



AAU Junior Olympic Games 2009

Final Schedule of Events

Thursday-July 30, 2009 – Gymnastics Registration
10 am-6 pm Check-in at Vets Auditorium

Friday-July 31, 2009- Competition (Day One)

9:00 am	Session 1 Stretch (Intermediate Optionals)
9:15 am	Coaches Meeting
9:30 am	Parade of athletes/March In
9:50 am	Competition (Capital Cup)
12:30 pm	Team Performance Warm-ups
1:00 pm	Team Performance Competition

Intermediate Optionals; Ages 7-11, 12-13, 14-19

*Team and individual awards will follow each session
(Approximately 1:30 pm)

Saturday, August 1, 2009 - Competition (Day Two)

9:00 am	Session 2 Stretch; (All Open Division) (All Level 7, Level 8 and all Ladies Division)
9:15 am	Coaches Meeting
9:30 am	Parade of athletes/March In
9:50 am	Event warm-ups, Competition (Traditional Format)

Athletes will be awarded in the following age groups:
7-11, 12-13, 14-15 and 16-19, Ladies Division will be
awarded by level only

*Team and individual awards will follow each session
(Approximately 12:30 pm)