



2013 JO NATIONAL EVENT SCHEDULE
(Subject to change – Updated 4-25-13)

Tuesday April 30th

- Set-up in Arena
- Arrival and Coaches check-in: 4:30 pm – 8:30 pm
- Scheduled practice session: 5:00 pm – 8:00 pm (warm-up gym only)
- No Spectator Viewing

Wednesday May 1st

- Arrival and Coaches check-in: 7:30 am – 6:00 pm
- Warm-up Gym open to all athletes 8:00 am – 5:00 pm

Competition Gym Open for Scheduled Training by Region

8:00 am – 10:15 am	Regions 1, 9	(Competition Gym)
10:15 am – 12:30 pm	Regions 2, 3, 4	(Competition Gym)
12:30 pm – 3:00 pm	Regions 5, 8	(Competition Gym)
3:00 pm – 5:15 pm	Regions 6, 7	(Competition Gym)

- Coaches **mandatory** Technical Meeting @ 5:15 pm at the OCC in meeting room A105 & A106
- Gymnasts assemble for Opening Ceremonies at 6:30 in Warm-up Gym at the OCC
- Doors Open for the Opening Ceremony at 6:30 at the OCC
- **Believe It! Achieve It! Opening Ceremony – 7:00 pm – 8:30 pm at the OCC**

Thursday May 2nd

- 7:00 am – Judges Meeting at OCC Room A106 (Breakfast Served)
 - 7:30 am - OCC opens for athletes and spectators
- Level 10 Optional Competition – 3 Sessions 8:00 am – 10:00 pm
- Random draw by club for all sessions – All athletes perform optional routines
 - Two Flights - Capitol Cup Format alternating squads by age (15 – 16 & 17 – 18)

Session #1 Level 10 Prelims (15 – 16 & 17 – 18) Individual Qualifiers by Club (Capitol Cup Format)

8:00 am – 8:30 am	Open warm-ups in warm-up gym	Flight A
8:20 am – 8:50 am	Open warm-ups in competition gym	Flight B
8:30 am – 8:50 am	Timed warm-up for Flight A (timed warm-up for Flight B after march-in)	
8:50 am – 9:00 am	March-in and competition	
9:00 am	Timed warm-up in warm-up gym	Flight B

Session #2 Level 10 Prelims (15 – 16 & 17 – 18) Individual Qualifiers by Club (Capitol Cup Format)

12:30 pm – 1:00 pm	Open warm-ups in warm-up gym	Flight A
12:50 pm – 1:20 pm	Open warm-ups in competition gym	Flight B
1:00 pm – 1:20 pm	Timed warm-up for Flight A (timed warm-up for Flight B after march-in)	
1:20 pm – 1:30 pm	March-in and competition	
1:30 pm	Timed warm-up in warm-up gym	Flight B

Session #3 Level 10 Prelims (15 – 16 & 17 – 18) Individual Qualifiers by Club (Capitol Cup Format)

5:00 pm – 5:30 pm	Open warm-ups in warm-up gym	Flight A
5:20 pm – 5:50 pm	Open warm-ups in competition gym	Flight B
5:30 pm – 5:50 pm	Timed warm-up for Flight A (timed warm-up for Flight B after march-in)	
5:50 pm – 6:00 pm	March-in and competition	
6:00 pm	Timed warm-up in warm-up gym	Flight B

- Regional & Club Team Awards Ceremony – following end of session #3.
- Announcing of top 42 JE qualifiers for Saturday's competition for both Level 10 age divisions.
- **Note: JO qualifiers for Saturday's competition will be finalized by Friday May 3rd, 12:00 noon.**

Friday May 3rd

- 7:30 am – Judges Meeting at OCC Room A106 (Breakfast Served)
- 7:30 am - OCC opens for athletes and spectators
- 9:00 am – 5:00 pm CGA Meeting room A105

Level 8 & 9 Optional Competition – 3 Sessions 8:00 am – 10:00 pm

- Random draw by club for all sessions – All athletes perform optional routines
- Two Flights - Capitol Cup Format alternating squads by age (11 – 12 & 13 – 14)

Session #4 Level 8 & 9 Prelims (11 – 12 & 13 - 14) Individual Qualifiers by Club (Capitol Cup Format)

8:00 am – 8:30 am	Open warm-ups in warm-up gym	Flight A
8:20 am – 8:50 am	Open warm-ups in competition gym	Flight B
8:30 am – 8:50 am	Timed warm-up for Flight A (timed warm-up for Flight B after march-in)	
8:50 am – 9:00 am	March-in and competition	
9:00 am	Timed warm-up in warm-up gym	Flight B

Session #5 Level 8 & 9 Prelims (11 – 12 & 13 - 14) Individual Qualifiers by Club (Capitol Cup Format)

12:15 pm – 12:45 pm	Open warm-ups in warm-up gym	Flight A
12:35 pm – 1:05 pm	Open warm-ups in competition gym	Flight B
12:45 pm – 1:05 pm	Timed warm-up for Flight A (timed warm-up for Flight B after march-in)	
1:05 pm – 1:15 pm	March-in and competition	
1:15 pm	Timed warm-up in warm-up gym	Flight B

Session #6 Level 8 & 9 Prelims (11 – 12 & 13 - 14) Individual Qualifiers by Club (Capitol Cup Format)

4:45 pm – 5:15 pm	Open warm-ups in warm-up gym	Flight A
5:05 pm – 5:35 pm	Open warm-ups in competition gym	Flight B
5:15 pm – 5:35 pm	Timed warm-up for Flight A (timed warm-up for Flight B after march-in)	
5:35 pm – 5:45 pm	March-in and competition	
5:45 pm	Timed warm-up in warm-up gym	Flight B

- Regional & Club Team Awards Ceremony – following end of session #6.
- Announcing of top 42 JE qualifiers for Sunday's competition for Level 8 & 9 divisions.
- **Note: JO qualifiers for Sunday's competition will be finalized by Saturday May 4th, 12:00 noon.**

Saturday May 4th

- 7:00 am – JOPC Meeting at OCC Room A105 (Breakfast Served)
- 8:30 am – Judges Meeting at OCC Room A106 at the OCC (Breakfast Served)
- 8:30 am - OCC opens for athletes and spectators

Level 10 JO Optional Competition & JE Technical Sequence Competition – 2 Sessions 9:00 am – 8:30 pm

- JO Division - Top 24 AA Qualifiers + Top 12 IE qualifiers each single year age division.
- JE Division - Top 42 AA Qualifiers for each Level 10 division.
- Two Flights - Capitol Cup Format alternating squads by age group.

Session #7 Level 10 JO AA & IE Event Finals (15 – 16 & 17 – 18) (Capitol Cup Format)

9:00 am – 9:30 am	Open warm-ups in warm-up gym	Flight A
9:20 am – 9:50 am	Open warm-ups in competition gym	Flight B
9:30 am – 9:50 am	Timed warm-up for Flight A (timed warm-up for Flight B after march-in)	
9:50 am – 10:00 am	March-in and competition	
10:00 am	Timed warm-up in warm-up gym	Flight B
2:12 pm – 3:42 pm	Awards Ceremony (Rankings determined by combined result of two days competition)	

Session #8 Level 10 JE AA & IE Event Finals (15 – 16 & 17 – 18) (Capitol Cup Format)

3:30 pm – 4:00 pm	Open warm-ups in warm-up gym	Flight A
3:50 pm – 4:10 pm	Open warm-ups in competition gym	Flight B
4:00 pm – 4:20 pm	Timed warm-up for Flight A (timed warm-up for Flight B after march-in)	
4:20 pm – 4:30 pm	March-in and competition	
4:30 pm	Timed warm-up in warm-up gym	Flight B
7:30 pm – 8:30 pm	Awards Ceremony (Rankings determined by combined result of two days competition)	

- **Announcement of qualifiers to Junior Division USA Championships. (Mandatory meeting for athletes and coaches immediately following – Room A105.**

Sunday May 5th

- 7:30 am – Judges Meeting at OCC **Ballroom 201** at the OCC (Breakfast Served)
- 7:30 am - OCC opens for athletes and spectators

Level 8 & 9 JO Optional Competition & JE Technical Sequence Competition – 2 Sessions 8:00 am – 7:30 pm

- JO Division - Top 24 AA Qualifiers + Top 12 IE qualifiers each single year age division.
- JE Division - Top 42 AA Qualifiers for each Level 8 & 9.
- Two Flights - Capitol Cup Format alternating squads by age group.

Session #9 Level 8 & 9 JO AA & IE Event Finals (11 – 12 & 13 - 14) (Capitol Cup Format)

8:00 am – 8:30 am	Open warm-ups in warm-up gym	Flight A
8:20 am – 8:50 am	Open warm-ups in competition gym	Flight B
8:30 am – 8:50 am	Timed warm-up for Flight A (timed warm-up for Flight B after march-in)	
8:50 am – 9:00 am	March-in and competition	
9:00 am	Timed warm-up in warm-up gym	Flight B
1:04 pm – 2:34 pm	Awards Ceremony (Rankings determined by combined result of two days competition)	

Session #10 Level 8 & 9 JE AA & IE Event Finals (11 – 12 & 13 - 14) (Capitol Cup Format)

2:30 pm – 3:00 pm	Open warm-ups in warm-up gym	Flight A
2:50 pm – 3:20 pm	Open warm-ups in competition gym	Flight B
3:00 pm – 3:20 pm	Timed warm-up for Flight A (timed warm-up for Flight B after march-in)	
3:20 pm – 3:30 pm	March-in and competition	
3:30 pm	Timed warm-up in warm-up gym	Flight B
6:45 pm – 7:46 pm	Awards Ceremony (Rankings determined by combined result of two days competition)	

- **Announcement of Junior National Team. (Mandatory meeting for athletes and coaches immediately following – Ballroom 202.**