



AAU Junior Olympic Games 2010 Gymnastics Schedule

Saturday, July 31

9:00 am Session One-**Prelims**, All Intermediate Optionals

9:00-9:30 am General Stretching

9:30-9:45 am Capital Cup Format (Warm-up 1st event)

9:45 am March In

10:00 am Competition Begins

1:30 pm Session Two-**Prelims**, Level 7, 8, Open Division,
Ladies Division IO and Ladies Division Level 8

1:30-2:00 pm General Stretching

2:00-2:15 pm Capital Cup Format (Warm-up 1st event)

2:15 pm March In

2:30 pm Competition Begins

All athletes will compete both days. Preliminary Awards for individual events (Vault, Bars, Beam, Floor) will immediately follow each session. Prelims Saturday, Finals on Sunday. Total scores for both days will be added together for the final awards on Vault, Uneven Bars, Balance Beam, Floor Exercise and All-around. (Please note all around awards will only be awarded for finals).

Sunday, August 1

9:00 am Session Three-**Finals**; All Intermediate Optionals

9:00-9:30 am General Stretching

9:30-9:45 am Capital Cup Format (Warm-up 1st event)

9:45 am March In

10:00 am Finals competition begins

1:30 pm Team Performance Competition

2:00 pm Session Four-**Finals**; Level 7, 8, Open Division, Ladies
Division IO and Ladies Division Level 8

2:00-2:30 pm General Stretching

2:30-2:45 pm Capital Cup Format (Warm-up 1st event)

2:45 pm March In

3:00 pm Finals competition begins

Final awards will be awarded after each session on Sunday, Aug. 1
There will be no team competition by Districts