

FINAL EVENT SCHEDULE

A/O 4/17/19

**Tuesday, April 30, 2019****5:00 PM - 8:00 PM**

Open Training in the work-out gym (GYM #3)* only.

Wednesday, May 1, 2019**Official Training by Reg. (Gym #1)***

9:00 AM - 10:55 AM REGIONS 1,2
 10:55 AM - 1:10 PM REGIONS 3, 9
 1:10 PM - 2:50 PM REGION 5
 2:50 PM - 5:00 PM REGIONS 4,7
 5:00 PM - 7:00 PM REGIONS 6, 8

7:00 PM - 8:00 PM **Technical Meeting - Mandatory for Coaches****Thursday, May 2, 2019**

Convention Center opens at 7:30 AM

Session #1 – Level 9 JO DIV. OPT ROUT. (13), (14) {136} 3 hr 0 min

8:00 AM - 8:20 AM Athlete arrival/Open stretch in warm-up gym Flight A
 8:20 AM - 8:40 AM Athlete arrival/Open stretch in competition gym Flight B
 8:20 AM - 8:40 AM Timed warm-up for Flight A (*timed warm-up for flight B after march-in*)
 8:40 AM - 11:45 AM Session #1 - March in and Competition
 11:45 AM - 12:30 PM 13 & 14 YR. OLD J.O. AA & EVENT AWDS - LEV. 9 JO REG. TEAM AWD.

Session #2 – Level 8 & 9 JE DIV. OPT ROUT. (11), (12) {61} - (13), (14) {70} 2 hr 55 min

12:55 PM - 1:15 PM Athlete arrival/Open stretch in warm-up gym Flight A
 1:15 PM - 1:35 PM Athlete arrival/Open stretch in competition gym Flight B
 1:15 PM - 1:35 PM Timed warm-up for Flight A (*timed warm-up for flight B after march-in*)
 1:35 PM - 4:35 PM Session #2 - March in and Competition
 4:35 PM - 4:55 PM LEV. 9 CLUB TEAM AWDS. PRESENTED - AA AND EVENT AWDS AFTER SESS 7
 LEV. 8 JE REG. TEAM AWD, LEV. 9 JE REG. TEAM AWD

Session #3 – Level 10 JE DIV. OPT. ROUT. (15), (16), (17), (18) {114} 2 hr 50 min

5:10 PM - 5:30 PM Athlete arrival/Open stretch in warm-up gym Flight A
 5:30 PM - 5:50 PM Athlete arrival/Open stretch in competition gym Flight B
 5:30 PM - 5:50 PM Timed warm-up for Flight A (*timed warm-up for flight B after march-in*)
 5:50 PM - 8:45 PM Session #3 - March in and Competition
 8:45 PM - 8:55 PM LEV. 10 JE REG. TEAM AWD. - AA AND EVENT AWDS. AFTER SESS. 6

Friday, May 3, 2019

Convention Center opens at 7:30 AM

Session #4 – Level 10 JO DIV. OPT. ROUT. PRELIMS (15), (16), (17), (18) {150} 3 hr 25 min

8:00 AM - 8:20 AM Athlete arrival/Open stretch in warm-up gym Flight A
 8:20 AM - 8:40 AM Athlete arrival/Open stretch in competition gym Flight B
 8:20 AM - 8:40 AM Timed warm-up for Flight A (*timed warm-up for flight B after march-in*)
 8:40 AM - 12:10 PM Session #4 - March in and Competition
 12:10 PM - 12:10 PM AA AND EVENT AWDS. AFTER SESS. 10

Session #5 – Level 10 JO DIV. OPT. ROUT. PRELIMS (15), (16), (17), (18) {151} 3 hr 25 min

12:30 PM - 12:50 PM Athlete arrival/Open stretch in warm-up gym Flight A
 12:50 PM - 1:10 PM Athlete arrival/Open stretch in competition gym Flight B
 12:50 PM - 1:10 PM Timed warm-up for Flight A (*timed warm-up for flight B after march-in*)
 1:10 PM - 4:40 PM Session #5 - March in and Competition
 4:40 PM - 4:40 PM AA AND EVENT AWDS. AFTER SESS. 10

Session #6 – Level 10 JO DIV. OPT. ROUT. PRELIMS (15), (16), (17), (18) {120} 2 hr 55 min

5:00 PM - 5:20 PM Athlete arrival/Open stretch in warm-up gym Flight A
 5:20 PM - 5:40 PM Athlete arrival/Open stretch in competition gym Flight B
 5:20 PM - 5:40 PM Timed warm-up for Flight A (*timed warm-up for flight B after march-in*)
 5:40 PM - 8:40 PM Session #6 - March in and Competition
 8:40 PM - 9:00 PM REG. TEAM AWARDS, USAG SVC AWDS., AA AND EVENT AWDS. AFTER SESS. 10

Saturday, May 4, 2019

8:00 AM - 10:30 AM

Convention Center opens at 7:30 AM

LEVEL 8 - OFFICIAL TRAINING IN THE COMPETITION GYM (GYM #1)*

Session #7 – Lev. 8 (11), (12) {61}, Lev 9 (13), (14) {70} JE DIV. TECH. SEQ. ROUT.		2 hr	40 min
11:30 AM - 11:50 AM	Athlete arrival/Open stretch in warm-up gym Flight A		
11:50 AM - 12:10 PM	Athlete arrival/Open stretch in competition gym Flight B		
11:50 AM - 12:10 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
12:10 PM - 2:55 PM	Session #7 - March in and Competition		
2:55 PM - 3:55 PM	AA AND EVENT AWDS., QUALIFIERS TO JR. NATIONAL TEAM NAMED		

Session #8 – Lev. 10 (15), (16) {51}, (17), (18) {63} JE DIV. TECH. SEQ. ROUT.		2 hr	30 min
4:10 PM - 4:30 PM	Athlete arrival/Open stretch in warm-up gym Flight A		
4:30 PM - 4:50 PM	Athlete arrival/Open stretch in competition gym Flight B		
4:30 PM - 4:50 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
4:50 PM - 7:25 PM	Session #8 - March in and Competition		
7:25 PM - 8:35 PM	FRANK CUMISKEY AWARD, AA AND EVENT AWDS. LEV. 10 CLUB TEAM AWD., MAS WATANABE AWD, ROBERTO PUMPITO AWD. QUALIFIERS TO U.S.A. CHAMPIONSHIPS NAMED		

Sunday, May 5, 2019

Convention Center opens at 7:30 AM

Session #9 - Level 8 JO DIVISION (12) {96}		2 hr	50 min
8:00 AM - 8:20 AM	Athlete arrival/Open stretch in warm-up gym Flight A		
8:20 AM - 8:40 AM	Athlete arrival/Open stretch in competition gym Flight B		
8:20 AM - 8:40 AM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
8:40 AM - 11:35 AM	Session #10 - March in and Competition		
11:35 AM - 12:05 PM	AA AND EVENT AWDS. , LEV 8 CLUB TEAM AWD., LEV 8 JO REG. TEAM AWD.		

Session #10 – Lev. 10 (15), (16) {72}, (17), (18) {72} JO DIV FINALS		3 hr	20 min
12:30 PM - 12:50 PM	Athlete arrival/Open stretch in warm-up gym Flight A		
12:50 PM - 1:10 PM	Athlete arrival/Open stretch in competition gym Flight B		
12:50 PM - 1:10 PM	Timed warm-up for Flight A (<i>timed warm-up for flight B after march-in</i>)		
1:10 PM - 4:35 PM	Session #11 - March in and Competition		
4:35 PM - 5:35 PM	AA AND EVENT AWDS.		

NOTES

1. Within the session information, you will find levels and age groups. Age groups within a set of parentheses indicate a group for individual awards.
Numbers in curly brackets are the expected # of gymnasts in the group or session.

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Gym 1 = Competition Gym

Open Wednesday for specific Regional Training Sessions.

Open Saturday from 8:00am – 10:30am for JO Level 8's only.

Gym 2 = Warm-up Gym

Open all day Wednesday to everyone.

Open Thursday – Sunday for competition warm-up only.

Gym 3 = Workout Gym

Open to all gymnasts for training, Tuesday 5:00pm – 8:00pm.

Open Wednesday – Saturday during competition time.