

**USA GYMNASTICS TRAMPOLINE & TUMBLING
2010 JR. OLYMPIC NATIONAL CHAMPIONSHIPS
VIRGINIA BEACH, VIRGINIA**

SATURDAY, JUNE 26

7:00 - 8:00 pm Coaches' Education Hour - Convention Center Meeting Room 2B

SUNDAY, JUNE 27

7:30 am - 9:00 pm Competition Office Open
 8:00 - 11:00 am Judge's Category 1 Course - Trampoline - Convention Center Meeting Room 2C
 8:00 - 11:00 am Judge's Category 1 Course - Tumbling - Convention Center Meeting Room 2D
 11:00 am - 2:00 pm Judge's Category 1 Course - Double-Mini - Convention Center Meeting Room 2D
 8:00 am - 2:00 pm Levels 8 - 10 Training assigned by club (No SY during this time.)
 2:15 pm Levels 8 - 10 Competition cards due

SESSION 1 - LEVEL 10 SY

2:00 - 3:00 pm Session 1 Warm-up
 2:30 - 3:00 pm Judge's Meeting - Session 1
 3:00 - 3:15 pm March-In - Session 1 - All SY competitors

	SY -1			SY-2	
	prelims & finals				
3:15 - 4:30 pm	L10	17 & O G		L10	13-14 G
	L10	15-16 G			
4:30 - 5:45 pm	L10	17 & O B		L10	11-12 G
	L10	15-16 B		L10	10 & U G
	L10	13-14 B			
	L10	11-12 B			
	L10	10 & U B			

5:45 pm Awards - Session 1



USA GYMNASTICS TRAMPOLINE & TUMBLING

2010 JR. OLYMPIC NATIONAL CHAMPIONSHIPS

MONDAY, JUNE 28

SESSION 2

8:00 - 8:30 am

Judge's Meeting - Session 2

8:15 - 8:30 am

March-in - Session 2 - 1st Flights only

		TR-1		TR-2		TU-1		TU-2		DM-1		DM-2
8:30 - 9:00 am	L10	13-14 G	L9	13-14 B	L10	15-16 B	L10	17 & O G	L9	11-12 G	L8	15 & O B
								L10	11-12 G			
								L10	10 & U G			
9:00 - 9:30 am	L10	13-14 G	L9	13-14 B	L10	15-16 B	L10	17 & O B	L9	11-12 G	L8	15 & O B
9:30 - 10:00 am	L10	13-14 G	L9	10 & U G	L10	15-16 G	L10	17 & O B	L9	11-12 G	L8	13-14 B
			L9	10 & U B								
10:00 - 10:30 am	L10	10 & U G	L9	11-12 G	L10	15-16 G	L10	13-14 G	L9	13-14 G	L8	13-14 B
	L10	10 & U B										
10:30 - 11:00 am	L10	15-16 B	L9	11-12 G	L8	11-12 B	L10	13-14 G	L9	13-14 G	L8	13-14 B
11:00 - 11:30 am	L10	15-16 B	L9	11-12 G	L8	11-12 B	L10	11-12 B	L9	13-14 G	L8	11 G
							L10	13-14 B				
11:30 am - 12:00 pm	L10	15-16 B	L9	15 & O B	L8	15 & O G	L8	13-14 B	L9	13-14 G	L8	11 G
12:00 - 12:30 pm	L8	13-14 B	L9	15 & O B	L8	15 & O G	L8	13-14 B	L9	13-14 G	L8	11 G
12:30 - 1:00 pm	L8	13-14 B	L9	11-12 B	L8	15 & O G	L8	15 & O B	L9	15 & O B	L8	11-12 B
1:00 - 1:30 pm	L8	10 & U B	L9	11-12 B	L8	15 & O G	L8	15 & O B	L9	15 & O B	L8	11-12 B

1:30 pm

Awards - Session 2 - Levels 8 & 9 only

Awards will be presented earlier if competition is completed earlier than scheduled.



USA GYMNASTICS TRAMPOLINE & TUMBLING

2010 JR. OLYMPIC NATIONAL CHAMPIONSHIPS

MONDAY, JUNE 28 - continued

SESSION 3

1:45 - 2:00 pm

Judge's Meeting - Session 3

2:00 - 2:15 pm

March-in - Session 3 - 1st Flights only

		TR-1		TR-2		TU-1		TU-2		DM-1		DM-2
2:15 - 2:45 pm	L9	13-14 G	L10	17 & O B	L8	11-12 G			L9	13-14 B	L8	10 & U B
2:45 - 3:15 pm	L9	13-14 G	L10	17 & O B	L8	11-12 G			L9	13-14 B	L8	15-16 G
3:15 - 3:45 pm	L9	13-14 G	L10	15-16 G	L8	11-12 G			L9	15 & O G	L8	15-16 G
3:45 - 4:15 pm	L9	13-14 G	L10	15-16 G	L8	11-12 G			L9	15 & O G	L8	15-16 G
4:15 - 4:45 pm	L9	13-14 G	L10	15-16 G	L8	10 & U B			L9	15 & O G	L8	15-16 G
4:45 - 5:15 pm	L9	15 & O G	L10	11-12 G			L8	13-14 G	L9	15 & O G	L8	15-16 G
5:15 - 5:45 pm	L9	15 & O G	L10	11-12 G			L8	13-14 G	L9	11-12 B	L8	10 & U G
5:45 - 6:15 pm	L9	15 & O G	L10	17 & O G			L8	13-14 G	L9	11-12 B	L8	10 & U G
6:15 - 6:45 pm	L9	15 & O G	L10	17 & O G			L8	13-14 G	L9	10 & U G	L8	12 G
									L9	10 & U B		
6:45 - 7:15 pm	L10	11-12 B	L10	13-14 B					L8	17 & O G	L8	12 G
7:15 - 7:45 pm	L10	11-12 B	L10	13-14 B					L8	17 & O G	L8	12 G
7:45 - 8:15 pm									L8	17 & O G	L8	12 G

8:15 pm

Awards - Session 3 - Levels 8 & 9 only

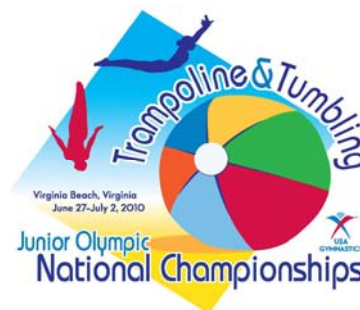
Awards will be presented earlier if competition is completed earlier than scheduled.

9:00 - 10:00 pm

Coaches' Education Hour - Convention Center Meeting Room 2B

7:00 - 10:00 pm

Level 1 Coaches' Course - Convention Center Meeting Room 2C



USA GYMNASTICS TRAMPOLINE & TUMBLING

2010 JR. OLYMPIC NATIONAL CHAMPIONSHIPS

TUESDAY, JUNE 29

7:15 - 8:15 am Level 1 Coaches' Course Spotting Requirement

SESSION 4

8:00 - 8:30 am Judge's Meeting - Session 4

8:15 - 8:30 am March-in - Session 4 - 1st Flights only

		TR-1		TR-2		TU-1		TU-2		DM-1		DM-2
8:30 - 9:00 am	L8	13-14 G	L8	15 & O G	L9	15 & O B	L8	10 & U G	L10	13-14 G	L10	13-14 B
9:00 - 9:30 am	L8	13-14 G	L8	15 & O G	L9	15 & O B	L8	10 & U G	L10	13-14 G	L10	13-14 B
9:30 - 10:00 am	L8	13-14 G	L8	15 & O G	L9	11-12 G	L9	13-14 B	L10	15-16 B	L10	11-12 G
											L10	10 & U G
											L10	10 & U B
10:00 - 10:30 am	L8	13-14 G	L8	15 & O G	L9	11-12 G	L9	10 & U B	L10	15-16 B	L10	17 & O G
10:30 - 11:00 am	L8	13-14 G	L8	15 & O G	L9	11-12 G	L9	11-12 B	L10	15-16 B	L10	17 & O G
11:00 - 11:30 am	L8	13-14 G	L8	15 & O G	L9	13-14 G	L9	15 & O G	L10	15-16 G	L10	17 & O B
11:30 am - 12:00 pm	L8	10 & U G	L8	11-12 G	L9	13-14 G	L9	15 & O G	L10	15-16 G	L10	17 & O B
12:00 - 12:30 pm	L8	10 & U G	L8	11-12 G	L9	13-14 G	L9	15 & O G	L10	11-12 B	L8	13 G
12:30 - 1:00 pm	L8	11-12 B	L8	11-12 G	L9	10 & U G			L8	14 G	L8	13 G
1:00 - 1:30 pm	L8	11-12 B	L8	11-12 G					L8	14 G	L8	13 G
1:30 - 2:00 pm	L8	15 & O B	L8	11-12 G					L8	14 G	L8	13 G
2:00 - 2:30 pm	L8	15 & O B	L8	11-12 G					L8	14 G	L8	13 G

2:30 pm Awards - Session 4 - Levels 8 & 9 only

Awards will be presented earlier if competition is completed earlier than scheduled.



USA GYMNASTICS TRAMPOLINE & TUMBLING

2010 JR. OLYMPIC NATIONAL CHAMPIONSHIPS

TUESDAY, JUNE 29 - continued

SESSION 5 - LEVEL 10 FINALS

3:00 - 4:00 pm Warm-up - Level 10 Finalists
 3:30 - 4:00 pm Judge's Meeting - Session 5
 4:00 - 4:10 pm March-In - Session 5 - All Finalists

		TR-1		TR-2		TU-1		TU-2		DM-1		DM-2
4:10 - 4:30 pm	L10	11-12 B	L10	13-14 b	L10	15-16 B	L10	17 & O G	L10	13-14 G	L10	17 & O G
							L10	11-12 G				
							L10	10 & U G				
4:30 - 4:50 pm	L10	15-16 B	L10	15-16 G			L10	17 & O B	L10	11-12 B	L10	11-12 G
											L10	10 & U G
											L10	10 & U B
4:50 - 5:10 pm	L10	10 & U G	L10	11-12 G	L10	15-16 G	L10	11-12 B	L10	15-16 B	L10	13-14 B
	L10	10 & U B					L10	13-14 B				
5:10 - 5:30 pm	L10	11-12 B	L10	17 & O G			L10	13-14 G	L10	15-16 G	L10	17 & O B
5:30 - 5:50 pm	L10	13-14 G	L10	17 & O B								

6:00 PM Awards - Session 5
 Awards will be presented earlier if competition is completed earlier than scheduled.

7:00 - 8:00 pm State & Regional Chair Meeting - Convention Center Meeting Room 2B
 7:00 - 8:00 pm Jr./Sr. Elite Open Training
 8:00 - 11:00 pm Level 8 - 10 J. O. Beach Party - 17th Street Park



USA GYMNASTICS TRAMPOLINE & TUMBLING 2010 JR. OLYMPIC NATIONAL CHAMPIONSHIPS

WEDNESDAY, JUNE 30

8:00 am - 2:00 pm Level 5-7 Training - Assigned by Club
 10:00 am - 12:00 pm Leader Level Judge's Training (by invitation) - Convention Center Meeting Room 2D
 1:30 - 2:15 pm JumpStart/ODP National Teams Exhibition Rehearsal - Staging area

SESSION 6

2:00 - 2:15 pm Judge's Meeting - Session 6
 2:15 - 2:25 pm March-in - Session 6 - 1st Flights only

	TR-1		TR-2		TU-1		TU-2		DM-1		DM-2
2:30 - 2:50 pm	L7 14 G	L5	11-12 B	L7	12 G	L7	13-14 G	L7	9-10 G	L6	9-10 B
2:50 - 3:10 pm	L7 14 G	L5	11-12 B	L7	12 G	L7	13-14 G	L7	9-10 G	L6	9-10 B
3:10 - 3:30 pm	L7 14 G	L5	10 G	L7	12 G	L7	13-14 G	L7	9-10 G	L6	9-10 B
3:30 - 3:50 pm	L7 14 G	L5	10 G	L6	14 G	L7	13-14 G	L7	9-10 G	L6	15 & O B
3:50 - 4:10 pm	L7 13-14 B	L5	10 G	L6	14 G	L7	13-14 G	L7	9-10 G	L6	7-8 B
										L6	6 U G
4:10 - 4:30 pm		L5	10 G	L6	14 G						

4:30 pm Awards - Session 6
 Awards will be presented earlier if competition is completed earlier than scheduled.



USA GYMNASTICS TRAMPOLINE & TUMBLING

2010 JR. OLYMPIC NATIONAL CHAMPIONSHIPS

GRAND MARCH OF TEAMS
&
REGIONAL ALL-STARS COMPETITION

WEDNESDAY, JUNE 30 - continued

SESSION 7

5:00 pm Regional All-Stars Competition Cards due
 5:00 - 5:45 pm Regional All-Stars Warm-up
 5:30 pm Athletes report for Grand March line-up
 5:30 - 6:00 pm Judge's Meeting - Session 7
 6:00 - 7:00 pm Grand March of Teams (all athletes, coaches & judges participating in National Championships)

	TR-1		TR-2		TU-1		TU-2		DM-1		DM-2
7:00 - 7:20 pm	10 & U B		10 & U G		17 & O B		17 & O G		13-14 B		13-14 G
7:20 - 7:40 pm	11-12 B		11-12 G		15-16 B		15-16 G		17 & O B		17 & O G
7:40 - 8:00 pm	13-14 B		13-14 G		10 & U B		10 & U G		15-16 B		15-16 G
8:00 - 8:20 pm	15-16 B		15-16 G		11-12 B		11-12 G		10 & U B		10 & U G
8:20 - 8:40 pm	17 & O B		17 & O G		13-14 B		13-14 G		11-12 B		11-12 G

8:45 pm Awards - Session 7



**USA GYMNASTICS TRAMPOLINE & TUMBLING
2010 JR. OLYMPIC NATIONAL CHAMPIONSHIPS**

THURSDAY, JULY 1

SESSION 8

7:45 - 8:00 am

Judge's Meeting - Session 8

8:00 - 8:15 am

March-in - Session 8 - 1st Flights only

		TR-1		TR-2		TU-1		TU-2		DM-1		DM-2
8:20 - 8:40 am	L6	15 & O G	L7	13 G	L7	11-12 B	L6	7-8 B	L5	10 G	L7	9-10 B
							L6	7-8 G				
							L6	6 & U G				
8:40 - 9:00 am	L6	15 & O G	L7	13 G	L7	11-12 B	L6	13 G	L5	10 G	L7	9-10 B
9:00 - 9:20 am	L6	12 G	L7	13 G	L7	15 & O B	L6	13 G	L5	10 G	L7	9-10 B
9:20 - 9:40 am	L6	12 G	L7	13 G	L7	7-8 G	L6	13 G	L5	7-8 B	L7	15 & O G
					L7	6 & U G						
9:40 - 10:00 am	L6	12 G	L5	13-14 G	L7	11 G	L6	13 G	L5	15 & O G	L7	15 & O G
									L5	15 & O B		
									L5	13-14 B		
10:00 - 10:20 am	L6	12 G	L5	13-14 G	L7	11 G	L6	9 G	L5	6 & U G	L7	15 & O G
									L5	6 & U B		
10:20 - 10:40 am	L6	12 G	L5	11-12 G	L7	11 G	L6	9 G	L5	9-10 B	L7	15 & O G
10:40 - 11:00 am	L6	12 G	L5	11-12 G	L7	11 G	L6	9 G	L5	9-10 B	L7	15 & O G
11:00 - 11:20 am	L6	10 G	L5	11-12 G	L7	15 & O G	L6	9-10 B	L5	7-8 G	L7	13-14 B
11:20 - 11:40 am	L6	10 G	L5	11-12 G	L7	15 & O G	L6	9-10 B	L5	7-8 G	L7	13-14 B
11:40 am - 12:00 pm	L6	10 G	L5	11-12 G	L7	15 & O G	L6	13-14 B	L5	7-8 G	L7	11-12 B
12:00 - 12:20 pm	L6	10 G	L5	11-12 G	L7	13-14 B	L6	15 & O B	L5	7-8 G	L7	11-12 B
12:20 - 12:40 pm	L6	10 G	L5	7-8 B	L7	9-10 B	L6	15 & O B	L5	11-12 B	L7	11-12 B
			L5	6 & U G								

12:40 pm

Awards - Session 8

Awards will be presented earlier if competition is completed earlier than scheduled



**USA GYMNASTICS TRAMPOLINE & TUMBLING
2010 JR. OLYMPIC NATIONAL CHAMPIONSHIPS**

THURSDAY, JULY 1 - continued

SESSION 9

1:10 - 1:40 pm Judge's Meeting - Session 9
1:30 - 1:40 pm March-in - Session 9 - 1st Flights only

		TR-1		TR-2		TU-1		TU-2		DM-1		DM-2
1:40 - 2:00 pm	L5	9-10 B	L7	15 & O B	L7	9-10 G	L5	11 G	L6	12 G	L7	14 G
2:00 - 2:20 pm	L5	9-10 B	L7	11-12 B	L7	9-10 G	L5	11 G	L6	12 G	L7	14 G
2:20 - 2:40 pm	L5	7-8 G	L7	11-12 B	L7	9-10 G	L5	11 G	L6	12 G	L7	14 G
2:40 - 3:00 pm	L5	7-8 G	L7	11-12 B	L6	15 & O G	L5	11 G	L6	12 G	L7	14 G
3:00 - 3:20 pm	L5	7-8 G	L7	15 & O G	L6	15 & O G	L5	12 G	L6	10 G	L7	13 G
3:20 - 3:40 pm	L5	7-8 G	L7	15 & O G	L6	15 & O G	L5	12 G	L6	10 G	L7	13 G
3:40 - 4:00 pm	L5	7-8 G	L7	15 & O G	L6	11-12 B	L5	12 G	L6	10 G	L7	13 G
4:00 - 4:20 pm	L5	9 G	L7	9-10 G	L6	11-12 B	L5	13-14 B	L6	10 G	L7	13 G
							L5	15 & O B				
4:20 - 4:40 pm	L5	9 G	L7	9-10 G	L6	11 G	L5	9-10 B	L6	7-8 G	L7	13 G
4:40 - 5:00 pm	L5	9 G	L7	9-10 G	L6	11 G	L5	9-10 B	L6	7-8 G	L7	12 G
5:00 - 5:20 pm	L5	9 G	L7	9-10 G	L6	11 G	L5	11-12 B	L6	15 & O G	L7	12 G
5:20 - 5:40 pm	L5	13-14 B	L7	7-8 B	L6	11 G	L5	11-12 B			L7	12 G
	L5	15 & O B	L7	7-8 G								
5:40 - 6:00 pm	L5	15 & O G			L6	11 G	L5	6 & U G			L7	12 G
							L5	7-8 B				

6:00 pm Awards - Session 9
Awards will be presented earlier if competition is completed earlier than scheduled.

7:00 - 10:00 pm Level 5-7 Beach Party - 17th Street Park

7:00 - 8:00 pm Jr./Sr. Elite Open Training
7:00 - 8:30 pm JumpStart Test Admin. Training - Convention Center Meeting Room 2B
8:30 - 9:30 pm Coaches' Education Hour - Convention Center Meeting Room 2B



**USA GYMNASTICS TRAMPOLINE & TUMBLING
2010 JR. OLYMPIC NATIONAL CHAMPIONSHIPS**

FRIDAY, JULY 2

SESSION 10

8:15 - 8:40 am Judge's Meeting - Session 10
8:30 - 8:40 am March-in - Session 10 - 1st Flights only

		TR-1		TR-2		TU-1		TU-2		DM-1		DM-2
8:40 - 9:00 am	L6	9-10 B	L6	11 G	L5	7-8 G	L6	12 G	L5	9 G	L7	11 G
9:00 - 9:20 am	L6	9-10 B	L6	11 G	L5	7-8 G	L6	12 G	L5	9 G	L7	11 G
9:20 - 9:40 am	L6	9-10 B	L6	11 G	L5	7-8 G	L6	12 G	L5	9 G	L7	11 G
9:40 - 10:00 am	L6	11-12 B	L6	11 G	L5	7-8 G	L6	12 G	L6	13-14 G	L7	11 G
10:00 - 10:20 am	L6	11-12 B	L6	11 G	L5	15 & O G	L6	10 G	L6	13-14 G	L7	11 G
10:20 - 10:40 am	L6	11-12 B	L6	11 G	L5	15 & O G	L6	10 G	L6	13-14 G	L7	11 G
10:40 - 11:00 am	L6	13 G	L6	11 G	L5	9 G	L6	10 G	L6	13-14 G	L5	11-12 G
11:00 - 11:20 am	L6	13 G	L6	13-14 B	L5	9 G	L6	10 G	L6	11 G	L5	11-12 G
11:20 - 11:40 am	L6	13 G	L6	13-14 B	L5	9 G			L6	11 G	L5	11-12 G
11:40 am - 12:00 pm	L6	13 G	L6	6 & U G	L5	9 G			L6	11 G	L5	11-12 G
12:00 - 12:20 pm									L6	11 G	L5	11-12 G

12:20 pm Awards - Session 10
Awards will be presented earlier if competition is completed earlier than scheduled.



**USA GYMNASTICS TRAMPOLINE & TUMBLING
2010 JR. OLYMPIC NATIONAL CHAMPIONSHIPS**

FRIDAY, JULY 2 - continued

SESSION 11

12:45 - 1:10 pm

Judge's Meeting - Session 11

1:-00 - 1:10 pm

March-in - Session 11 - 1st Flights only

		TR-1		TR-2		TU-1		TU-2		DM-1		DM-2	
1:10 - 1:30 pm	L7	11 G	L6	7-8 G				L5	13-14 G	L6	11-12 B	L6	9 G
1:30 - 1:50 pm	L7	11 G	L6	7-8 G				L5	13-14 G	L6	11-12 B	L6	9 G
1:50 - 2:10 pm	L7	11 G	L6	7-8 G				L5	13-14 G	L6	11-12 B	L6	9 G
2:10 - 2:30 pm	L7	11 G	L6	9 G				L5	13-14 G	L5	13-14 G	L6	9 G
2:30 - 2:50 pm	L7	12 G	L6	9 G		L5	10 G			L5	13-14 G	L6	9 G
2:50 - 3:10 pm	L7	12 G	L6	9 G		L5	10 G			L7	7-8 B	L6	13-14 B
3:10 - 3:30 pm	L7	12 G	L6	9 G		L5	10 G			L7	15 & O B	L6	13-14 B
3:30 - 3:50 pm	L7	9-10 B	L6	9 G		L5	10 G			L7	7-8 G		
3:50 - 4:10 pm	L7	9-10 B	L6	14 G		L5	10 G						
4:10 - 4:30 pm	L6	7-8 B	L6	14 G									
	L6	15 & O B											
4:30 - 4:50 pm			L6	14 G									

4:50 pm

Awards - Session 11

Awards will be presented earlier if competition is completed earlier than scheduled.

SAFE TRAVELS!

