



**2016 Men's J.O. National Championships**  
**Official Schedule – 4/21/16**  
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**Tuesday, May 3, 2016**

Set-up Arena

Arrival and coach's check-in at the Kellogg Arena 4:30pm-8:00pm

Open Training at venue 5pm-8pm (Warm-up Gym Only)

**Wednesday, May 4, 2016**

Arrival and coach's check-in at the Kellogg Arena 7:30am-5pm

Warm-up Gym open to all competitors (w/ coaches) 8am-5pm

*\*Due to the Opening Ceremonies setup, there will not be a vault available in the warmup gym on Wednesday*

**Off-Site Training Gym (Located in Full Blast across the street from Arena) will be open to all competitors (w/ coaches) from 9am-5pm on Wednesday**

REGIONAL PRACTICE TRAINING SCHEDULE:

(Competition Gym is open for all scheduled training by Regions)

Practice Session 1 – 8:00am – 10:15am – Regions 5 and 6

Practice Session 2 – 10:15am – 12:15pm – Regions 4 and 7

Practice Session 3 – 12:15pm – 2:45pm – Regions 3 and 8

Practice Session 4 – 2:45pm – 5:00pm – Regions 1,2 and 9

Coaches MANDATORY Technical Meeting: 5pm-6pm – Kellogg Arena

Gymnasts assemble for Opening Ceremony at **6:45pm** in the McCamly Plaza Atrium (In Warm-up Gear)

Doors open for Opening Ceremony at 7pm at the arena

**Opening Ceremony** with Live entertainment featuring keynote speaker, 2008 Olympian Jonathan Horton and a Live Concert performance by a very special guest, teen sensation, Daya!

NOTE: All sessions each day will utilize Capitol Cup format

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**Thursday, May 5, 2016**

Arena Doors open at 7:30am for Athletes and Spectators

Judges Meeting at 7:20am Kellogg Arena (Breakfast served) – Hospitality Room

**Off-Site Training Gym (Full Blast) will be open from 9am-5pm**

**Session 1: Level 10 Prelims (15-16) & (17-18) JO Qualifiers by club – Optional Routines**

8:00am – 8:20am      Open stretch in warm-up gym      **Flight A**  
8:20am – 8:40am      Open Stretch in competition gym      **Flight B**  
8:20am – 8:40am      Timed warm-up for **Flight A** (*timed warm-up for **Flight B** after march-in*)  
8:40am – 8:50am      Session 1 – March-in  
8:50am – 12:49pm      Session 1 – Competition  
(Judges Break: 12:49pm – 1:30pm)

**Session 2: Level 10 Prelims (15-16) & (17-18) JO Qualifiers by club – Optional Routines**

12:40pm – 1:00pm      Open stretch in warm-up gym      **Flight A**  
1:00pm – 1:20pm      Open Stretch in competition gym      **Flight B**  
1:00pm – 1:20pm      Timed warm-up for **Flight A** (*timed warm-up for **Flight B** after march-in*)  
1:20pm – 1:30pm      Session 2 – March-in  
1:30pm – 5:29pm      Session 2 – Competition  
(Judges Break: 5:59pm – 6:35pm)

\*The Top 24 JO AA qualifiers in each single age year (15), (16), (17), (18) for Saturday's Finals competition will be posted following the 3<sup>rd</sup> session.

**NOTE:** Top 12 JO Individual Event Qualifiers for Sat. competition will be finalized by Fri. May 6<sup>th</sup>, at 12:00pm (*Top 12 per event, in each single age year, after top 24 JO AA qualifiers have been removed*)

**Session 3: Level 10 Prelims (15-16) & (17-18) JE Qualifiers by club – Optional Routines**

5:20pm – 5:40pm      Open stretch in warm-up gym      **Flight A**  
5:40pm – 6:00pm      Open Stretch in competition gym      **Flight B**  
5:40pm – 6:00pm      Timed warm-up for **Flight A** (*timed warm-up for **Flight B** after march-in*)  
6:00pm – 6:10pm      Session 3 – March-in  
6:10pm – 10:00pm      Session 3 – Competition

Regional Team Awards Ceremony following Session 3 - Top 3 JE Level 10 (15 - 18) Teams; Top 3 JO Level (15 - 18) Teams.

Club Team winners announced for Level 10 (15 - 18) (JE and JO combined)

**NOTE: All Present must be in Competition Warm-up and Athletic Shoes or Slides to appear in award ceremonies.**

\*All JE competitors in this session will perform Technical Sequences on Saturday morning 1<sup>st</sup> Session.

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**Friday, May 6, 2016**

Arena Doors open at 7:30am for Athletes and Spectators

Judges Meeting at 7:45am Kellogg Arena (Breakfast served) – Hospitality Room

CGA meeting 9am-5pm –Montgomery Meeting Room (McCamly Plaza)

**Off-Site Training Gym (Full Blast) will be open from 9am-5pm**

**Session 4: Level 8 & 9 Prelims JO Qualifiers by club – Optional Routines**

8:00am – 8:30am      Open stretch in warm-up gym      **Flight A**  
8:20am – 8:50am      Open Stretch in competition gym      **Flight B**  
8:30am – 8:50am      Timed warm-up for **Flight A** (*timed warm-up for **Flight B** after march-in*)  
8:50am – 9:00am      Session 4 – March-in  
9:00am – 12:49pm      Session 4 – Competition  
(Judges Break: 12:49pm – 1:40pm)

**Session 5: Level 8 & 9 Prelims JO Qualifiers by club – Optional Routines**

12:40pm – 1:10pm      Open stretch in warm-up gym      **Flight A**  
1:00pm – 1:30pm      Open Stretch in competition gym      **Flight B**  
1:10pm – 1:30pm      Timed warm-up for **Flight A** (*timed warm-up for **Flight B** after march-in*)  
1:30pm – 1:40pm      Session 5 – March-in  
1:40pm – 5:29pm      Session 5 – Competition  
(Judges Break: 5:29pm – 6:20pm)

The Top 24 JO AA qualifiers for each single age year (11, (12), (13), (14) for Sunday's Finals competition to be posted following the 3<sup>rd</sup> session.

**NOTE:** Top 12 JO Individual Event Qualifiers for Sun. competition will be finalized by Sat. May 7<sup>th</sup>, 12:00pm (*top 12 per event, in each single age year, after top 24 JO AA qualifiers have been removed*)

**Session 6: Level 8 & 9 Prelims JE Qualifiers by club – Optional Routines**

5:20pm – 5:50pm      Open stretch in warm-up gym      **Flight A**  
5:40pm – 6:10pm      Open Stretch in competition gym      **Flight B**  
5:50pm – 6:10pm      Timed warm-up for **Flight A** (*timed warm-up for **Flight B** after march-in*)  
6:10pm – 6:20pm      Session 6 – March-in  
6:20pm – 9:43pm      Session 6 – Competition

Regional Team Awards Ceremony following Session 6 - Top 3 JE Teams from each level; Top 3 JO Teams from each level.

Club Team winners announced for each Level (JO and JE combined)

**NOTE: All Present must be in Competition Warm-up and Athletic Shoes or Slides to appear in award ceremonies.**

All JE competitors in this session will perform Technical Sequences on Sunday morning 1<sup>st</sup> Session

**Saturday, May 7, 2016**

Arena Doors open at 8:30am for Athletes and Spectators  
JOPC Meeting at 7:00am (Breakfast served) – Montgomery Meeting Room (McCamly Plaza)  
Judges Meeting 8:45am Kellogg Arena (Breakfast served) – Hospitality Room  
**Off-Site Training Gym (Full Blast) will be open from 9am-2pm**

**Session 7: Level 10 JE All Around & Individual Event Finals – Technical Sequence**

Single Judging Panel

9:00am – 9:30am	Open stretch in warm-up gym	<b>Flight A</b>
9:20am – 9:50am	Open Stretch in competition gym	<b>Flight B</b>
9:30am – 9:50am	Timed warm-up for <b>Flight A</b> ( <i>timed warm-up for <b>Flight B</b> after march-in</i> )	
9:50am – 1:59pm	Session 7 – March-in and Competition	
1:59pm – 2:59pm	Award Ceremonies / Judges Break	

JE All Around & Individual Event Awards Ceremony – Level 10 (15), (16), (17), (18)  
Announcement of qualifiers to US Championships: Top 24 Level 10 (15-16); Top 12 Level 10 (17-18)  
Announcement of Mandatory Meeting for Coaches & Athletes that qualified to US Championships

**Session 8: Level 10 JO All Around & Individual Event Finals – Optional Routines**

3:00pm – 3:20pm	Open stretch in warm-up gym	<b>Flight A</b>
3:15pm – 3:35pm	Open Stretch in competition gym	<b>Flight B</b>
3:20pm – 3:35pm	Timed warm-up for <b>Flight A</b> ( <i>timed warm-up for <b>Flight B</b> after march-in</i> )	
3:35pm – 7:45pm	Session 8 – March-in and Competition	
7:45pm – 8:45pm	Award Ceremonies	

JO All Around & Individual Event Awards Ceremony Level 10 (15), (16), (17), (18)

**Sunday, May 8, 2016**      ***HAPPY MOTHER'S DAY!***

Arena Doors open at 7:30am for Athletes and Spectators  
Judges Meeting 7:45am Kellogg Arena (Breakfast served) – Hospitality Room

**Session 9: Level 8 & 9 JE All Around & Individual Event Finals – Technical Sequence**

8:00am – 8:30am	Open stretch in warm-up gym	<b>Flight A</b>
8:20am – 8:50am	Open Stretch in competition gym	<b>Flight B</b>
8:30am – 8:50am	Timed warm-up for <b>Flight A</b> ( <i>timed warm-up for <b>Flight B</b> after march-in</i> )	
8:50am – 11:38am	Session 9 – March-in and Competition	
11:38am – 12:28pm	Award Ceremonies / Judges Break	

JE All Around & Individual Event Awards Ceremony Level 8 (11), (12), & Level 9 (13), (14)  
Announce the selection to the Junior National Team: Top 6 Level 8 (11-12); Top 10 Level 9 (13-14)  
Announce Mandatory Meeting for Coaches & Athletes that qualified to Junior National Team

**Session 10: Level 8 & 9 JO All Around & Individual Event Finals – Optional Routines**

12:15pm – 12:35pm	Open stretch in warm-up gym	<b>Flight A</b>
12:30pm – 12:50pm	Open Stretch in competition gym	<b>Flight B</b>
12:35pm – 12:50pm	Timed warm-up for <b>Flight A</b> ( <i>timed warm-up for <b>Flight B</b> after march-in</i> )	
12:50pm – 4:45pm	Session 10 – March-in and Competition	
4:45pm – 5:35pm	Award Ceremonies	

JO All Around & Individual Event Awards Level 8 (11), (12), & Level 9 (13), (14)