



2016 Men's J.O. National Championships
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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 3rd session.

NOTE: Top 12 JO Individual Event Qualifiers for Sat. competition will be finalized by Fri. May 6th, 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 1st 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 3rd session.

NOTE: Top 12 JO Individual Event Qualifiers for Sun. competition will be finalized by Sat. May 7th, 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 1st 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	Flight A
9:20am – 9:50am	Open Stretch in competition gym	Flight B
9:30am – 9:50am	Timed warm-up for Flight A (<i>timed warm-up for Flight 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 P&G 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	Flight A
3:15pm – 3:35pm	Open Stretch in competition gym	Flight B
3:20pm – 3:35pm	Timed warm-up for Flight A (<i>timed warm-up for Flight 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	Flight A
8:20am – 8:50am	Open Stretch in competition gym	Flight B
8:30am – 8:50am	Timed warm-up for Flight A (<i>timed warm-up for Flight 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	Flight A
12:30pm – 12:50pm	Open Stretch in competition gym	Flight B
12:35pm – 12:50pm	Timed warm-up for Flight A (<i>timed warm-up for Flight 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)