



## 2016 JR OLYMPIC LEVEL 9 EASTERN NATIONAL CHAMPIONSHIPS

SCHEDULE OF EVENTS

SITE: VIRGINIA BEACH CONVENTION CENTER, VIRGINIA BEACH, VA

CONTACT: DIANE BERRY HOST: OCEAN TUMBLERS GYMNASTICS

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Hotel Information:

TBA



USA GYMNASTICS.

Thursday, April 28, 2016			
8:00 AM	5:00 PM	GK COMPETITION APPAREL PICK-UP	VA Beach Convention Center
8:00 AM	10:30 AM	Open Workout for Region 6	Competition Gym
10:30 AM	1:00 PM	Open Workout for Region 8	Competition Gym
1:00 PM	3:30 PM	Open Workout for Region 5	Competition Gym
3:30 PM	6:00 PM	Open Workout for Region 7	Competition Gym
6:30 PM	9:30 PM	Welcome Party	TBA
Friday, April 29, 2016			
8:00 AM	8:00 PM	GK COMPETITION APPAREL PICK-UP	VA Beach Convention Center
SESSION I - JUNIOR 1 & JUNIOR 2			
8:30 AM	9:15 AM	Open Stretch (30 min), March-In and Introductions	Competition Gym
9:20 AM	9:35 AM	Flight 1 Timed Warm-up	Competition Gym
9:35 AM	12:15 PM	Junior 1 and Junior 2 Competition	Competition Gym
12:15 PM	12:45 PM	Awards for Junior 1 and Junior 2	
SESSION II - JUNIOR 3 & JUNIOR 4			
12:30 PM	1:15 PM	Open Stretch (30 min), March-In and Introductions	Competition Gym
1:20 PM	1:35 PM	Flight 1 Timed Warm-up	Competition Gym
1:35 PM	4:15 PM	Junior 3 and Junior 4 Competition	Competition Gym
4:15 PM	4:45 PM	Awards for Junior 3 and Junior 4	
SESSION III - JUNIOR 5 & JUNIOR 6			
4:30 PM	5:15 PM	Open Stretch (30 min), March-In and Introductions	Competition Gym
5:20 PM	5:35 PM	Flight 1 Timed Warm-up	Competition Gym
5:35 PM	8:15 PM	Junior 5 and Junior 6 Competition	Competition Gym
8:15 PM	8:45 PM	Awards for Junior 5 and Junior 6	
Saturday, April 30, 2016			
8:00 AM	8:00 PM	GK COMPETITION APPAREL PICK-UP	VA Beach Convention Center
SESSION IV - JUNIOR 7 & JUNIOR 8			
8:30 AM	9:15 AM	Open Stretch (30 min), March-In and Introductions	Competition Gym
9:20 AM	9:35 AM	Flight 1 Timed Warm-up	Competition Gym
9:35 AM	12:15 PM	Junior 7 and Junior 8 Competition	Competition Gym
12:15 PM	12:45 PM	Awards for Junior 7 and Junior 8	
SESSION V - SENIOR 1 & SENIOR 2			
12:30 PM	1:15 PM	Open Stretch (30 min), March-In and Introductions	Competition Gym
1:20 PM	1:35 PM	Flight 1 Timed Warm-up	Competition Gym
1:35 PM	4:15 PM	Senior 1 and Senior 2 Competition	Competition Gym
4:15 PM	4:45 PM	Awards for Senior 1 and Senior 2	
SESSION VI - SENIOR 3 & SENIOR 4			
4:30 PM	5:15 PM	Open Stretch (30 min), March-In and Introductions	Competition Gym
5:20 PM	5:35 PM	Flight 1 Timed Warm-up	Competition Gym
5:35 PM	8:15 PM	Senior 3 and Senior 4 Competition	Competition Gym
8:15 PM	8:45 PM	Awards for Senior 3 and Senior 4	
Sunday, May 01, 2016			
8:00 AM	12:00 PM	GK COMPETITION APPAREL PICK-UP	VA Beach Convention Center
SESSION VII - SENIOR 5 & SENIOR 6			
8:00 AM	8:45 AM	Open Stretch (30 min), March-In and Introductions	Competition Gym
8:50 AM	9:05 AM	Flight 1 Timed Warm-up	Competition Gym
9:05 AM	11:45 AM	Senior 5 and Senior 6 Competition	Competition Gym
11:45 AM	12:15 PM	Awards for Senior 5 and Senior 6	
SESSION VIII - SENIOR 7 & SENIOR 8			
12:00 PM	12:45 PM	Open Stretch (30 min), March-In and Introductions	Competition Gym
12:50 PM	1:05 PM	Flight 1 Timed Warm-up	Competition Gym
1:05 PM	3:45 PM	Senior 7 and Senior 8 Competition	Competition Gym
3:45 PM	4:15 PM	Awards for Senior 7 and Senior 8	