

☆☆☆ OPEN WORK-OUT TIMES ☆☆☆

Athletes MUST be in COMPETITION-TYPE attire to participate!

- ✎ THURSDAY, JULY 26 -----7-9 p.m. OPEN WORK-OUT
- ✎ FRIDAY, JULY 27 -----2:30-3:30 p.m. or After Competition is Over 1 HOUR OPEN WORK-OUT
- ✎ SATURDAY, JULY 28 ----- 4:30 - 5:30 p.m. or After Competition is Over 1 HOUR OPEN WORK-OUT

☒ FINAL COMPETITION - PLEASE NOTE:

- THE TOP TEN ATHLETES WILL ADVANCE TO FINALS---ALL LEVELS IN ALL EVENTS!
- FINAL COMPETITION IS NOT MANDATORY IF THERE IS ONLY ONE ATHLETE IN A LEVEL

☒ AAU NATIONAL TEAM & STARS OF TOMORROW PRACTICE - SUNDAY, JULY 29 at 3:30 p.m. or after competition

☒ TRAMPOLINE & TUMBLING PARADE OF CHAMPIONS & AWARD CEREMONY - MONDAY, JULY 30, at 12:30 p.m.

☒ JUNIOR OLYMPIC CELEBRATION OF ATHLETES - MONDAY, July 30 at 6:00 p.m. at Chilowee Park

T&T

J.O. GAMES - Knoxville, Tennessee

July 27 - July 30, 2007



KEY

SB = **SUB-BEGINNER**
BEG = **BEGINNER**
AB = **ADV-BEGINNER**
SN = **SUB-NOVICE**
NOV = **NOVICE**
I or INT = **INTERMEDIATE**
SA = **SUB-ADVANCED**
ADV = **ADVANCED**

B = **BOYS**

G = **GIRLS**

O = **OVER**

U = **UNDER**

F = **FLIGHT**

OPEN WORKOUTS

Thursday, July 26 - 7 - 9 p.m.

Friday, July 27 - after competition

Saturday, July 28 - after competition

BEACH "BALL" All Sports Welcome!

Saturday, July 28, 6 - 9 p.m.

Dance with DJ, Sumo Wrestling, Coconut Crawl, Hula Hoop, Limbo

At the Women's Basketball Hall of Fame

\$7 per person with J.O. Credential - Includes food

AAU & STAR OF TOMORROW PRACTICE

Sunday, July 29, 4:00 p.m.

BLAST FROM THE PAST "DISCO BALL" AT THE HALL All Sports Welcome!

Sunday, July 29, 6 - 9 p.m.

Dance with DJ, Games, Etc.

At the Women's Basketball Hall of Fame

\$7 per person with J.O. Credential - Includes food

T&T PARADE OF CHAMPIONS & AWARDS

Monday, July 30, 1 p.m.

J.O. OLYMPIC GAMES CELEBRATION OF ATHLETES

Monday, July 30, 6 - 10 p.m.

Chilhowee Park

REMEMBER - *THE TOP TEN* ATHLETES ADVANCE TO FINALS. *NOTE - If there is only one (1) athlete in an age group, that athlete does NOT have to compete a final competition unless they want to. In this case, after their flight award presentation, the athlete should go directly to the Award Area and get their medal!

FRIDAY, JULY 27

Coaches & Judges' Meeting - 8:45 a.m.

ALL ATHLETES MUST COME AT LEAST 30 MINUTES PRIOR TO THE TIME SCHEDULED

TIME	ROD 1	ROD 2	TRAMP 1	TRAMP 2	TRAMP3	D-MINI 1	D-MINI 2	TIME
	PRELIMS	PRELIMS	PRELIMS	PRELIMS	PRELIMS	PRELIMS	PRELIMS	
9:00	SB G 5&U	AB G 7&U	BEG G 9 F1, 2	BEG G 10 F1, 2	INT G 8&U	SA G 8&U SA G 9-10 F1, 2		9:00
9:30	SB G 6 SB B ALL	AB G 8 F1, 2	BEG G 5&U	BEG G 11	INT G 9-10 F1		SA G 11-12 F1	9:30
10:00	BEG G 5&U BEG B ALL	AB G 9 F1, 2	BEG B 8&U	BEG G 8 F1, 2	INT G 9-10 F2, 3	SA G 11-12, F2		10:00
10:30	BEG G 10&O	AB G 10	BEG G 12&O BEG B 9&O	BEG G 7 F1, 2	INT G 11-12 F1, 2		SA G 13-14 F1	10:30
11:00	BEG G 9	AB G 11&O AB B ALL	INT G 13-14 F1, 2	BEG G 7 F3 BEG G 6 F1	INT G 11-12 F3	SA G 13-14 F2		11:00
11:30	BEG G 7 F1, 2	NOV G 8&U NOV B ALL	INT G 15&O INT B ALL	BEG G 6 F2, 3	INT G 11-12 F4		SA G 15&O	11:30
12:00	BEG G 8 F1, 2	NOV G 9, 10				SA B ALL		12:00
12:30	LUNCH							12:30
1:00	BEG G 6	NOV G 11 F1, 2	SA G SYNC SA B SYNC			INT B ALL	INT G 13-14 F1, 2	1:00
1:30	NOV G 12 F1, 2 NOV G 15&O	NOV G 13-14	ADV G SYNC 16&U			INT G 8&U, 15&O	INT G 11-12 F1,	1:30
2:00			ADV G SYNC 17&O ADV B SYNC B ALL			INT G 9-10 F1, 2	INT G 11-12 F 3, 4	2:00
2:30						INT G 9-10 F3	INT G 11-12 F5	2:30

***SYNC TRAMPOLINE - NO FINALS**

OPEN WORK-OUT AFTER COMPETITION IS OVER (Approximately 2:30)

SATURDAY, JULY 28

Coaches & Judges' Meeting - 8:45 a.m.

ALL ATHLETES MUST COME AT LEAST 30 MINUTES PRIOR TO THE TIME SCHEDULED

TIME	ROD 1	ROD 2	TRAMP 1	TRAMP 2	D-MINI 1	D-MINI 2	D-MINI 3	TIME
	FINALS	FINALS	PRELIMS	PRELIMS	PRELIMS	PRELIMS	PRELIMS	
9:00	SB G 5&U	AB G 7&U	NOV G 13-14 F1, 2 NOV G 15&O	SA G 15&O	ADV G 10&U ADV B 15&O		NOV G 9 F1, 2	9:00
9:30	SB G 6 SB B ALL	AB G 8	NOV B ALL	SA B ALL		ADV G 11-12 F1	NOV G 9 F 3	9:30
10:00	BEG G 11	AB G 9	NOV G 6&U, 7 F1, 2	SA G 8&U, 9-10 F1	ADV G 11-12 F2		NOV G 12 F1, 2	10:00
10:30	BEG G 6&U	AB G 10, 11	NOV G 8 F1, 2	SA G 9-10 F2		ADV G 13-14 F1	NOV G 10 F1	10:30
11:00	BEG B ALL	AB G 12&O AB B ALL	NOV G 9 F1, 2	SA G 11-12 F1	ADV G 13-14 F2		NOV G 10 F2, 3	11:00
11:30	BEG G 10	NOV G 9	NOV G 9 F3	SA G 11-12 F2		ADV G 15-16 F1	NOV G 13&O	11:30
12:00	BEG G 7	NOV G 10	NOV G 12 F1, 2	SA G 13-14 F1, 2	ADV G 15-16 F2		NOV G 11 F1, 2 NOV B ALL	12:00
12:30	LUNCH							12:30
1:00	BEG G 8	NOV G 11	NOV G 10 F1, 2		ADV G 17&O ADV B 12&U		NOV G 8 F1, 2	1:00
1:30	BEG G 9	NOV G 12	NOV G 10 F3	ADV G 12&U		ADV B 13-14	NOV G 6& NOV G 7 F1, 2	1:30
2:00	NOV G 15&O NOV B ALL	NOV G 13-14	NOV G 11 F1, 2	ADV G 13-14 F1, 2			NOV G 12	2:00
2:30	NOV G 8&U			ADV G 15-16 F1, 2	BEG G 5&U	BEG G 6 F1, 2	BEG G 7 F1	2:30
3:00				ADV G 17&O ADV B 12&U	BEG G 8 F1, 2	BEG G 9 F1, 2, 3	BEG G 7 F2, 3	3:00
3:30				ADV B 13-14 F1, 2	BEG G 10 F1, 2	BEG G 11 F1, 2	BEG G 12&O BEG B 11&O	3:30
4:00				ADV B 15&O		BEG B 6&U	BEG B 7-8, 9-10	4:00

OPEN WORK-OUT AFTER COMPETITION IS OVER (Approximately 4:30 p.m.)

6 - 9 p.m. ATHLETE BEACH "BALL" - Women's Basketball Hall of Fame

***IF ONLY 1 COMPETITOR IN YOUR AGE GROUP, YOU DO NOT HAVE TO DO FINALS UNLESS YOU WISH TO.....**

SUNDAY, JULY 29

Coaches & Judges' Meeting - 8:45 a.m.

ALL ATHLETES MUST COME AT LEAST 30 MINUTES PRIOR TO THE TIME SCHEDULED

TIME	ROD 1	ROD 2	ROD 3	TRAMP 1	TRAMP 2	D-MINI 1	D-MINI 2	TIME
	PRELIMS	PRELIMS	PRELIMS	*FINALS	*FINALS	*FINALS	*FINALS	
9:00	ADV G 12&U ADV B 17&O	SN G 6&U F1, 2	INT G 8&U INT B ALL	BEG G 9 BEG B 6&U		BEG G 7, 8		9:00
9:30	ADV G 13-14	SN G 7 F1, 2, 3	INT G 9-10 F1	BEG B 7&O			BEG G 11&O	9:30
10:00	ADV G 15-16	SN G 8 F1, 2	INT G 9-10 F2	BEG G 5&U		BEG G 9		10:00
10:30	ADV G 17&O ADV B 15-16	SN G 9 F1, 2	INT G 11-12 F1, 2	BEG G 6, 7			BEG G 10	10:30
11:00	ADV B 14&U	SN G 9 F3	INT G 11-12 F3	BEG G 8		BEG B ALL		11:00
11:30	SN G 15&O SN B 11&O	SN G 10 F1, 2	INT G 13-14 F1	BEG G10			BEG G 6	11:30
12:00	SN B 10&U	SN G 10 F3	INT G 13-14 F2	BEG G 11&O		BEG G 5&U		12:00
12:30	LUNCH							12:30
1:00	SN G 11 F1, 2	SN G 12 F1, 2	INT G 15&O	ADV G 10&U ADV B 15&O		SA G 15&O		1:00
1:30	SA G 8&U SA G 9-10 F1, 2	SN G 13-14 F1, 2			ADV G 11-12		SA G 8&U, 9-10	1:30
2:00	SA G 11-12 F1	SA G 15-16		ADV G 13-14		SA B ALL		2:00
2:30	SA G 11-12 F2	SA G 17&O SA B 15&O			ADV G 15-16		SA G 13-14	2:30
3:00	SA G 13-14 F1	SA B 14&U		ADV G 17&O ADV B 12&U		SA G 11-12		3:00
3:30	SA G 13-14 F2				ADV B 13-14			3:30

4:00 p.m. Practice with the AAU National Team & Stars of Tomorrow

6 - 9 p.m. BLAST FROM THE PAST "DISCO BALL" - Women's Basketball Hall of Fame

***IF ONLY 1 COMPETITOR IN YOUR AGE GROUP, YOU DO NOT HAVE TO DO FINALS UNLESS YOU WISH TO.....**

MONDAY, JULY 30

Coaches & Judges' Meeting - 8:45 a.m.

ALL ATHLETES MUST COME AT LEAST 30 MINUTES PRIOR TO THE TIME SCHEDULED

TIME	ROD 1	ROD 2	ROD 3	TRAMP 1	TRAMP 2	D-MINI 1	D-MINI 2	D-MINI 3	TIME
	*FINALS	*FINALS	*FINALS	*FINALS	*FINALS	*FINALS	*FINALS	*FINALS	
9:00	ADV G 12&U ADV B 17&O	S-ADV G 13-14	INT G 8&U INT B ALL	NOV G 12		INT G 9-10			9:00
9:30	ADV G 13-4	S-ADV G 10&U	INT G 9-10		NOV G 6&U NOV B 10&U		INT G 8&U INT G 15&O		9:30
10:00	ADV G 15-16	S-ADV G 11-12	INT G 11-12	NOV G 13&O NOV B 11&O		INT B ALL			10:00
10:30	ADV G 17&O ADV B 15-16	S-ADV G 15-16	INT G 13-14		NOV G 7, 8		INT G 11-12		10:30
11:00	ADV B 14&U	SA G 17&O	INT G 15&O	NOV G 9		INT G 13-14			11:00
11:30		SA B ALL			NOV G 10	NOV G 7&U NOV B 8&U			11:30
12:00	SN G 6&U	SN G 7		NOV G 11		NOV G 8	NOV G 9	NOV G 12 NOV B 11&O	12:00
12:30	SN G 8	SN G 9				NOV G 10	NOV G 11	NOV G 13&O NOV B 9-10	12:30
1:00	PARADE OF CHAMPIONS								1:00
1:30	SN G 10	SN G 11		INT B ALL	S-ADV G 15&O	ADV G 13-14			1:30
2:00	SN G 12	SN G 13-14		INT G 8&U INT G 15&O	S-ADV G 10&U		ADV G 11-12		2:00
2:30	SN G 15&O SN B 11&O	SN B 10&U		INT G 11-12	S-ADV G 11-12	ADV G 15-16			2:30
3:00				INT G 9-10	S-ADV G 13-14		ADV G 10&U ADV G 17&O		3:00
3:30				INT G 13-14	S-ADV B ALL	ADV B 13-14			3:30
4:00							ADV B 12&U ADV B 15&O		4:00

6:00 p.m. J.O. CELEBRATION OF ATHLETES at Chilhowee Park

***IF ONLY 1 COMPETITOR IN YOUR AGE GROUP, YOU DO NOT HAVE TO DO FINALS UNLESS YOU WISH TO.....**