

Youth Boulder Nationals
May 14-16, 2026 – Le Crux, Laval, QC

Wednesday, May 13th

7:00 PM Technical Meeting (via Zoom)

Thursday, May 14th – Boulder Qualifiers (18 routes simultaneously)

Qualifiers = IFSC Flash Format; 4min +15s transition; 2 courses of 3 = 6 problems

Quota of 24 to Semi-finals

Heat 1 - YBM, YAM, YAF

6:30 - 8:00 AM Check in – Heat 1 athletes and coaches

6:30 - 8:00 AM Warm up

8:00 AM - 1:30 PM Qualifiers - YBM, YAM, YAF

Heat 2 - YBF, JM, JF

12:30 - 2:00 PM Check in – Heat 2 athletes and coaches

12:30 - 2:00 PM Warm up

2:00 - 7:30 PM Qualifiers - YBF, JM, JF

Friday, May 15th – Boulder Semi-Finals (8 routes simultaneously)

Semi-Finals = IFSC Semi-final Format; 5min + 15s transition; 4 problems

Quota of 8 to Finals

Heat 1 - YBF, YBM

7:30 AM Isolation opens

9:00 AM Isolation closes

9:00 AM-12:00 PM Semi-Finals – YBF, YBM

12:00 PM - 2:00 PM Gym closed for changeover

Heat 2 – YAF, YAM, JF, JM

12:30 PM Isolation opens

2:00 PM Isolation closes

2:00 PM - 7:00 PM Semi-Finals YBM, JF, JM

Saturday, May 16th – Boulder Finals (8 routes simultaneously)

Finals = IFSC WC Finals Format; 4minutes; 4 problems

Heat 1 – YBF, YBM

8:15 AM Isolation opens

9:45 AM Isolation closes

10:00 AM Presentation of athletes

10:15 AM Finals

Awards to follow

12:15 PM – 3:15 PM Gym closed for changeover

Heat 2 – YAF, YAM, JF, JM

1:30 PM Isolation opens

3:00 PM Isolation closes

3:15 PM Presentation of athletes

3:30 PM Finals

Awards to follow