



2012 WOMEN'S JR. OLYMPIC NATIONAL CHAMPIONSHIPS SCHEDULE OF EVENTS

Site: Hampton Roads Convention Center
Contact: Tami Harrison, World Class Gymnastics
E-mail: gymsme2@aol.com

For Hotel Reservations: Go to <http://www.ntssportstravel.com/book/may12/womensjochamps.shtml>

Wednesday, May 9

7:30pm - 8:30 pm

8:30pm - 9:15 pm

Coaches sign-in/pick up Meet Info packets – Hampton Roads Convention Center
Coaches' Meeting – Hampton Roads Convention Center

Thursday, May 10

8:00 am – 4:30 pm

6:00 pm - 9:30 pm

Training in competition gyms (1st 30 min./session in training hall only)
Reg. 3 & 5: 8:00 AM -10:30 AM; Reg. 1 & 4: 10:00 AM – 12:30 PM;
Reg. 2 & 8: 12:00 PM - 2:30 PM; Reg. 6 & 7: 2:00 PM – 4:30 PM
Welcome Banquet – Hampton Roads Convention Center

Friday, May 11

8:00 am – 10:30 am

Training for Saturday JO National competitors only

Session I

10:30 am – 11:15 am

11:30 am – 3:30 pm

3:30 pm – 4:00 pm

4:00 pm – 4:30 pm

Junior A / Senior A

Warm-ups (General & 1st event for Flight I teams)

Competition

Awards: Jr. & Sr. A All-Around, Ind. Event & Team

Meeting for JO National team qualifiers (Jr. A & Sr. A)

Session II

4:00 pm – 4:45 pm

5:00 pm – 9:00 pm

9:00 pm – 9:30 pm

9:30 pm – 10:00 pm

Junior B / Senior B

Warm-ups (General & 1st event for Flight I teams)

Competition

Awards: Jr. & Sr. B All-Around, Ind. Event & Team

Meeting for JO National team qualifiers (Jr. B & Sr. B)

Saturday, May 12

8:00 am – 10:30 am

Training for Saturday JO-NIT competitors only

Session III

10:30 am – 11:15 am

11:30 am – 3:30 pm

3:30 pm – 4:00 pm

4:00 pm – 4:30 pm

Junior C / Senior C

Warm-ups (General & 1st event for Flight I teams)

Competition

Awards: Jr. & Sr. C All-Around, Ind. Event & Team

Meeting for JO National team qualifiers (Jr. C & Sr. C)

Session IV

4:00 pm – 4:45 pm

5:00 pm – 9:00 pm

9:00 pm – 9:30 pm

9:30 pm – 10:00 pm

Junior D / Senior D

Warm-ups (General & 1st event for Flight I teams)

Competition

Awards: Jr. & Sr. D All-Around, Ind. Event & Team

Meeting for JO National team qualifiers (Jr. D & Sr. D)