



2016 Junior Olympic National Championships
 Training Day Schedule
 Friday, May 6, 2016

1. Open Stretch is allowed in the designated competition gym.
2. Each region will be split into eight groups (four JR, four SR) and will be assigned four events in each of the competitive gyms. Each gym contains two sets of apparatus. Athletes will train on the apparatus on which they will compete.
3. Approximately 10-12 athletes per group with 30-minute rotations on each event.
4. Check with your Regional Administrative or JO Chairperson for first and second alternate training options.

Training Time	Region 5 FLIGHT 2	Region 6 FLIGHT 1	Region 7 FLIGHT 1	Region 8 FLIGHT 2	Region 1 FLIGHT 1	Region 2 FLIGHT 2	Region 3 FLIGHT 2	Region 4 FLIGHT 1
8:00-8:30am	OPEN STRETCH	OPEN STRETCH						
8:30-9:00am	V,B,BM,FX	V,B,BM,FX						
9:00-9:30am	V,B,BM,FX	V,B,BM,FX						
9:30-10:00am	V,B,BM,FX	V,B,BM,FX						
10:00-10:30am	V,B,BM,FX	V,B,BM,FX						
10:30-11:00am			OPEN STRETCH	OPEN STRETCH				
11:00-11:30am			V,B,BM,FX	V,B,BM,FX				
11:30-Noon			V,B,BM,FX	V,B,BM,FX				
Noon-12:30pm			V,B,BM,FX	V,B,BM,FX				
12:30-1:00pm			V,B,BM,FX	V,B,BM,FX				
1:00-1:30pm					OPEN STRETCH	OPEN STRETCH		
1:30-2:00pm					V,B,BM,FX	V,B,BM,FX		
2:00-2:30pm					V,B,BM,FX	V,B,BM,FX		
2:30-3:00pm					V,B,BM,FX	V,B,BM,FX		
3:00-3:30pm					V,B,BM,FX	V,B,BM,FX		
3:30-4:00pm							OPEN STRETCH	OPEN STRETCH
4:00-4:30pm							V,B,BM,FX	V,B,BM,FX
4:30-5:00pm							V,B,BM,FX	V,B,BM,FX
5:00-5:30pm							V,B,BM,FX	V,B,BM,FX
5:30-6:00pm							V,B,BM,FX	V,B,BM,FX

