

**USA GYMNASTICS TRAMPOLINE & TUMBLING
2009 JR. OLYMPIC NATIONAL CHAMPIONSHIPS
SAN JOSE, CALIFORNIA**

TUESDAY, JUNE 23

6:00 - 10:00 pm Category 1 TU Judges' Course - Convention Center - Meeting Room **G**
6:00 - 10:00 pm Level 1 Coach's Course - Convention Center - Meeting Room **F**

WEDNESDAY, JUNE 24

8:00 am - 12:00 pm Category 1 TR Judges' Course - Convention Center - Meeting Room **G**
1:00 - 5:00 pm Category 1 DM Judges' Course - Convention Center - Meeting Room **G**
8:00 - 9:00 am Level 1 Coach's Course - Spotting Session - Hall 2-3
9:00 am - 3:00 pm Levels 8 - 10 Training assigned by club (No SY during this time.)
3:15 pm Levels 8 - 10 Competition cards due

SESSION 1 - LEVEL 10 SY

3:30 - 4:00 pm Judge's Meeting - Session 1
3:00 - 4:00 pm Session 1 Warm-up
4:00 pm - 4:15 pm March-In - Session 1 - All SY competitors

	SY -1			SY-2	
	prelims & finals				
4:15 - 5:30 pm	L10	17 & O G		L10	13-14 G
	L10	15-16 G		L10	17 & O B
5:30 - 6:45 pm	L10	15-16 B		L10	11-12 G
	L10	13-14 B			
	L10	11-12 B			

6:45 pm Awards - Session 1

7:00 - 8:00 pm Jr./Sr. Elite Open Training

USA GYMNASTICS TRAMPOLINE & TUMBLING

2009 JR. OLYMPIC NATIONAL CHAMPIONSHIPS

THURSDAY, JUNE 25

SESSION 2

8:00 - 8:15 am

Judge's Meeting - Session 2

8:15 - 8:30 am

March-in - Session 2 - 1st Flights only

		TR-1		TR-2		TU-1		TU-2		DM-1		DM-2
8:30 - 9:00 am	L10	13-14 G	L9	13-14 B	L8	7-8 G	L10	17 & O G	L9	11-12 G	L8	15 & O B
					L8	7-8 B						
					L8	9-10 B						
9:00 - 9:30 am	L10	13-14 G	L9	13-14 B	L8	9-10 G	L10	17 & O G	L9	11-12 G	L8	15 & O B
9:30 - 10:00 am	L10	13-14 G	L9	9-10 B	L8	9-10 G	L10	15-16 G	L9	11-12 G	L8	13-14 B
			L9	9-10 G								
10:00 - 10:30 am	L10	13-14 G	L9	11-12 G	L8	11-12 B	L10	15-16 G	L9	13-14 G	L8	13-14 B
10:30 - 11:00 am	L10	10 & U G	L9	11-12 G	L8	11-12 B	L10	17 & O B	L9	13-14 G	L8	13-14 B
11:00 - 11:30 am	L10	15-16 B	L9	11-12 G	L10	11-12 G	L10	17 & O B	L9	13-14 G	L8	11 G
11:30 am - 12:00 pm	L10	15-16 B	L9	15 & O B	L10	15-16 B	L10	13-14 G	L9	13-14 G	L8	11 G
12:00 - 12:30 pm	L10	15-16 B	L9	15 & O B	L10	11-12 B	L10	13-14 G	L9	9-10 G	L8	11 G
					L10	13-14 B						

12:30 pm

Awards - Session 2 - Levels 8 & 9 only

Awards will be presented earlier if competition is completed earlier than scheduled.

USA GYMNASTICS TRAMPOLINE & TUMBLING

2009 JR. OLYMPIC NATIONAL CHAMPIONSHIPS

THURSDAY, JUNE 25, continued

SESSION 3

12:45 - 1:00 pm

Judge's Meeting - Session 3

1:00 - 1:15 pm

March-in - Session 3 - 1st Flights only

		TR-1		TR-2		TU-1		TU-2		DM-1		DM-2	
1:15 - 1:45 pm	L9	13-14 G	L10	17 & O B	L8	11-12 G	L8	15 & O G	L9	13-14 B	10	L8	11-12 B
1:45 - 2:15 pm	L9	13-14 G	L10	17 & O B	L8	11-12 G	L8	15 & O G	L9	13-14 B	9	L8	11-12 B
2:15 - 2:45 pm	L9	13-14 G	L10	15-16 G	L8	11-12 G	L8	15 & O G	L9	9-10 B	5	L8	15 & O G
2:45 - 3:15 pm	L9	13-14 G	L10	15-16 G	L8	11-12 G	L8	15 & O B	L9	15 & O G	8	L8	15 & O G
3:15 - 3:45 pm	L9	15 & O G	L10	11-12 G	L8	13-14 G	L8	13-14 B	L9	15 & O G	8	L8	15 & O G
3:45 - 4:15 pm	L9	15 & O G	L10	11-12 G	L8	13-14 G	L8	13-14 B	L9	15 & O G	8	L8	15 & O G
4:15 - 4:45 pm	L10	11-12 B	L10	11-12 G	L8	13-14 G			L9	15 & O B	8	L8	15 & O G
4:45 - 5:15 pm	L10	11-12 B	L10	17 & O G	L8	13-14 G			L9	15 & O B	8	L8	15 & O G
5:15 - 5:45 pm	L10	13-14 B	L10	17 & O G					L9	15 & O B	7	L8	9-10 G
5:45 - 6:15 pm	L10	13-14 B	L10	17 & O G					L9	11-12 B	9	L8	9-10 G

6:15 pm

Awards - Session 3 - Levels 8 & 9 only

Awards will be presented earlier if competition is completed earlier than scheduled.

7:00 - 8:00 pm

Jr./Sr. Elite Open Training

USA GYMNASTICS TRAMPOLINE & TUMBLING

2009 JR. OLYMPIC NATIONAL CHAMPIONSHIPS

FRIDAY, JUNE 26

SESSION 4

9:00 - 9:15 am

Judge's Meeting - Session 4

9:15 - 9:30 am

March-in - Session 4 - 1st Flights only

		TR-1		TR-2		TU-1					DM-1		DM-2	
9:30 - 10:00 am	L8	13-14 G	L9	11-12 B	L9	13-14 B					L10	13-14 G	L10	15-16 G
10:00 - 10:30 am	L8	13-14 G	L8	11-12 G	L9	15 & O B					L10	13-14 G	L10	11-12 G
10:30 - 11:00 am	L8	13-14 G	L8	11-12 G	L9	15 & O B					L10	17 & O G	L10	11-12 G
11:00 - 11:30 am	L8	13-14 G	L8	11-12 G	L9	11-12 G					L10	17 & O G	L10	10 & U G
													L10	11-12 B
11:30 am - 12:00 pm	L8	13-14 G	L8	11-12 G	L9	11-12 G					L10	17 & O B	L10	13-14 B
12:00 - 12:30 pm	L8	15 & O G	L8	11-12 G	L9	13-14 G					L10	17 & O B	L8	14 G
12:30 - 1:00 pm	L8	15 & O G			L9	13-14 G					L10	15-16 B	L8	14 G
1:00 - 1:30 pm	L8	15 & O G			L9	13-14 G					L10	15-16 B	L8	14 G
1:30 - 2:00 pm	L8	15 & O G												

2:00 pm

Awards - Session 4 - Levels 8 & 9 only

Awards will be presented earlier if competition is completed earlier than scheduled.

USA GYMNASTICS TRAMPOLINE & TUMBLING

2009 JR. OLYMPIC NATIONAL CHAMPIONSHIPS

FRIDAY, JUNE 26, continued

SESSION 5 - LEVEL 10 FINALS

3:00 - 4:00 pm Warm-up - Level 10 Finalists
 3:30 - 4:00 pm Judge's Meeting - Session 5
 4:00 - 4:15 pm March-In - Session 5 - All Finalists

		TR-1		TR-2		TU-1		TU-2		DM-1		DM-2
4:20 - 4:40 pm	L10	13-14 B	L10	17 & O B	L10	11-12 G	L10	17 & O G	L10	13-14 G	L10	15-16 G
4:40 - 5:00 pm	L10	15-16 B	L10	15-16 G	L10	11-12 B	L10	17 & O B	L10	17 & O G	L10	11-12 G
					L10	13-14 B						
5:00 - 5:20 pm	L10	10 & U G	L10	11-12 G	L10	15-16 B	L10	15 -16 G	L10	17 & O B	L10	13-14 B
5:20 - 5:40 pm	L10	11-12 B	L10	17 & O G			L10	13-14 G	L10	15-16 B	L10	10 & U G
											L10	11-12 B
5:40 - 6:00 pm	L10	13-14 G										

6:-00 pm Awards - Session 5
 Awards will be presented earlier if competition is completed earlier than scheduled.

7:00 - 8:00 pm Jr./Sr. Elite Open Training
 7:00 - 10:00 pm Leader Level Judge's Course (by invitation) - Convention Center - Meeting Room G
 7:00 - 8:00 pm JumpStart Test Admin. Training - Convention Center - Meting Room F
 8:00 - 11:00 pm Level 8 - 10 J. O. Dance Party - San Jose Marriott

**USA GYMNASTICS TRAMPOLINE & TUMBLING
2009 JR. OLYMPIC NATIONAL CHAMPIONSHIPS**

SATURDAY, JUNE 27

8:00 am - 2:00 pm Level 5-7 Training - Assigned by Club
1:30 - 2:15 pm JumpStart National Team Rehearsal - Staging area

SESSION 6

2:00 - 2:15 pm Judge's Meeting - Session 6
2:15 - 2:25 pm March-in - Session 6 - 1st Flights only

		TR-1		TR-2				TU-2		DM-1		DM-2	
2:30 - 3:00 pm	L8	7-8 G	L8	9-10 G				L9	9-10 G	L8	12 G	L8	13 G
	L8	7-8 B						L9	9-10 B				
	L8	9-10 B											
3:00 - 3:30 pm	L8	13-14 B	L8	9-10 G				L9	15 & O G	L8	12 G	L8	13 G
3:30 - 4:00 pm	L8	13-14 B	L8	11-12 B				L9	15 & O G	L8	12 G	L8	13 G
4:00 - 4:30 pm	L8	15 & O B	L8	11-12 B				L9	15 & O G	L8	12 G	L8	13 G
4:30 - 5:00 pm	L8	15 & O B						L9	11-12 B			L8	7-8 G
												L8	9-10 B

5:00 pm Awards - Session 6
Awards will be presented earlier if competition is completed earlier than scheduled.

USA GYMNASTICS TRAMPOLINE & TUMBLING

2009 JR. OLYMPIC NATIONAL CHAMPIONSHIPS

**GRAND MARCH OF TEAMS
&
REGIONAL ALL-STARS COMPETITION**

SATURDAY, JUNE 27 - continued

SESSION 7

5:00 pm Regional All-Stars Competition Cards due
5:00 - 5:45 pm Regional All-Stars Warm-up
5:30 pm Athletes report for Grand March line-up
5:30 - 6:00 pm Judge's Meeting - Session 7
6:00 - 7:00 pm **Grand March of Teams** (all athletes, coaches & judges participating in National Championships)

	TR-1	TR-2	TU-1	TU-2	DM-1	DM-2
7:00 - 7:20 pm	10 & U B	10 & U G	17 & O B	17 & O G	13-14 B	13-14 G
7:20 - 7:40 pm	11-12 B	11-12 G	15-16 B	15-16 G	17 & O B	17 & O G
7:40 - 8:00 pm	13-14 B	13-14 G	10 & U B	10 & U G	15-16 B	15-16 G
8:00 - 8:20 pm	15-16 B	15-16 G	11-12 B	11-12 G	10 & U B	10 & U G
8:20 - 8:40 pm	17 & O B	17 & O G	13-14 B	13-14 G	11-12 B	11-12 G

8:45 pm Awards - Session 7

**USA GYMNASTICS TRAMPOLINE & TUMBLING
2009 JR. OLYMPIC NATIONAL CHAMPIONSHIPS**

SUNDAY, JUNE 28

SESSION 8

7:45 - 8:00 am

Judge's Meeting - Session 8

8:00 - 8:15 am

March-in - Session 8 - 1st Flights only

		TR-1		TR-2		TU-1		TU-2		DM-1		DM-2
8:20 - 8:40 am	L6	15 & O G	L5	13-14 G	L7	13-14 B	L6	7-8 B	L5	10 G	L7	9-10 B
							L6	15 & O B				
8:40 - 9:00 am	L6	15 O G	L5	13-14 G	L7	13-14 B	L6	13-14 G	L5	10 G	L7	15 & O B
9:00 - 9:20 am	L6	12 G	L5	9 G	L7	11-12 B	L6	13-14 G	L5	10 G	L7	15 & O G
9:20 - 9:40 am	L6	12 G	L5	9 G	L7	11-12 B	L6	13-14 G	L5	10 G	L7	15 & O G
9:40 - 10:00 am	L6	12 G	L5	9 G	L7	15 & O B	L6	13-14 G	L5	7-8 B	L7	15 & O G
10:00 - 10:20 am	L6	12 G	L5	11-12 G	L7	9-10 B	L6	13-14 G	L5	6 & U G	L7	15 & O G
					L7	7-8 B			L5	6 & U B		
10:20 - 10:40 am	L6	12 G	L5	11-12 G	L7	7-8 G	L6	9 G	L5	9-10 B	L7	15 & O G
									L5	13-14 B		
10:40 - 11:00 am	L6	12 G	L5	11-12 G	L7	11-12 G	L6	9 G	L5	7-8 G	L7	13-14 B
11:00 - 11:20 am	L6	10 G	L5	11-12 G	L7	11-12 G	L6	7-8 G	L5	7-8 G	L7	13-4 B
11:20 - 11:40 am	L6	10 G	L5	11-12 G	L7	11-12 G	L6	7-8 G	L5	7-8 G	L7	11-12 B
11:40 am - 12:00 pm	L6	10 G	L5	6 & U G	L7	11-12 G	L6	9-10 B	L5	7-8 G	L7	11-12 B
			L5	6 & U B								
12:00 - 12:20 pm	L6	10 G	L5	11-12 B	L7	11-12 G	L6	9-10 B	L5	15 & O G	L7	11-12 B
12:20 - 12:40 pm	L6	10 G	L5	11-12 B							L7	7-8 G

12:40 pm

Awards - Session 8

Awards will be presented earlier if competition is completed earlier than scheduled

**USA GYMNASTICS TRAMPOLINE & TUMBLING
2009 JR. OLYMPIC NATIONAL CHAMPIONSHIPS**

SUNDAY, JUNE 28, continued

SESSION 9

1:00 - 1:20 pm Judge's Meeting - Session 9
1:20 - 1:30 pm March-in - Session 9 - 1st Flights only

		TR-1		TR-2		TU-1		TU-2		DM-1		DM-2
1:40 - 2:00 pm	L5	9-10 B	L7	15 & O B	L7	9-10 G	L5	11 G	L6	12 G	L7	14 G
2:00 - 2:20 pm	L5	9-10 B	L7	15 & O B	L7	9-10 G	L5	11 G	L6	12 G	L7	14 G
2:20 - 2:40 pm	L5	7-8 G	L7	11-12 B	L7	9-10 G	L5	11 G	L6	12 G	L7	14 G
2:40 - 3:00 pm	L5	7-8 G	L7	11-12 B	L6	15 & O G	L5	11 G	L6	12 G	L7	13 G
3:00 - 3:20 pm	L5	7-8 G	L7	15 & O G	L6	15 & O G	L5	12 G	L6	10 G	L7	13 G
3:20 - 3:40 pm	L5	7-8 G	L7	15 & O G	L6	11-12 B	L5	12 G	L6	10 G	L7	13 G
3:40 - 4:00 pm	L5	7-8 B	L7	15 & O G	L6	11-12 B	L5	12 G	L6	10 G	L7	13 G
4:00 - 4:20 pm	L5	7-8 B	L7	15 & O G	L6	11 G	L5	12 G	L6	10 G	L7	12 G
4:20 - 4:40 pm	L5	10 G	L7	9-10 G	L6	11 G	L5	13-14 B	L6	10 G	L7	12 G
							L5	15 & O B				
4:40 - 5:00 pm	L5	10 G	L7	9-10 G	L6	11 G	L5	9-10 B	L6	7-8 G	L7	12 G
5:00 - 5:20 pm	L5	10 G	L7	9-10 G	L6	11 G	L5	9-10 B	L6	7-8 G	L7	12 G
5:20 - 5:40 pm	L5	10 G	L7	9-10 B	L6	13-14 B	L5	13-14 G	L6	15 & O G		
5:40 - 6:00 pm	L5	10 G			L6	13-14 B	L5	13-14 G				

6:00 pm Awards - Session 9
Awards will be presented earlier if competition is completed earlier than scheduled.

7:00 - 8:00 pm Jr./Sr. Elite Open Training
7:00 pm JumpStart Test Admin. Training - Convention Center - Meeting Room F

**USA GYMNASTICS TRAMPOLINE & TUMBLING
2009 JR. OLYMPIC NATIONAL CHAMPIONSHIPS**

MONDAY, JUNE 29

SESSION 10

8:00 - 8:15 am Judge's Meeting - Session 10
8:20 - 8:40 am March-in - Session 10 - 1st Flights only

		TR-1		TR-2		TU-1		TU-2		DM-1		DM-2
8:40 - 9:00 am	L5	13-14 B	L6	11 G	L5	7-8 G	L6	12 G	L5	9 G	L7	9-10 G
	L5	15 & O G										
9:00 - 9:20 am	L6	14 G	L6	11 G	L5	7-8 G	L6	12 G	L5	9 G	L7	9-10 G
9:20 - 9:40 am	L6	14 G	L6	11 G	L5	7-8 G	L6	12 G	L5	9 G	L7	9-10 G
9:40 - 10:00 am	L6	14 G	L6	11 G	L5	6 & U G	L6	12 G	L5	9 G	L7	9-10 G
10:00 - 10:20 am	L6	9-10 B	L6	11 G	L5	15 & O G	L6	10 G	L6	13-14 G	L7	11 G
10:20 - 10:40 am	L6	9-10 B	L6	13-14 B	L5	15 & O G	L6	10 G	L6	13-14 G	L7	11 G
10:40 - 11:00 am	L6	9-10 B	L6	13-14 B	L5	9 G	L6	10 G	L6	13-14 G	L7	11 G
11:00 - 11:20 am	L6	11-12 B	L6	7-8 B	L5	9 G	L6	10 G	L6	13-14 G	L7	11 G
			L6	15 & O B								
11:20 - 11:40 am	L6	11-12 B	L7	13-14 G	L5	9 G	L7	15 & O G	L6	7-8 B	L7	7-8 B
11:40 am - 12:00 pm	L6	11-12 B	L7	13-14 G	L5	9 G	L7	15 & O G	L6	13-14 B	L5	11-12 G
12:00 - 12:20 pm	L6	13 G	L7	13-14 G	L5	11-12 B	L7	15 & O G	L6	11 G	L5	11-12 G
12:20 - 12:40 pm	L6	13 G	L7	13-14 G	L5	11-12 B	L7	15 & O G	L6	11 G	L5	11-12 G
12:40 - 1:00 pm	L6	13 G	L7	13-14 G	L5	7-8 B			L6	11 G	L5	11-12 G
1:00 - 1:20 pm	L6	13 G	L7	7-8 B					L6	11 G		
			L7	7-8 G								

1:20 pm Awards - Session 10
Awards will be presented earlier if competition is completed earlier than scheduled.

**USA GYMNASTICS TRAMPOLINE & TUMBLING
2009 JR. OLYMPIC NATIONAL CHAMPIONSHIPS**

MONDAY, JUNE 29, continued

SESSION 11

2:00 - 2:15 pm Judge's Meeting - Session 11
2:15 - 2:25 pm March-in - Session 11 - 1st Flights only

		TR-1		TR-2		TU-1		TU-2		DM-1		DM-2
2:30 - 2:50 pm	L7	13-14 B	L6	7-8 G	L5	10 G	L7	13-14 G	L6	11-12 B	L5	13-14 G
2:50 - 3:10 pm	L7	13-14 B	L6	7-8 G	L5	10 G	L7	13-14 G	L6	11-12 B	L5	13-14 G
3:10 - 3:30 pm	L7	11-12 G	L6	7-8 G	L5	10 G	L7	13-14 G	L6	9 G	L5	11-12 B
3:30 - 3:50 pm	L7	11-12 G	L6	9 G	L5	10 G	L7	13-14 G	L6	9 G	L5	11-12 B
3:50 - 4:10 pm	L7	11-12 G	L6	9 G	L5	10 G			L6	9 G	L6	9-10 B
4:10 - 4:30 pm	L7	11-12 G	L6	9 G							L6	9-10 B
4:30 - 4:50 pm	L7	11-12 G	L6	9 G							L6	9-10 B

4:40 pm Awards - Session 11
Awards will be presented earlier if competition is completed earlier than scheduled.

8:00 - 11:00 pm Levels 5-7 J. O. Dance Party - San Jose Marriott