

Draft 7/21 SCHEDULE 2010 AAU J.O. GAMES JUMP ROPE

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

Tuesday, August 3

- 10 a.m. – 7 p.m. **JO Games Registration:** Athlete and Coach credentials and goodie-bags may be picked up by the coach, a designated adult, or by each family at the Midtown Community Center. (Remember your J.O. Games Official Handbook for directions). AAU cards must be presented. Re-prints available at www.aausports.org
- 2 p.m. to 5 p.m. **IMPORTANT** Check in at Jump Rope table at the Boo Williams Sports Complex to pick up officials' credentials and shirts AND heat and station assignments for athletes.
- 9 a.m. – 7 p.m. Practice at Boo Williams Sports Complex. Provide your own supervision
- 5:30 p.m. – 7 p.m. **Mandatory Coaches, Judges and Officials Meeting** at the Boo Williams Sports Complex

Wednesday, August 4

- 8 a.m. – 8:45 a.m. Warm up at the Boo Williams Sports Complex
- 8:15 a.m. Coaches/ Officials Meeting at the Boo Williams Sports Complex
- 8:45 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
Opening Remarks
Read Code of Conduct
Play Speed Tape
- 9:30 a.m. **SPEED** Male individual rope single speed. Ages 8 and under up to 22
Female individual rope single speed Ages 8 and under up to 22
- 10:30 a.m. **POWER** Male individual rope single power. Ages 8 and under up to 22
Female individual rope single power Ages 8 and under up to 22
- 11:30 a.m. Re-configure for freestyle events. Quick lunch for A and B officials
Stations will alternate. Judge Groups A-F apply as noted.
Number in parentheses = number in age-group

FREESTYLE.

STATION 1

STATION 2

12 noon	MSRF	8 and Under Males	(4)	A	11-12 Males	(23)	B
		9-10 Males	(11)	A	13-14 Males	(10)	B
		15-17 Males	(9)	A			
		18-22 Males	(3)	A			
2:15 p.m.	FSRF	8 and Under Females	(32)	C	15-17 Females	(35)	D
		18-22 Females	(8)	C			
4:45 p.m.		Awards for today's events					

- 7-10 p.m. ATHLETE CELEBRATION AT OYSTER POINT, NEWPORT NEWS
Take your credentials

Thursday, August 5

- 8 a.m. – 9:00 a.m. Warm up at the Boo Williams Sports Complex
- 8:30 a.m. Coaches/Officials Meeting at Boo Williams Sports Complex
- 9:00 a.m. **Prs.SPEED** Pairs individual rope single speed. Ages 8 and under up to 18-22
- 9:30 a.m. **Prs.POWER** Pairs individual rope power. Ages 8 and under up to 18-22
- 10:00 a.m. Re-configure for freestyle events

<u>FREESTYLE</u>		<u>STATION 1</u>		<u>STATION 2</u>
10:15 a.m.	FSRF	9 years Females	(48>30) E	10 years Females (57>30) F
12:30 p.m.	FSRF	11 years Females	(57>30) A	12 years Females (42>30) B
2:45 p.m.	FSRF	13-14 Years Females (60>30)	C	15-17 Pairs Free (27) D
	SRPF	8 and under Pairs (8)	C	18-22 Pairs Free (10) D
5:15 p.m.		Awards for today's events		

Friday, August 6

8 a.m. - 9 a.m.	Warm up at the Boo Williams Sports Complex			
8:30 a.m.	Coaches/Officials Meeting			
9 a.m.	<u>DD SPEED</u>	Double Dutch Single Speed. ALL AGE-GROUPS DD 4 x 30 Speed Relay. All jumpers must jump and turn		
	<u>DD POWER</u>	Double Dutch Single Power		
10:00 a.m.	Re-configure for freestyle events.			

<u>FREESTYLE</u>		<u>STATION 1</u>		<u>STATION 2</u>
10:15 a.m.	SRPF	9-10 Pairs (45>30)	E	13-14 DDSF (25) F
12:30 p.m.	SRPF	11-12 Pairs (57>30)	A	15-17 DDSF (13) B 18-22 DDSF (9) B
2:15 p.m.	SRPF	13-14 Pairs (39>30)	C	12& under DDSF (38>30) D
4:30 p.m.	Awards for today's events			
5:15 p.m.	Group Routine practice			

Saturday, August 7

8:30 a.m-9:30 a.m.	AAU Jump Rope Open Meeting for coaches, officials and adult members – Meeting Room at the Boo Williams Sports Complex			
	1. 2011 AAU Junior Olympic Games July 28th – August 1 st			
	2. AAU Convention October 26 th –30 th San Juan, PR			
	3. Plan for 2011 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 Boo Williams Sports Complex			

10:00 a.m.	<u>FREESTYLE</u>	<u>STATION 1</u>		<u>STATION 2</u>
		11-12 DD Pairs Free (38>30)	E	13-14 DD Pairs Free (25) F
		18-22 DDPF (9)	E	15-17 DDPF (13) F
1:00 p.m.	Junior Group Routine (10)			
2:00 p.m.	Senior Group Routine (9) (Same Judges)			
3:00 p.m.	Closing Ceremonies and Medal Presentation			

See you next year in New Orleans July 28 – August 1

Have a safe trip home!