

☆☆☆ OPEN WORK-OUT TIMES ☆☆☆

Athletes MUST be in COMPETITION - TYPE attire to participate !

- ✎ THURSDAY, JULY 29 -----6-8 p.m.
- ✎ FRIDAY, JULY 30 -----After Competition is Over 1 HOUR OPEN WORK-OUT
- ✎ SATURDAY, JULY 31 -----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 - This year's athletes have 2 opportunities to celebrate!

- MONDAY, August 2, 7-10 p.m. at Virginia Beach Oceanfront and Boardwalk
- WEDNESDAY, August 4, 7-10 p.m. at Newport News, City Center at Oyster Point

☒ AAU NATIONAL TEAM & STARS OF TOMORROW PRACTICE - SUNDAY, AUGUST 1 at 3:30 p.m. or after competition is over

☒ AAU NATIONAL TEAM & STARS OF TOMORROW - PIZZA PARTY ON THE BEACH - SUNDAY, AUGUST 1 after the practice

☒ TRAMPOLINE & TUMBLING PARADE OF CHAMPIONS & AWARD CEREMONY - MONDAY, AUGUST 2 at 12:30 p.m.

T&T Competition

J.O. GAMES - Virginia Beach, Virginia

July 30 - August 2, 2010

KEY

SB	=	SUB-BEGINNER
BEG	=	BEGINNER
AB	=	ADV-BEGINNER
SN	=	SUB-NOVICE
NOV	=	NOVICE
I or INT	=	INTERMEDIATE
SA	=	SUB-ADVANCED
ADV	=	ADVANCED
B	=	BOYS
G	=	GIRLS
O	=	OVER
U	=	UNDER
F	=	FLIGHT

J.O. OLYMPIC GAMES CELEBRATIONS OF ATHLETES

Monday, Aug 2, 7-10 p.m.
Virginia Beach Oceanfront and Beachwalk

OPEN WORKOUTS

Thursday, July 29 - 6 - 8 p.m.
Friday, July 30, after competition for 1 hour
Saturday, August 1, after competition for 1 hour

AAU & STARS OF TOMORROW PRACTICE

Sunday, August 1 - 3:30 p.m. or after competition is over

AAU & STARS OF TOMORROW PIZZA PARTY ON THE BEACH

Sunday, August 1 - after team practice is over

T&T PARADE OF CHAMPIONS & AWARDS

Monday, August 2 @ 12:30 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!

FRIDAY, JULY 30

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

***SYNC TRAMPOLINE - NO FINALS**

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

SATURDAY, JULY 31

Coaches & Judges' Meeting - 8:30 a.m.

ALL ATHLETES MUST COME AT LEAST 30 MINUTES PRIOR TO THE TIME SCHEDULED

TIME	ROD 1	TRAMP 1	TRAMP 2	D-MINI 1	D-MINI 2	TIME
	FINALS	PRELIMS	PRELIMS	PRELIMS	PRELIMS	
9:00	SB G 5&U	NOV G 7&U NOV B ALL	SA G 15&O	ADV G 10&U ADV B 15-16		9:00
9:30	SB G 6 SB B ALL	NOV G 8	SA B ALL		ADV G 11-12	9:30
10:00	BEG G 6&U	NOV G 9	SA G 10&U	ADV G 13-14 F1		10:00
10:30	BEG G 7	NOV G 10	SA G 11-12		ADV G 13-14 F2	10:30
11:00	BEG G 10&O BEG B ALL	NOV G 11	SA G 13-14	ADV G 15-16		11:00
11:30	BEG G 8, 9	NOV G 12			ADV G 17&O	11:30
12:00	AB G 7&U, 11&O	NOV G 13&O		ADV B 14&U		12:00
12:30	LUNCH				ADV B 17&O	12:30
1:00	AB G 9, 10		LUNCH	NOV G 7&U NOV B 8&U	LUNCH	1:00
1:30	AB G 8		ADV G 10&U ADV B 17&O	NOV G 13&O NOV B 9&O	BEG G 5&U	1:30
2:00	NOV G 8&U		ADV G 13-14	NOV G 11	BEG G 6 BEG B 6&U	2:00
2:30	NOV G 9, 10		ADV G 15-16	NOV G 12	BEG G 7	2:30
3:00	NOV G 11, 12			NOV G 10	BEG G 8	3:00
3:30	NOV G 13&O NOV B ALL		ADV G 17&O	NOV G 8	BEG G 9	3:30
4:00			ADV G 11-12	NOV G 9	BEG G 10&O	4:00
4:30			ADV B 16&U		BEG B 7&O	4:30

OPEN WORK-OUT AFTER COMPETITION IS OVER (Approximately 4:30 p.m.)

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

SUNDAY, AUGUST 1

Coaches & Judges' Meeting - 8:30 a.m.

ALL ATHLETES MUST COME AT LEAST 30 MINUTES PRIOR TO THE TIME SCHEDULED						
TIME	ROD 1	ROD 2	TRAMP 1	D-MINI 1	D-MINI 2	TIME
	PRELIMS	PRELIMS	*FINALS	*FINALS	*FINALS	
9:00	ADV G 12&U	SN G 7&U SN B 8&U	BEG G 9 BEG B 6&U	BEG G 8		9:00
9:30	ADV G 13-14	SN G 8	BEG G 12&O BEG B 7&O		BEG G 9	9:30
10:00	ADV G 15-16 ADV B 10&U		BEG G 5&U	BEG G 10 BEG B ALL		10:00
10:30	ADV G 17&O	SN G 9	BEG G 6		BEG G 11&O	10:30
11:00	ADV B 13&O	SN G 10	BEG G 7	BEG G 5&U		11:00
11:30	SN G 15&O SN B 9&O	SN G 11	BEG G 8, 10		BEG G 6	11:30
12:00	INT G 8&U INT B 12&U	SN G 12, 13-14	BEG G 11	BEG G 7		12:00
12:30	LUNCH					12:30
1:00	INT G 9-10	SA G 10&U	ADV G 10&U ADV B 17&O	SA G 13-14		1:00
1:30	INT G 11-12	SA G 11-12	ADV G 15-16		SA G 8&U, 9-10	1:30
2:00		SA G 13-14	ADV G 17&O	SA G 15&O SA B ALL		2:00
2:30	INT G 13-14	SA G 15&O SA B ALL	ADV G 11-12		SA G 11-12	2:30
3:00	INT G 15&O INT B 13&O		ADV G 13-14			3:00
3:30			ADV B 16&U			3:30
3:30 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.....**

MONDAY, AUGUST 2

Coaches & Judges' Meeting - 8:00 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	TIME
	*FINALS	*FINALS	*FINALS	*FINALS	*FINALS	*FINALS	
8:30	ADV G 12&U ADV B 10&U	SN G 7&U, 13-14	NOV G 12		INT G 9-10		8:30
9:00	ADV G 13-14	SN G 8, 9	NOV G 10			INT G 11-12	9:00
9:30	ADV G 15-16 ADV B 15-16	SN G 10	NOV G 9		INT G 13-14 INT B ALL		9:30
10:00	ADV G 17&O	SN G 11, 15&O	NOV G 11			INT G 8&U, 15&O	10:00
10:30	ADV B 13-14, 17&O	SN B ALL	NOV G 13&O NOV B ALL		NOV G 8		10:30
11:00	SA G 10&U	SN G 12	NOV G 8&U		NOV G 7&U NOV B 8&U	NOV G 9	11:00
11:30	SA G 11-12	INT B ALL			NOV G 10	NOV G 11 NOV B 9&O	11:30
12:00	SA G 13-14, 15-16	INT G 10&U			NOV G 12&O		12:00
12:30	PARADE OF CHAMPIONS						12:30
1:00	SA G 17&O SA B ALL		INT G 15&O INT B ALL	SA G 10&U	ADV G 13-14		1:00
1:30	INT G 13-14		INT G 8&U	SA G 11-12		ADV G 12&U	1:30
2:00	INT G 11-12		INT G 13-14	SA G 13-14	ADV G 15-16		2:00
2:30	INT G 15&O		INT G 11-12	SA B ALL		ADV G 17&O	2:30
3:00			INT G 9-10	SA G 15&O	ADV B 13-14, 15-16		3:00
3:30						ADV B 12&U, 17&O	3:30

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