



**2009 WOMEN'S JR. OLYMPIC
NATIONAL INVITATIONAL TOURNAMENT (JO-NIT)
REVISED 5/15/09**

Site: Puyallup Fair Showplex, 110 9th Avenue SW, Puyallup, WA 98371

Saturday, May 16

8:00 am – 10:30 am Training for Sunday JO-NIT competitors only- competition gyms

Sunday, May 17

SESSION I: COMPETITION FOR SENIOR A & B DIVISION

8:00	-	8:25	Open stretch
8:25	-	8:40	March-in and Introductions for all Sr. A & B athletes
8:40	-	8:54	Timed warm-up on first event for Flight 1
8:55	-	10:55	SENIOR A & B COMPETITION
11:00	-	11:30	Awards

SESSION II: COMPETITION FOR JUNIOR C & D DIVISION

11:15	-	11:40	Open stretch
11:40	-	11:55	March-in and Introductions for all Jr. C & D athletes
11:55	-	12:09	Timed warm-up on first event for Flight 1
12:10	-	2:10	JUNIOR C & D COMPETITION
2:15	-	2:45	Awards

SESSION III: COMPETITION FOR JUNIOR A & B / SENIOR C & D DIVISION

2:15	-	2:40	Open stretch
2:40	-	2:55	March-in and Introductions for all Jr. A & B / Sr. C & D athletes
2:55	-	3:09	Timed warm-up on first event for Flight 1
3:10	-	6:00	JUNIOR A & B / SENIOR C & D COMPETITION
6:15	-	6:45	Awards