

Gymnastics

AAU Junior Olympic Games 2008 Schedule of Events

Thursday, July 24

Session 1- Intermediate Optionals; Ages 7-11

9:00 am Stretch
9:30 am warm-ups
10:00 am competition (Capital Cup)
*awards to follow

Session 2- Intermediate Optionals; Ages 12-13

1:30 pm Stretch
2:00 pm warm-ups
2:30 pm competition (Capital Cup)
*awards to follow

Friday, July 25

Session 3-Intermediate Optionals; Ages 14-19 & Ladies

Division
9:00 am Stretch
9:30 am warm-ups
10:00 am competition (Capital Cup Format)
*awards to follow

Session 4-All Open Optionals

1:30 pm Stretch
2:00 pm warm-ups
2:30 pm competition (Capital Cup Format)
*awards to follow

Saturday, July 26

9:00 am Parade of Champions/Awards Presentation-
Team Awards & All American Awards

Session 5-Finals for Open Optionals/Team Performance

9:30 am Stretch
10:00 am Timed Warm-ups
10:30 am Competition (Capital Cup Format)
*Awards to follow