



**2010 AAU Age-Group
National Championships**
*Disney's ESPN Wide World of
Sports® Complex*
July 1- July 3, 2010
www.aausports.org

**July 2, 2010
Gym A Schedule**

Session A3
Level 5
Age 6,7,8,9
8:00 am – 8:20 am Stretch
8:20 am – 9:00 am Warm up
9:00 am – 10:30 pm Compete
Awards to follow

Session A4
Level 5
Age 10
10:30 am – 10:50 am Stretch
10:50 am – 11:30 am Warm up
11:30 am – 1:00 pm Compete
Awards to follow

Session A5
Level 5
Ages 11 and 14
1:00 pm – 1:20 pm Stretch
1:20 pm – 2:00 pm Warm up
2:00 pm – 3:30 pm Compete
Awards to follow

Session A6
Level 5
Age 12,13,15,16,17,18
3:30 pm – 3:50 pm Stretch
3:50 pm – 4:30 pm Warm up
4:30 pm – 6:00 pm Compete
Awards to follow

**July 3, 2010
Gym A Schedule**

Session A7
Intermediate Optional
Ages 7,8,9,10
8:00 am – 8:20 am Stretch
8:20 am – 8:40 am Warm up
8:40 am – 11:00 am Compete
Awards to follow

Session A8
Intermediate Optional
Ages 11,12
11:00 am – 11:20 am Stretch
11:20 am – 11:40 am Warm up
11:40 am – 2:30 pm Compete
Awards to follow

Session A9
Intermediate Optional
Ages 13,14,15,16,17,18
2:30 pm – 2:50 pm Stretch
2:50 pm – 3:10 pm Warm up
3:10 pm – 6:00 pm Compete
Awards to follow



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**July 1, 2010
Gym B Schedule**

Session B1
Level 3
Ages 5,6,7
8:00 am – 8:20 am Stretch
8:20 am – 9:00 am Warm up
9:00 am – 11:00 am Compete
Awards to follow

Session B2
Level 3
Age 8
11:00 am – 11:20 am Stretch
11:20 am – 12:00 pm Warm up
12:00 pm – 2:00 pm Compete
Awards to follow

Session B3
Level 3
Age 9
2:00 pm – 2:20 pm Stretch
2:20 pm – 3:00 pm Warm up
3:00 pm – 5:00 pm Compete
Awards to follow

**July 2, 2010
Gym B Schedule**

Session B4
Level 3
Age 10
9:00 am – 9:20 am Stretch
9:20 am – 10:00 am Warm up
10:00 am – 12:00 pm Compete
Awards to follow

Session B5
Level 3
Ages 11,12,13,14
12:00 pm – 12:20 pm Stretch
12:20 pm – 1:00 pm Warm up
1:00 pm – 3:00 pm Compete
Awards to follow

**July 3, 2010
Gym B Schedule**

Session B6
Level 6
ALL Ages
8:00 am – 8:20 am Stretch
8:20 am – 8:45 am Warm up
8:45 am – 10:00 am Compete
Awards to follow

Session B7
Level 7
ALL Ages
10:00 am – 10:20 am Stretch
10:20 am – 10:40 am Warm up
10:40 am – 1:30 pm Compete
Awards to follow

Session B8
Level 8, Open, Ladies
ALL Ages
1:30 pm – 1:50 pm Stretch
1:50 pm – 2:10 pm Warm up
2:10 pm – 5:00 pm Compete
Awards to follow



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**July 1, 2010
Gym C Schedule**

Session C1
Level 2
Ages 5,6 and
Age 7 (4/27/03- 6/24/03)
8:00 am – 8:20 am Stretch
8:20 am – 8:50 am Warm up
8:50 am – 10:00 am Compete
Awards to follow

Session C2
Level 2
Age 7 (7/10/02 – 4/26/03)
10:00 am – 10:20 am Stretch
10:20 am – 10:50 pm Warm up
10:50 pm – 12:00 pm Compete
Awards to follow

Session C3
Level 2
Age 8
12:00 pm – 12:20 pm Stretch
12:20 pm – 12:50 pm Warm up
12:50 pm – 2:30 pm Compete
Awards to follow

Session C4
Level 2
Ages 9 and older
2:30 pm – 2:50 pm Stretch
2:50 pm – 3:20 pm Warm up
3:20 pm – 4:30 pm Compete
Awards to follow

**July 2, 2010
Gym C Schedule**

Session C5
Level 4
Age 6 and 8
8:00 am – 8:20 am Stretch
8:20 am – 9:00 am Warm up
9:00 am – 11:00 am Compete
Awards to follow

Session C6
Level 4
Ages 7 and 9 (12/23/00-7/2/01)
11:00 am – 11:20 am Stretch
11:20 am – 12:00 pm Warm up
12:00 pm – 2:00 pm Compete
Awards to follow

Session C7
Level 4
Age 9 (7/6/00- 12/22/00) and
Age 10 (4/4/00 – 6/30/00)
2:00 pm – 2:20 pm Stretch
2:20 pm – 3:00 pm Warm up
3:00 pm – 5:00 pm Compete
Awards to follow

**July 3, 2010
Gym C Schedule**

Session C8
Level 4
Age 10 (7/7/99 – 4/3/00)
8:00 am – 8:20 am Stretch
8:20 am – 8:50 am Warm up
8:50 am – 11:00 am Compete
Awards to follow

Session C9
Level 4
Ages 11,14,15,16
11:00 am – 11:20 am Stretch
11:20 am – 11:50 am Warm up
11:50 am – 2:00 pm Compete
Awards to follow

Session C10
Level 4
Ages 12, 13
2:00 pm – 2:20 pm Stretch
2:20 pm – 2:50 pm Warm up
2:50 pm – 4:30 pm Compete
Awards to follow



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Men's Competition Schedule

July 1, 2010 **Gym A Schedule**

Session A1

Men's Levels 3 & 4

9:00 am – 9:30 am Stretch

9:30 am – 10:15 am Warm up

10:15 am – 12:00 pm Compete

Awards to follow

Session A2

Men's Levels 5, 6 & Optional

12:30 pm – 1:00 pm Stretch

1:30 pm – 2:00 pm Warm up

2:00 pm – 4:00 pm Compete

Awards to follow