

**RHYTHMIC GYMNASTICS**  
**2009 JUNIOR OLYMPIC. COMPULSORY CHAMPIONSHIPS**  
**& ALL STARS**

**Virginia Wesleyan College, Norfolk, Va**

**Friday, May 29, 2009.**

**LEVEL 4**

**SESSION I**

**Child A - JR A & JR B** - (1 gymnast at a time)

**7:30am**

Gym Opens

**8:05am - 8:20am**

Time Warm up

**8:25am - 10:25am**

**COMPETITION**

**\*\*\*Events AWARDS immediately following Competition \*\*\***

**SESSION II**

**Child B (9Years)** (1 gymnast at a time)

**9:30am**

Gym Opens for Warm up

**10:10am - 10:25am**

Time Warm up

**10:30am - 1:15pm**

**COMPETITION.**

**\*\*\* Events AWARDS immediately following Competition \*\*\***

**SESSION III**

**Child B (8Years)** - (1 gymnast at a time)

**12:45pm**

Gym Opens for Warm up

**1:25pm - 1:40pm**

Time Warm up

**1:45pm - 3:45pm**

**COMPETITION**

**\*\*\* Events AWARDS immediately following Competition \*\*\***

**SESSION IV**

**Child C** - (1 gymnast at a time)

**2:50pm**

Gym Opens for Warm up

**3:25pm - 3:45pm**

Time Warm up

**3:50pm - 6:45pm**

**COMPETITION**

**~ Events AWARDS for Level Child C & All Around AWARDS for Level 4 immediately following Competition ~**

**RHYTHMIC GYMNASTICS**  
**2009 JUNIOR OLYMPIC. COMPULSORY CHAMPIONSHIPS**  
**& ALL STARS**

**Virginia Wesleyan College, Norfolk, Va**  
**Saturday, May 30, 2009.**

**LEVEL 5**

**SESSION I**

**7:30am**

**8:00am - 8:20am**

**8:25am - 10:05am**

**Child B - Floor/  & **

*Gym Opens for Warm up*

*Time Warm up*

**COMPETITION**

**\*\*\* AWARDS immediately following Competition \*\*\***

**SESSION II**

**9:15am**

**9:50am - 10:05am**

**10:10am - 11:15am**

**Child C (10 years)  & **

*Gym Opens for Warm Up*

*Time Warm up*

**COMPETITION**

**\*\*\* AWARDS immediately following Competition \*\*\***

**SESSION III**

**10:25am**

**10:00am - 10:15am**

**11:20am - 12:25pm**

**Junior A & Junior B -  & **

*Gym opens for Warm Up*

*Time Warm up*

**COMPETITION**

**\*\*\* AWARDS immediately following Competition \*\*\***

**12:20pm**

**All level prepare for Opening Ceremony in warm up area.**

**12:30pm**

**Opening Ceremony for All level**

**\*\*\*Level 5 JR A & B event Award, Level 4 JO Team Awards\*\*\***

**Immediately following Opening Ceremony**

**SESSION IV**

**Noon**

**12:55pm -1:10pm**

**1:15pm - 2:50pm**

**Level 5 Child C (11years) -  & **

*Gym opens for Warm up*

*Time Warm up*

**COMPETITION**

**\*\*\* AWARDS immediately following Competition \*\*\***

**RHYTHMIC GYMNASTICS**  
**2009 JUNIOR OLYMPIC. COMPULSORY CHAMPIONSHIPS**  
**& ALL STARS**

**Virginia Wesleyan College, Norfolk, Va**  
**Saturday, May 30, 2009.**

**LEVEL 6**

**SESSION V**

**1:55pm**  
**2:30pm -2:50pm**  
**2:55pm - 4:30pm**

**Child C (10years) JR B & SR -  & **

Gym opens for Warm up

Time Warm up

**COMPETITION**

**\*\*\* AWARDS immediately following Competition \*\*\***

**SESSION VI**

**3:35pm**  
**4:10pm -4:30pm**  
**4:35pm - 6:10pm**

**Child C (11years) -  & **

Gym opens for Warm up

Time Warm up

**COMPETITION**

**\*\*\* AWARDS immediately following Competition \*\*\***

**SESSION VII**

**5:15pm**  
**5:50pm -6:10pm**  
**6:15pm - 8:05pm**

**Child B & JR A -  & **

Gym opens for Warm up

Time Warm up

**COMPETITION**

**\*\*\* AWARDS immediately following Competition \*\*\***

**RHYTHMIC GYMNASTICS**  
**2009 JUNIOR OLYMPIC. COMPULSORY CHAMPIONSHIPS**

**Virginia Wesleyan College, Norfolk, Va**  
**Sunday, May 31, 2009.**

**LEVEL 6**

**SESSION I**

**7:30am**

**8:15am - 8:35pm**

**8:35am - 10:10am**

**Child C (11years)** -  & 

Gym Opens for Warm up

Time Warm up

**COMPETITION**

**\*\*\* AWARDS** immediately following Competition **\*\*\***

**SESSION II**

**9:10am**

**9:55am - 10:15am**

**10:15am - 12:05am**

**Child B & Junior A** -  & 

Gym Opens for Warm Up

Time Warm up

**COMPETITION**

**\*\*\* AWARDS** immediately following Competition **\*\*\***

**SESSION III**

**10:50am**

**11:35am - 11:55am**

**12:10am - 1:45pm**

**Child C(10years) - Junior B & Senior** -  & 

Gym opens for Warm Up

Time Warm up

**COMPETITION**

**\*\*\* AWARDS** immediately following Competition **\*\*\***

**RHYTHMIC GYMNASTICS**  
**2009 JUNIOR OLYMPIC COMPULSORY CHAMPIONSHIPS**

**Virginia Wesleyan College, Norfolk, Va**  
**Sunday, May 31, 2009.**

**LEVEL 5**

**SESSION IV**

**1:15pm**

**1:55pm - 2:10pm**

**2:15pm - 3:50pm**

**Child C (11years) -**



**&**



**Gym Opens for Warm up**

**Time Warm up**

**COMPETITION**

**\*\*\* AWARDS immediately following Competition \*\*\***

**SESSION V**

**2:55pm**

**3:35pm - 3:50pm**

**3:55pm - 5:00pm**

**Junior A & Junior B -**



**&**



**Gym Opens for Warm Up**

**Time Warm up**

**COMPETITION**

**\*\*\* AWARDS immediately following Competition \*\*\***

**SESSION VI**

**4:05pm**

**4:45pm - 5:00pm**

**5:05pm - 6:10pm**

**Child C (10years) -**



**&**



**Gym opens for Warm Up**

**Time Warm up**

**COMPETITION**

**\*\*\* AWARDS immediately following Competition \*\*\***

**SESSION VII**

**5:15pm**

**5:55pm - 6:15pm**

**6:15pm - 7:55pm**

**Child B -**



**&**



**Gym opens for Warm Up**

**Time Warm up**

**COMPETITION**

**7:45pm**

**All Competitors line up in Warm up area**

**8:00pm**

**Level 5 event Awards**

**Closing Ceremony with JO Team Awards**