



2019 JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS

SCHEDULE OF EVENTS
 SITE: Indiana Convention Center (ICC), Indianapolis, IN.
 CONTACT: Annie Heffernon
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 Hotel Reservations:
[Click here for hotel reservations.](#)



Thursday, May 16, 2019			
4:00 PM	7:00 PM	GK Elite Apparel Distribution and NCAA Coach Check-In	ICC
4:00 PM	7:00 PM	Coaches' Sign-In and Meet Info Packet Pick Up	ICC
Friday, May 17, 2019			
8:00 AM	5:00 PM	GK Elite Apparel Distribution All Day	ICC
8:00 AM	10:30 AM	Region 4 and 5 Training	Competition Gym
10:30 AM	1:00 PM	Region 3 and 6 Training	Competition Gym
1:00 PM	3:30 PM	Region 2 and 7 Training	Competition Gym
3:30 PM	6:00 PM	Region 1 and 8 Training	Competition Gym
7:00 PM	9:30 PM	Welcome Party	TBA
Saturday, May 18, 2019			
SESSION I - JUNIOR A and SENIOR A			
7:45 AM	8:00 AM	Group pictures for Flight 2 Athletes	ICC
8:00 AM	8:25 AM	Open Stretch and Coaches Meeting	Competition Gym
8:30 AM	8:45 AM	March-In	Competition Gym
8:45 AM	9:00 AM	Warm-up First event for Flight 1 Athletes	Competition Gym
9:00 AM	12:30 PM	Competition	Competition Gym
		Group pictures for Flight 1 Athletes immediately following the conclusion of the last event.	
12:30 PM	1:30 PM	Awards	Awards Area
1:30 PM	1:35 PM	JO National Team Qualifiers Meeting (JR A and SR A)	Awards Area
SESSION II - JUNIOR B and SENIOR B			
12:30 PM	12:45 PM	Group pictures for Flight 2 Athletes	ICC
12:45 PM	1:10 PM	Open Stretch and Coaches Meeting	Competition Gym
1:15 PM	1:30 PM	March-In	Competition Gym
1:30 PM	1:45 PM	Warm-up First event for Flight 1 Athletes	Competition Gym
1:45 PM	5:15 PM	Competition	Competition Gym
		Group pictures for Flight 1 Athletes immediately following the conclusion of the last event.	
5:15 PM	6:15 PM	Awards	Awards Area
6:15 PM	6:20 PM	JO National Team Qualifiers Meeting (JR B and SR B)	Awards Area
SESSION III - JUNIOR C and SENIOR C			
5:15 PM	5:30 PM	Group pictures for Flight 2 Athletes	ICC
5:30 PM	5:55 PM	Open Stretch and Coaches Meeting	Competition Gym
6:00 PM	6:15 PM	March-In	Competition Gym
6:15 PM	6:30 PM	Warm-up First event for Flight 1 Athletes	Competition Gym
6:30 PM	10:00 PM	Competition	Competition Gym
		Group pictures for Flight 1 Athletes immediately following the conclusion of the last event.	
10:00 PM	11:00 PM	Awards	Awards Area
11:00 PM	11:05 PM	JO National Team Qualifiers Meeting (JR C and SR C)	Awards Area
Sunday, May 19, 2019			
SESSION IV - JUNIOR D and SENIOR D			
7:45 AM	8:00 AM	Group pictures for Flight 2 Athletes	ICC
8:00 AM	8:25 AM	Open Stretch and Coaches Meeting	Competition Gym
8:30 AM	8:45 AM	March-In	Competition Gym
8:45 AM	9:00 AM	Warm-up First event for Flight 1 Athletes	Competition Gym
9:00 AM	12:30 PM	Competition	Competition Gym
		Group pictures for Flight 1 Athletes immediately following the conclusion of the last event.	
12:30 PM	1:30 PM	Awards	Awards Area
1:30 PM	1:35 PM	JO National Team Qualifiers Meeting (JR D and SR D)	Awards Area

SESSION V - JUNIOR E and SENIOR E			
12:30 PM	12:45 PM	Group pictures for Flight 2 Athletes	ICC
12:45 PM	1:10 PM	Open Stretch and Coaches Meeting	Competition Gym
1:15 PM	1:30 PM	March-In	Competition Gym
1:30 PM	1:45 PM	Warm-up First event for Flight 1 Athletes	Competition Gym
1:45 PM	5:15 PM	Competition	Competition Gym
		Group pictures for Flight 1 Athletes immediately following the conclusion of the last event.	
5:15 PM	6:15 PM	Awards	Awards Area
6:15 PM	6:20 PM	JO National Team Qualifiers Meeting (JR E and SR E)	Awards Area
SESSION VI - JUNIOR F and SENIOR F			
5:15 PM	5:30 PM	Group pictures for Flight 2 Athletes	ICC
5:30 PM	5:55 PM	Open Stretch and Coaches Meeting	Competition Gym
6:00 PM	6:15 PM	March-In	Competition Gym
6:15 PM	6:30 PM	Warm-up First event for Flight 1 Athletes	Competition Gym
6:30 PM	10:00 PM	Competition	Competition Gym
		Group pictures for Flight 1 Athletes immediately following the conclusion of the last event.	
10:00 PM	11:00 PM	Awards	Awards Area
11:00 PM	11:05 PM	JO National Team Qualifiers Meeting (JR F and SR F)	Awards Area