

OPEN WORK-OUT TIMES
Athletes MUST be in COMPETITION - TYPE attire to participate!

TUESDAY, JULY 29-----7-9 p.m. OPEN WORK-OUT

THURSDAY, JULY 31 ----- 3:30 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.**
- **JUNIOR OLYMPIC CELEBRATION OF ATHLETES - MONDAY, July 28 at 7:30 p.m. at EMU - Olds - Marshall Track**
- **AAU NATIONAL TEAM & STARS OF TOMORROW PRACTICE - FRIDAY, AUGUST 1 at 4:30 p.m. or after competition is over**
- **TRAMPOLINE & TUMBLING PARADE OF CHAMPIONS & AWARD CEREMONY - SATURDAY, AUGUST 2 at 1 p.m.**

T&T Competition
J.O. GAMES - Novi, Michigan
July 30 - August 2, 2008

KEY		J.O. OLYMPIC GAMES CELEBRATION OF ATHLETES
SB	=	SUB-BEGINNER
BEG	=	BEGINNER
AB	=	AD V-BEGINNER
SN	=	SUB-NOVICE
NOV	=	NOVICE
I or INT	=	INTERMEDIATE
SA	=	SUB-ADVANCED
ADV	=	ADVANCED
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		OPEN WORKOUTS
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		Monday, July 28, 7:30 p.m.
		EMU, Olds, Marshall Track
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		Tuesday, July 29 - 7 - 9 p.m.
		Thursday, July 29, after competition
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		T&T SOCK HOP For T&T Athletes and their families!
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		Wednesday, July 30, 7 - 9 p.m.
B	=	BOYS
G	=	GIRLS
		Dance with DJ
		At the Sheraton Hotel, Novi, MI, in Ballroom AB
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O	=	OVER
U	=	UNDER
		<hr/>
		T&T NATIONAL TEAM PARTY
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		Thursday, July 31, 6 - 9 p.m.
		Paradise Park (see program advertisement)
		45799 Grand River, Novi, MO 48374 - Across from the Rock Financial Show Place
		National Team Free, Public must pay
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		AAU & STAR OF TOMORROW PRACTICE
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		Friday, August 1 - 4:30 p.m. or after competition is over
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		T&T PARADE OF CHAMPIONS & AWARDS
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		Saturday, August 2 @ 1 p.m.

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!

WEDNESDAY, JULY 30

Coaches & Judges' Meeting - 9:45 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		
10:00	SB G ALL SB B ALL	AB G 8&U	BEG G 9	BEG G 10 F1, 2	INT G 8&U, 13&O	SA G 10&U		10:00	
10:30	BEG G 6&U	AB G 9	BEG G 12&O	BEG G 11	INT G 9-10 F1		SA G 11-12 F1	10:30	
11:00	BEG G 7	AB G 11&O	BEG B ALL	BEG G 8 F1, 2	INT G 9-10 F2	SA G 11-12, F2		11:00	
11:30	BEG G 9, 10	AB G 10	BEG G 5&U	BEG G 7	INT G 11-12 F1		SA G 13-14 F1, F2	11:30	
12:00	BEG G 8	NOV G 8&U	INT B ALL	BEG G 6	INT G 11-12 F2	SA G 15&O		12:00	
12:30	BEG G 1 1&O BEG B ALL	NOV G 9	SA G SYNC SA B SYNC				SA B ALL	12:30	
1:00	NOV G 11	NOV G 10						1:00	
1:30	LUNCH								1:30
2:00	NOV B ALL	NOV G 12&O	ADV G SYNC 16&U			INT G 9-10 F1		2:00	
2 : 3 0			ADV G SYNC 17&O ADV B SYNC B ALL			INT G 9-10 F2	INT G 11-12 F1	2:30	
3:00						INT G 8&U, 13&O	INT G 11-12 F2	3:00	
3:30						INT B ALL		3:30	
*SYNC TRAMPOLINE - NO FINALS									

ATHLETE SOCK HOP 7-9 p.m. at The Sheraton Novi in Ballroom AB

THURSDAY, JULY 31

Coaches & Judges' Meeting - 9:45 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		
10:00	SB G ALL SB B ALL	AB G 8&U	NOV G 7&U, 13&O NOV B ALL	SA G 15&O	ADV G 10&U ADV B 15&O			10:00	
10:30	BEG G 6&U	AB G 9	NOV G 8	SA B ALL		ADV G 11-12		10:30	
11:00	BEG G 7	AB G 10	NOV G 9 F1, F2	SA G 8&U, 9-10	ADV G 13-14			11:00	
11:30	BEG G 9, 10	AB G 11&O	NOV G 10 F1, F2	SA G 11-12 F1		ADV G 15-16		11:30	
12:00	BEG G 11&O BEG B ALL	NOV G 8&U	NOV G 11, 12	SA G 11-12 F2	ADV G 17&O			12:00	
12:30	BEG G 8	NOV G 9	SA G 13-14	ADV B 14&U		ADV B 14&U		12:30	
1:00	NOV B ALL	NOV G 10		ADV B 15&O	NOV G 11 F1, F2	NOV G 12&O		1:00	
1:30	LUNCH								1:30
2:00	NOV G 11			ADV G 12&U	NOV G 8&U NOV B ALL	NOV G 9 F1, F2	NOV G 10 F1	2:00	
2:30	NOV G 12&O			ADV G 13-14	BEG G 5&U	BEG B 7&O	NOV G 10 F2	2:30	
3:00				ADV G 15-16	BEG G 6 BEG B 6&U	BEG G 11, 12		3:00	
3:30				ADV G 17&O	BEG G 7 F1, F2	BEG G 9 F1, F2		3:30	
4:00					BEG G 8 F1, F2	BEG G 10 F1, F2		4:00	

OPEN WORK-OUT AFTER COMPETITION IS OVER (Approximately 3:30 p.m.)

NATIONAL TEAM MEMBER PARTY - PARADISE PARK 6 - 9 p.m. *FREE for National Team, Public must pay

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

FRIDAY, AUGUST 1

Coaches & Judges' Meeting - 9:45 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		
10:00	ADV G 12&U ADV B 17&O	SN G 7&U, 12, 13-14	INT G 8&U INT B ALL	BEG G 9 BEG B 6&U		BEG G 8		10:00	
10:30	ADV G 13-14	SN G 8	INT G 9-10	BEG B 7&O			BEG G 11&O	10:30	
11:00	ADV G 15-16	SN G 9 F1	INT G 11-12 F1, F2	BEG G 6&U		BEG G 10		11:00	
11:30	ADV G 17&O ADV B 15-16	SN G 9 F2	INT G 13-14	BEG G 7			BEG B ALL	11:30	
12:00	ADV B 14&U	SN G 10 F1	INT G 15&O	BEG G 8		BEG G 9		12:00	
12:30	SN G 15&O SN B ALL	SN G 10 F2		BEG G10			BEG G 6&U	12:30	
1:00		SN G 11 F1, F2		BEG G 11&O		BEG G 7		1:00	
1:30	LUNCH								1:30
2:00	SA G 10&U SA B ALL	SA G 11-12		ADV G 10&U ADV B 15&O		SA G 15&O		2:00	
2:30		SA G 13&O		ADV G 11-12			SA G 8&U, 9-10	2:30	
3:00				ADV G 13-14		SA B ALL		3:00	
3:30				ADV G 15-16			SA G 13-14	3:30	
4:00				ADV G 17&O		SA G 11-12		4:00	
4:30				ADV B 14&U				4:30	
4:30 p.m. Practice with the AAU National Team & Stars of Tomorrow									

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

SATURDAY, AUGUST 2

Coaches & Judges' Meeting - 9:45 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	
	*FINALS	*FINALS	*FINALS	*FINALS	*FINALS	*FINALS	*FINALS		
9:00	ADV G 12&U ADV B 17&O	SA G 13&O	INT G 8&U INT B ALL	NOV G 11&O		INT G 9-10		9:00	
9:30	ADV G 13-4	SA G 10&U S-A B ALL	INT G 9-10	NOV G 7&U NOV B ALL			INT G 8&U, 13&O	9:30	
10:00	ADV G 15-16	S-A G 11-12	INT G 11-12	NOV G 8		INT B ALL		10:00	
10:30	ADV G 17&O ADV B 15-16	SN G 11	INT G 13-14	NOV G 9			INT G 11-12	10:30	
11:00	ADV B 14&U	SN B ALL	INT G 15&O	NOV G 10		NOV G 8		11:00	
11:30	SN G 10	SN G 9				NOV G 7&U NOV B ALL	NOV G 12&O	11:30	
12:00		SN G 8&U				NOV G 10	NOV G 9	12:00	
12:30		SN G 12&O					NOV G 11	12:30	
1:00	PARADE OF CHAMPIONS								1:00
1:30				INT B ALL	S-ADV G 15&O	ADV G 13-14		1:30	
2:00				INT G 8&U INT G 15&O	S-ADV G 10&U		ADV G 11-12	2:00	
2:30				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	

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