



# 2013 AAU Gymnastics Winter Nationals

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**TENTATIVE COMPETITION SCHEDULE revised 01/24/13**

**Saturday, February 16, 2013**

	<b>Gym #1</b>	<b>Gym #2</b>
Session #	1	2
Level	L3 – 7 & 8 Yr. Olds (46)	L4 – Ages 10 & Under (83)
Competitive Format	Modified Traditional Format	Capital Cup Format
Gym Opens	8:00 AM	8:00 AM
Coaches Meeting	8:15 AM	8:15 AM
Timed Warm Ups	8:30 AM	8:30 AM
March In	8:45 AM	8:45 AM
Awards Ceremony	12:00 PM	12:15 PM

	<b>Gym #1</b>	<b>Gym #2</b>
Session #	3	4
Level	L3 – 6 & Under + 9 & Older (45)	L4 – 11 & Older & L5, L6 All Ages (84)
Competitive Format	Modified Traditional Format	Capital Cup Format
Gym Opens	1:15 PM	1:15 PM
Coaches Meeting	1:30 PM	1:30 PM
Timed Warm Ups	1:45 PM	1:45 PM
March In	2:00 PM	2:00 PM
Awards Ceremony	5:30 PM	5:45 PM

**Sunday, February 17, 2013**

	<b>Gym #1</b>	<b>Gym #2</b>
Session #	5	6
Level	Level MOI All Ages (40)	MON All Ages (85)
Competitive Format	Modified Traditional Format	Capital Cup Format
Gym Opens	8:00 AM	8:00 AM
Coaches Meeting	8:15 AM	8:15 AM
Timed Warm Ups	8:30 AM	8:30 AM
March In	8:45 AM	8:45 AM
Awards Ceremony	12:00 PM	12:30 PM

	<b>Gym #1</b>	<b>Gym #2</b>
Session #	7	8
Level	Boys - All Levels / All Ages (36)	MOA, L7 L8, LOO & Ladies (82)
Competitive Format	Modified Traditional Format	Capital Cup Format
Gym Opens	1:30 PM	2:00 PM
Coaches Meeting	1:45 PM	2:15 PM
Timed Warm Ups	2:00 PM	2:30 PM
March In	2:15 PM	2:50 PM
Awards Ceremony	5:30 PM	6:35 PM