

**☆☆☆ OPEN WORK-OUT TIMES ☆☆☆**

**Athletes MUST be in COMPETITION - TYPE attire to participate !**



**THURSDAY, JULY 28 -----6-8 p.m.**

**☒ 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**

**MONDAY, August 1, 7 p.m. at the Zephyr Field, Home of the New Orleans Zephyrs**

**☒ T&T SOCK HOP - FRIDAY, JULY 29, 7-9 p.m. AT THE KNIGHTS OF COLUMBUS HALL**

**☒ AAU NATIONAL TEAM & STARS OF TOMORROW PRACTICE - SUNDAY, JULY 31, at 3:30 p.m. or after competition is over**

**☒ TRAMPOLINE & TUMBLING PARADE OF CHAMPIONS & AWARD CEREMONY - MONDAY, AUGUST 1 at 12:30 p.m.**



## T&T Competition

J.O. GAMES - New Orleans, LA

July 29 - August 1, 2011



### 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 1,  
Zephyr Field

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### OPEN WORKOUTS

Thursday, July 28 - 6 - 8 p.m.

### AAU NATIONAL TEAM PIZZA PARTY

Friday, July 29 - 6 p.m.  
Knights of Columbus Hall

### T&T SOCK HOP

Friday, July 29 - 7-9 p.m.  
Knights of Columbus Hall

### AAU & STARS OF TOMORROW PRACTICE

Sunday, July 31 - 3:30 p.m. or after competition is over


### T&T PARADE OF CHAMPIONS & AWARDS

Monday, August 1 @ 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 29**

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

<b>ALL ATHLETES MUST COME AT LEAST 30 MINUTES PRIOR TO THE TIME SCHEDULED</b>								
<b>TIME</b>	<b>ROD 1</b>	<b>ROD 2</b>	<b>TRAMP 1</b>	<b>TRAMP 2</b>	<b>D-MINI 1</b>	<b>D-MINI 2</b>	<b>TIME</b>	
	<b>PRELIMS</b>	<b>PRELIMS</b>	<b>PRELIMS</b>	<b>PRELIMS</b>	<b>PRELIMS</b>	<b>PRELIMS</b>		
9:00	SB - ALL	AB G 7&U, 11&O AB B ALL	BEG G 9, 10	INT B ALL	SA G 10&U		9:00	
9:30	BEG G 6&U	AB G 8, 9, 10	BEG G 11&O	INT G 8&U, 15&O		SA G 13-14	9:30	
10:00	BEG G 7, 8	NOV G 9&U	BEG B ALL	INT G 11-12	SA G 15-16, 17&O		10:00	
10:30	BEG G 9, 10	NOV G 10, 11	BEG G 5, 6	INT G 13-14		SA B ALL	10:30	
11:00	BEG G 11&O BEG B ALL	NOV G 12&O	BEG G 7	INT G 9-10	SA G 11-12 F1		11:00	
11:30		NOV B ALL	BEG G 4&U, 8			SA G 11-12 F2	11:30	
12:00	<b>LUNCH</b>							12:00
12:30				*SA SYNC ALL	INT G 11-12		12:30	
1:00				*ADV SYNC ALL			1:00	
1:30				INT G 8&U INT B 11&O	1:30			
2:00				INT G 15&O INT B 10&U	2:00			
2:30				INT G 9-10	2:30			
3:00					3:00			
3:30				INT G 13-14	3:30			

**\*SYNC TRAMPOLINE - NO FINALS**

**SATURDAY, JULY 30**

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

<b>ALL ATHLETES MUST COME AT LEAST 30 MINUTES PRIOR TO THE TIME SCHEDULED</b>						
<b>TIME</b>	<b>ROD 1</b>	<b>TRAMP 1</b>	<b>TRAMP 2</b>	<b>D-MINI 1</b>	<b>D-MINI 2</b>	<b>TIME</b>
	<b>FINALS</b>	<b>PRELIMS</b>	<b>PRELIMS</b>	<b>PRELIMS</b>	<b>PRELIMS</b>	
9:00	SB ALL	NOV G 7&U	SA G 15&O	ADV G 10&U ADV B 17&O		9:00
9:30	BEG G 6&U	NOV B ALL	SA B ALL		ADV G 11-12	9:30
10:00	BEG G 7, 8	NOV G 12&O	SA G 10&U	ADV G 13-14		10:00
10:30	BEG G 9, 10	NOV G 8	SA G 11-12		ADV G 15-16	10:30
11:00	BEG G 11&O BEG B ALL	NOV G 9		ADV G 17&O F1		11:00
11:30	AB G 7&U AB B ALL	NOV G 10	SA G 13-14		ADV G 17&O F2	11:30
12:00	AB G 8&O	NOV G 11		ADV B 16&U		12:00
12:30	<b>LUNCH</b>					12:30
1:00	NOV G 9&U		ADV G 10&U ADV B 15&O	NOV G 7&U	BEG G 5&U	1:00
1:30	NOV G 10, 11		ADV G 11-12	NOV G 13&O NOV B ALL	BEG G 6 BEG B 6&U	1:30
2:00	NOV G 12&O		ADV G 13-14	NOV G 11	BEG G 7	2:00
2:30	NOV B ALL		ADV G 15-16	NOV G 8, 12	BEG G 9	2:30
3:00			ADV G 17&O	NOV G 10	BEG G 8 BEG B 7&O	3:00
3:30			ADV B 14&U	NOV G 9	BEG G 10&O	3:30

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

**SUNDAY, 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	ROD 2	TRAMP 1	D-MINI 1	D-MINI 2	TIME
	<b>PRELIMS</b>	<b>PRELIMS</b>	<b>*FINALS</b>	<b>*FINALS</b>	<b>*FINALS</b>	
9:00	ADV G 12&U	SN G 6&U, 13-14	BEG G 9 BEG B 6&U	BEG G 8		9:00
9:30	ADV G 13-14	SN G 7	BEG G 12&O BEG B 7&O		BEG G 9	9:30
10:00	ADV G 15-16	SN G 8	BEG G 5&U	BEG G 10 BEG B ALL		10:00
10:30	ADV G 17&O	SN G 9	BEG G 6, 10		BEG G 11&O	10:30
11:00	ADV B ALL		BEG G 7	BEG G 5&U		11:00
11:30	SN G 15&O SN B ALL	SN G 12	BEG G 8, 11		BEG G 6	11:30
12:00	SN G 10	SN G 11		BEG G 7		12:00
12:30	<b>LUNCH</b>					12:30
1:00	INT G8&U INT B ALL	SA G 10&U	ADV G 10&U ADV B 13&O	SA G 13-14		1:00
1:30	INT G 9-10	SA G 11-12	ADV G 15-16		SA G 8 & U SA B 9&O	1:30
2:00	INT G 11-12		ADV G 17&O	SA G 15&O SA B 8&U		2:00
2:30		SA G 13&O	ADV G 11-12		SA G 11-12	2:30
3:00	INT G 13-14	SA B ALL	ADV G 13-14 ADV B 12&U	SA G 9-10		3:00
3:30	INT G 15&O					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 1**

**Coaches & Judges' Meeting - 8:00 a.m.**

<b>ALL ATHLETES MUST COME AT LEAST 30 MINUTES PRIOR TO THE TIME SCHEDULED</b>							
<b>TIME</b>	<b>ROD 1</b>	<b>ROD 2</b>	<b>TRAMP 1</b>	<b>TRAMP 2</b>	<b>D-MINI 1</b>	<b>D-MINI 2</b>	<b>TIME</b>
	<b>*FINALS</b>	<b>*FINALS</b>	<b>*FINALS</b>	<b>*FINALS</b>	<b>*FINALS</b>	<b>*FINALS</b>	
8:30	ADV G 12&U ADV B 16&U	SN G 6&U, 13-14	NOV G 12		INT G 9-10		8:30
9:00	ADV G 13-14	SN G 7, 15&O	NOV G 10			INT G 11-12	9:00
9:30	ADV G 15-16	SN G 8	NOV G 9		INT G 13-14		9:30
10:00	ADV G 17&O ADV B 17&O	SN G 9	NOV G 11			INT G 8&U, 15&O	10:00
10:30	SA G 10&U	SN G 11	NOV G 13&O NOV B 8&U		NOV G 8	INT B ALL	10:30
11:00	SA G 11-12	SN G 10	NOV G 6&U NOV B 9&O		NOV G 7&U	NOV G 9	11:00
11:30	SA G 13-14, 15-16	SN G 12	NOV G 7		NOV G 10	NOV B ALL	11:30
12:00	SA G 17&O SA B ALL	SN B ALL	NOV G 8		NOV G 12&O	NOV G 11	12:00
12:30	<b>PARADE OF CHAMPIONS</b>						12:30
1:30	INT G 11-12		INT G 15&O INT B 10&U	SA G 10&U	ADV G 13-14		1:30
2:00	INT G 9-10		INT G 8&U INT B 11&O	SA G 11-12		ADV G 12&U	2:00
2:30	INT G 8&U INT B ALL		INT G 13-14	SA G 13-14	ADV G 15-16		2:30
3:00	INT G 13-14		INT G 11-12	SA B ALL		ADV G 17&O	3:00
3:30	INT G 15&O		INT G 9-10	SA G 15&O	ADV B ALL		3:30

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