



2013 JR. OLYMPIC NATIONAL CHAMPIONSHIPS & JR. OLYMPIC NATIONAL INVITATIONAL TOURNAMENT (JO-NIT)

SCHEDULE OF EVENTS

Site: Minneapolis Convention Center

Contact: Dana Honson, Twin City Twisters

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For Hotel Reservations: <http://www.ntssportstravel.com/book/may13/womensjo.shtml>

Wednesday, May 8

7:30pm - 8:30 pm

8:30pm - 9:15 pm

Coaches sign-in/pick up Meet Info packets – Minneapolis Hilton, Rm. TBD

Coaches' Meeting – Minneapolis Hilton, Rm. TBD

Thursday, May 9

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. 6 & 7: 8:00 AM -10:30 AM; Reg. 3 & 8: 10:00 AM – 12:30 PM;

Reg. 1 & 2: 12:00 PM - 2:30 PM; Reg. 4 & 5: 2:00 PM – 4:30 PM

Welcome Banquet – Windows on Minnesota, 50th floor of the IDS Bldg. downtown

Friday, May 10

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 11

8:00 am – 10:30 am

Training for Sunday 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)



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Friday, May 10

6:00 pm – 8:30 pm

Coaches/athletes' credentials/meet packets available at check-in area
Minneapolis Convention Center

Saturday, May 11

7:30 am – 8:00 am

Coaches/athletes pick up credentials/meet packet at check-in area
8:00 am – 10:30 am
Training for Sunday JO-NIT competitors only

Sunday, May 12

Competition Format – 2 competition gyms/non-traditional
(same format as JO Nationals)

SESSION I: COMPETITION FOR JUNIOR A & B and SENIOR A & B DIVISIONS

8:00	-	8:30	Open stretch
8:30	-	8:44	Timed warm-up on first event for Flight 1 (Jr./Sr. A)
8:45	-	8:55	March-in and Introductions for all Jr. and Sr. A & B athletes
9:00	-	11:45	JUNIOR A & B and SENIOR A & B COMPETITION
11:45	-	12:15	Awards

SESSION II: COMPETITION FOR JUNIOR C & D and SENIOR C & D DIVISION

12:00	-	12:30	Open stretch
12:30	-	12:44	Timed warm-up on first event for Flight 1 (Jr./Sr. C)
12:45	-	12:55	March-in and Introductions for all Jr. C & D athletes
1:00	-	3:45	JUNIOR C & D and SENIOR C & D COMPETITION
3:45	-	4:15	Awards