30	WARM UP	COMPETE	1:30	
1:40			1:40	L2 12U W (8)		1:40	
1:50		L6W / L6M / JRW / L7M (9)	1:50	COMPETE	WARM-UP	1:50	
2:00		COMPETE	2:00		L3 15+W (10)	2:00	
2:10			2:10	WARM UP	COMPETE	2:10	
2:20		TR-I BLOCK W/U (20m)	2:20	L1 12U W FL 1 (8)		2:20	
2:30		SR W / SR M (2+2)	2:30	COMPETE	WARM UP	2:30	
2:40		COMPETE	2:40		L1 13+ W FL 1 (9)	2:40	
2:50			2:50	WARM-UP	COMPETE	2:50	
3:00		TR-S L5 W (7)	3:00	L1 12U W FL 2 (8)		3:00	
3:10		w/u 15m / comp 15m	3:10	COMPETE	WARM- UP	3:10	
3:20			3:20		L1 13+ W FL 2 (9)	3:20	
3:30		TR-S W/U (15m)	3:30		COMPETE	3:30	
3:40		L6 W / L6 M (4)	3:40			3:40	
3:50		TR-S W/U (10m)	3:50			3:50	
4:00		SR W (1)	4:00			4:00	

SESSION BREAK 4:00 - 4:30




BLOCK 6

TR PRELIM & FINAL			DMT FINAL	DMT FINAL	TU PRELIM & FINAL	
4:30	L4 14U W / L4 15+ M (11)		4:30	WARM UP FINAL	4:30	WARM UP (18m)
4:40	(5+6)		4:40	L1 11U M (10)	4:40	
4:50	L4 14U M (10)	WARM UP (22m)	4:50	COMPETE	4:50	L5 W / L5 M (9) PRELIM
5:00		L4 14U W / L4 15+ M FINAL	5:00		5:00	(2 passes)
5:10			5:10	WARM UP FINAL	5:10	Block Warm-up (20m)
5:20	L4 15+ W (10)	WARM UP (20m)	5:20	L2 M / L3 M (11)	5:20	L7/JR/SR W PRELIM
5:30		L4 14U M FINAL	5:30	COMPETE	5:30	
5:40			5:40		5:40	WARM UP (18m)
5:50	L5 17+ W (8) PRELIM	WARM UP (20m)	5:50	WARM-UP	5:50	FINAL
6:00		L4 15+ W FINAL	6:00	L2 13+ W FINAL (10)	6:00	L5 W / L5 M (9) FINAL
6:10			6:10	COMPETE	6:10	
6:20	L5 M (7) PRELIM	WARM UP (16m)	6:20		6:20	Block Warm-up (20m)
6:30		L5 17+ W PRELIM	6:30	WARM UP	6:30	L7/JR/SR W FINALS
6:40			6:40	L2 12U W FINAL (8)	6:40	Compete
6:50	L5 16U W (11) PRELIM	WARM UP (14m)	6:50	COMPETE	6:50	
7:00		L5 M PRELIM	7:00		7:00	
7:10			7:10	WARM UP	7:10	
7:20		WARM UP (14m)	7:20	L1 12U W FINAL (10)	7:20	
7:30		L5 16U W PRELIM	7:30	COMPETE	7:30	
7:40			7:40		7:40	
7:50			7:50		7:50	
8:00	BLOCK 6 AWARDS		8:00	BLOCK 6 AWARDS	8:00	BLOCK 6 AWARDS

TEAM BC UNIFORM SIZING
L3 / L4 Western Canada Cup
L5-SR Canadian Championships
11:00am - 2:00PM
ONLY ATHLETES FROM OUTSIDE THE
LOWER MAINLAND PLUS WAYLAND

COMPETITION EQUIPMENT WARM-UP
L1 & L2 45sec pp
L3 1.5m pp
L4 & L5 2m pp
L6 - SR 1-5 20 min
6+ max 30m

2022 TRAMPOLINE GYMNASTICS BC CHAMPIONSHIPS

2022 TRAMPOLINE GYMNASTICS BC CHAMPIONSHIPS								
 		NORTH SURREY ICE & SPORT COMPLEX MARCH 25-27, 2022 SUNDAY MARCH 27 BLOCK 7 COMPETITION WILL RUN AHEAD WITHIN THE BLOCK RUN & STRETCH 7:30 -8:00 NO EQUIPMENT						
		WARM-UP		COMPETE	DMT #1 PRELIM	DMT #2 PRELIM	TUMBLING	
		8:00	L5 17+ W (8) FINAL		8:00		8:00	
		8:10			8:10		8:10	
8:20			8:20		8:20			
8:30	L5 M (7) FINAL	WARM UP (16m)	8:30		8:30	GROUP WARMUP -FINAL		
8:40		L5 17+ W FINAL	8:40		8:40	L6 W / L6 M (6) (25m)		
8:50			8:50		8:50	1-Pass (6)		
9:00	L5 16U W (11) FINAL	WARM UP (14m)	9:00		9:00			
9:10		L5 M	9:10		9:10	GROUP WARM UP - FINAL		
9:20			9:20		9:20	L7W / JR W / SR W		
9:30		WARM UP (14m)	9:30		9:30			
9:40		L5 16U W	9:40		9:40	1-Pass (11)		
9:50			9:50		9:50			
10:00			10:00		10:00	GROUP WARM UP -FINAL		
10:10		TR-I FINAL	10:10		10:10	L7M / SR M		
10:20		BLOCK W/U 25m	10:20		10:20			
10:30		L6 W / L6 M / JR W / L7 M (9)	10:30	WARM UP FINAL	10:30	1-Pass (11)		
10:40		Compete	10:40	L4 14U W (4) L4 15+ M (6)	10:40			
10:50			10:50	COMPETE	10:50	WARM UP FINAL		
11:00		BLOCK W/U 25m	11:00		11:00	L5 16U (6)		
11:10		L7 W (9)	11:10	WARM-UP FINAL	11:10	COMPETE		
11:20		Compete	11:20	L4 15+ W (10)	11:20			
11:30			11:30	COMPETE	11:30	WARM UP FINAL		
11:40		BLOCK W/U 20m	11:40		11:40	L5 17+ W (6)		
11:50		SR W / SR M (2+2)	11:50	WARM UP FINAL	11:50	COMPETE		
12:00		Compete	12:00	L4 14U M (10)	12:00			
12:10			12:10	COMPETE	12:10	WARM UP FINAL		
12:20			12:20		12:20	L5 M (7)		
12:30			12:30		12:30	COMPETE		
12:40	BLOCK 7 AWARDS		12:40	BLOCK 7 AWARDS	12:40			
12:50			12:50		12:50			
1:00	BLOCK 8 - TRAMPOLINE TEAM FINAL		1:00	BLOCK 8 - DMT TEAM FINAL	1:00	BLOCK 8 TUMBLING TEAM FINAL		
1:10	Awards & Team Event will start immediately following the completion of the DMT finals 20 min RUN & STRETCH (no equipment)							
1:20								
1:30		Team 1 & 2	1:30		1:30	Team 3 & 4		
1:40		w/u 10m	1:40		1:40	w/u 10m		
1:50			1:50		1:50			
2:00		Team 3 & 4	2:00		2:00	Team 5 & 6		
2:10		w/u 10m	2:10		2:10	w/u 10m		
2:20			2:20		2:20			
2:30		Team 5 & 6	2:30		2:30	Team 1 & 2		
2:40		w/u 10m	2:40		2:40	w/u 10m		
2:50			2:50		2:50			
3:00	TEAM AWARDS		3:00		3:00			

COMPETITION EQUIPMENT WARM-UP	
L1 & L2	45sec pp
L3	1.5m pp
L4 & L5	2m pp
L6 - SR	1-5 20 min
	6+ max 30m