



# SCHEDULE 2009 AAU J.O. GAMES JUMP ROPE

*(Times may vary. We may speed up or slow down as events determine)*

## Thursday, July 30

- 10 a.m. to 6 p.m. Registration at Vets Auditorium, Iowa Events Center. Register and pick up athlete and coach credentials and goodie bags. (Remember your J.O. Games Official Handbook for directions). AAU Membership cards **MUST** be presented. Re-prints available at [www.aausports.org](http://www.aausports.org)
- 2 p.m. to 5 p.m. **IMPORTANT** Check in at Jump Rope table to pick up officials' credentials and shirts AND heat and station assignments for athletes' Practice at Vets Auditorium. Provide your own supervision
- 9 a.m. – 7 p.m. Practice at Vets Auditorium. Provide your own supervision
- 5:30 p.m. – 7 p.m. **Mandatory** Coaches and Judges Meeting at the Vet

## Friday, July 31

- 8 a.m. – 9 a.m. Warm up at the Vet
- 8:20 a.m. Coaches/ Officials Meeting at the Vet
- 8:50 a.m. Line up in Warm-up area for Parade
- 9:00 a.m. Parade of athletes with team banners and flags  
National Anthems
- 9:20 a.m. All Judges and Athletes in place  
Read Code of Conduct  
Play Speed Tape
- 9:30 a.m. SPEED Female individual rope single speed. Ages 8 and under up to 22  
Male individual rope single speed Ages 8 and under up to 22
- 10:30 a.m. POWER Female individual rope single power. Ages 8 and under up to 22  
Male individual rope single power Ages 8 and under up to 22
- 11:30 a.m. Re-configure for freestyle events. Lunch for A and B officials  
Stations will alternate. Judge Groups A-F apply as noted
- | 12 noon   | <u>FREESTYLE.</u> | <u>STATION 1</u>                                   | <u>STATION 2</u>       |
|-----------|-------------------|--|------------------------|
|           |                   | 8 and Under Females (32) A                         | 9 Years Females (34) B |
| 2:15 p.m. |                   | 8 and Under Males (3) C                            | 11-12 Males (15) D     |
|           |                   | 9-10 Males (13) C                                  | 15-17 Males (7) D      |
|           |                   | 13-14 Males (12) C                                 | 18-22 Males (2) D      |
| 4:00 p.m. |                   | Speed and Power Awards for today                   |                        |
| 7-9 p.m.  |                   | ATHLETE PARTY AT THE VET PRACTICE AREA (no charge) |                        |

## Saturday, August 1

- 8 a.m. – 9:00 a.m. Warm up at the Vet
- 8:30 a.m. Coaches/Officials Meeting at the Vet
- 9:00 a.m. SPEED Pairs individual rope single speed. Ages 8 and under up to 18-22
- 9:30 a.m. POWER Pairs individual rope power. Ages 8 and under up to 18-22
- 10:00 a.m. Re-configure for freestyle events
- | 10:15 a.m. | <u>FREESTYLE</u> | <u>STATION 1</u>                 | <u>STATION 2</u>           |
|------------|------------------|----------------------------------|----------------------------|
|            |                  | 10 Years Females (51>30) E       | 11 Years Females (49>30) F |
| 12:30 p.m. |                  | 12 Years Females (54>30) A       | 15-17 Females (31) B       |
| 2:45 p.m.  |                  | 13-14 Years Females (37>30) C    | 18-22 Females (6) D        |
|            |                  |                                  | 15-17 Pairs (17) D         |
|            |                  |                                  | 18-22 Pairs (6) D          |
| 4:45 p.m.  |                  | Speed and Power Awards for today |                            |

## Sunday, August 2

- 8 a.m. - 9 a.m. Warm up at the Vet  
8:30 a.m. Coaches/Officials Meeting
- 9 a.m. **DD SPEED** Double Dutch Single Speed. ALL AGE-GROUPS  
DD 4 x 30 Speed Relay. All jumpers must jump and turn  
**DD POWER** Double Dutch Single Power
- 10:15 a.m. Re-configure for freestyle events.
- 10:30 a.m. **FREESTYLE**
- |            | <b><u>STATION 1</u></b> |   | <b><u>STATION 2</u></b> |   |
|------------|-------------------------|---|-------------------------|---|
|            | 9-10 Pairs (39>30)      | E | 11-12 Pairs (57>30)     | F |
| 12:45 p.m. | 13-14 Pairs (37>30)     | A | 8 and Under Pairs (9)   | B |
|            |                         |   | 15-17 DDSF (10)         | B |
|            |                         |   | 18-22 DDSF (6)          | B |
- 2:45 p.m. Speed and Power Awards for today  
3:30 p.m. Group Routine practice  
5:30 p.m. Bowling Challenge at Plaza Lanes Family Sports Complex. See separate flyer to register your bowlers. \$15 per bowler. Full-scale café available.

## Monday, August 3

- 8:30 a.m.-9:30 a.m. AAU Jump Rope Open Meeting for coaches, officials and adult members – Meeting Room at the Vet
1. 2010 AAU Junior Olympic Games
  2. 2010 Western Games?
  3. Plan for 2010 qualifying tournaments and invitational tournaments
  4. Suggestions for future event and rule changes
- 9:30 a.m. Coaches and Judges Briefing for day's events.  
8:30 a.m.–9:45 a.m. Additional Group Routine practice if needed.  
Warm up at the Vet
- 10:00 a.m. **FREESTYLE**
- |         | <b><u>STATION 1</u></b> |   | <b><u>STATION 2</u></b> |   |
|---------|-------------------------|---|-------------------------|---|
|         | 11-12 DDSF (40>30)      | C | 13-14 DDSF (25)         | D |
| 12 noon | 13-14 DDPF (25)         | E | 11-12 DDPF (40>30)      | F |
|         | 15-17 DDPF (10)         | E |                         |   |
|         | 18-22 DDPF (6)          | E |                         |   |
- 2:30 p.m. Junior Group Routine (6)  
Senior Group Routine (5) Same Judges
- 4:00 p.m. Closing Ceremonies and Medal Presentation
- 7:30 p.m. Celebration of Athletes Wells Fargo Arena. Use your credentials or admission passes for access. Directions online in Official Handbook  
[www.aaujrogames.org](http://www.aaujrogames.org)

**SEE YOU NEXT YEAR IN HAMPTON ROADS, VIRGINIA!**

**Have a safe trip home.**