



2015 AAU
Junior Olympic Games

Boo Williams Sport Complex
 5 Armistead Pointe Parkway,
 Hampton, VA 23666

August 5, 6, 2015 www.aaugymnastics.org

August 5, 2015

Session 1

Level 1 (6) & 2 (27)
 8:00 am – 8:15 am Stretch
 8:15 am – 8:30 am warm up
 8:30 am – 9:30 am Compete
 Awards to follow

Session 2

Level 3 (33)
 9:30 am – 9:50 am Stretch
 9:50 am – 10:00 am warm up
 10:00 am – 11:30 am Compete
 Awards to follow

Session 3

Level 4 (20) & 5 (5)
 11:30 am – 11:50 am Stretch
 11:50 am – 12:00 pm warm up
 12:00 pm – 1:30 pm Compete
 Awards to follow

Session 4

Xcel Bronze (33)
 1:30 pm – 1:50 pm Stretch
 1:50 pm – 2:00 pm warm up
 2:00 pm – 4:00 pm Compete
 Awards to follow

Session 5

Xcel Silver (34)
 4:00 pm – 4:20 pm Stretch
 4:20 pm – 4:30 pm warm up
 4:30 pm – 6:30 pm Compete
 Awards to follow



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Session 6

Xcel Gold (26)
 8:00 am – 8:20 am Stretch
 8:20 am – 8:30 am warm up
 8:30 am – 10:00 am Compete
 Awards to follow

Session 7

Xcel Platinum (14) & Diamond (10)
 10:00 am – 10:20 am Stretch
 10:20 am – 10:30 am warm up
 10:30 am – 12:30 pm Compete
 Awards to follow

Session 8

Level 6 (22) & 7 (14)
 12:30 pm – 12:50 pm Stretch
 12:50 pm – 1:00 pm warm up
 1:00 pm – 3:30 pm Compete
 Awards to follow

Session 9

Level 8 (14), Open (5),
 ALL Women's (7)
 3:30 pm – 3:50 pm Stretch
 3:50 pm – 4:00 pm warm up
 4:00 pm – 6:00 pm Compete
 Awards to follow

All sessions are
 Modified Traditional format