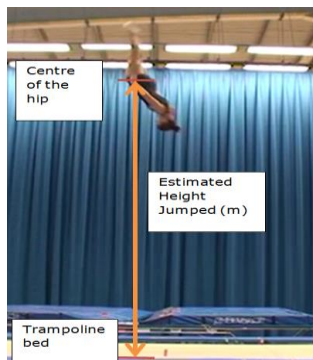




Overview of the Canadian System Time of Flight (ToF) and Height Measurements

Jump Height:



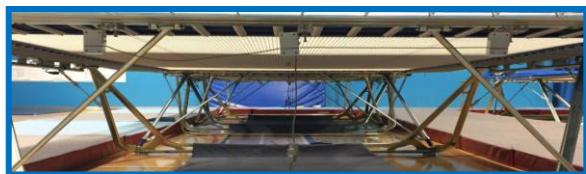
Manual method

| Auto Select | | Jump | Air | Height |
|-------------|---------|---------------|-------|--------|
| — Last — | .831 s | .342 s | 0.14m | |
| — Min — | 1.976 s | 1.682 s | 3.47m | |
| — Avg — | 2.129 s | 1.828 s | 4.10m | |
| — Max — | 2.270 s | 1.973 s | 4.77m | |
| Synchro | | Trampoline #2 | | |

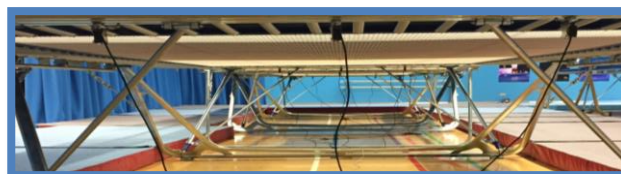
Canadian system

The manual method of measuring jump height (using the Dartfish measurement tool) provides the most representative measurement of jump height. The Canadian systems jump height measurement can still be used however it needs to be taken with caution as it can cause measurements to be up to 0.438m higher than the manual method.

ToF:



Russian System

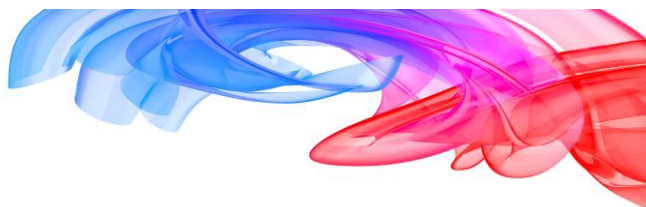


Canadian System

Gymnasts: subtract 0.180s from RUS total ToF to provide estimation of CAN adjusted

Gymnast A:

| ToF | Skill 1 | Skill 2 | Skill 3 | Skill 4 | Skill 5 | Skill 6 | Skill 7 | Skill 8 | Skill 9 | Skill 10 | Total |
|-----|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|--------|
| CAN | 1.833 | 1.714 | 1.626 | 1.672 | 1.674 | 1.682 | 1.583 | 1.575 | 1.580 | 1.481 | 16.420 |
| RUS | 1.845 | 1.735 | 1.645 | 1.675 | 1.685 | 1.705 | 1.605 | 1.605 | 1.590 | 1.510 | 16.600 |



Understanding the Canadian ToF system

The Air Column is the Canadian Systems ToF value

The Total column is the accumulative Canadian System ToF values

| # | Air | Total | Score |
|----|-------|--------|--------|
| 0 | - | - | 0.000 |
| 1 | 1.896 | 1.896 | 1.895 |
| 2 | 1.787 | 3.683 | 3.680 |
| 3 | 1.759 | 5.442 | 5.440 |
| 4 | 1.747 | 7.189 | 7.185 |
| 5 | 1.755 | 8.944 | 8.940 |
| 6 | 1.748 | 10.692 | 10.690 |
| 7 | 1.746 | 12.438 | 12.435 |
| 8 | 1.723 | 14.161 | 14.160 |
| 9 | 1.707 | 15.868 | 15.865 |
| 10 | 1.619 | 17.487 | 17.485 |

Open **Score:** 17.485 SAVE

The score column is the ToF Value that is FIG approved

Interval ToF scores are worked out from the Score column by calculating:
2-1, 3-2, 4-3, 5-4, 6-5, 7-6, 8-7, 9-8, 10-9
E.g. $3.680 - 1.895 = 1.785$

Total FIG approved ToF Score