

**2009 AAU JUNIOR OLYMPIC
TRAMPOLINE & TUMBLING COMPETITION**

August 4 - 7, 2009 ♦ Des Moines, Iowa

- ☒ **CHECK-IN REGISTRATION WILL BE AT THE VETERANS AUDITORIUM**
- ☒ **TIMES LISTED ARE FOR WARM-UPS. COME AT LEAST 30 MINUTES PRIOR TO TIME LISTED**
- ☒ **FINAL COMPETITION - PLEASE NOTE:**
 - **THE TOP TEN ATHLETES WILL ADVANCE TO FINALS---ALL LEVELS IN ALL EVENTS!**
 - **FINAL COMPETITION IS NOT MANDATORY IF THERE IS ONLY ONE ATHLETE IN A LEVEL.**
 - **NO FINAL COMPETITION FOR SYNCHRONIZED TRAMPOLINE**
- ☒ **JUNIOR OLYMPIC CELEBRATION OF ATHLETES - MONDAY, August 3 at 7:30 p.m. at The Wells Fargo Arena**
- ☒ **T&T DANCE - WEDNESDAY, August 5 - 7-9 p.m. - Veteran's Auditorium**
- ☒ **AAU NATIONAL TEAM & STARS OF TOMORROW PRACTICE - THURSDAY, AUGUST 6 at 5:30 p.m. or after competition is over**
- ☒ **TRAMPOLINE & TUMBLING PARADE OF CHAMPIONS & AWARD CEREMONY - FRIDAY, AUGUST 7 at 12:30 p.m.**

T&T Competition

KEY

SB	=	SUB-BEGINNER
BEG	=	BEGINNER
AB	=	ADV-BEGINNER
SN	=	SUB-NOVICE
NOV	=	NOVICE
I or INT	=	INTERMEDIATE
SA	=	SUB-ADVANCED
ADV	=	ADVANCED
B	=	BOYS
G	=	GIRLS
O	=	OVER
U	=	UNDER
F	=	FLIGHT

J.O. OLYMPIC GAMES CELEBRATION OF ATHLETES

Monday, August 3 @ 7:30 p.m.
The Wells Fargo Arena

T&T SOCK HOP For T&T Athletes and their families!

Wednesday, August 5 7 - 9 p.m.
Dance with DJ
At the Veteran's Auditorium

T&T NATIONAL TEAM PARTY

TBA

AAU & STAR OF TOMORROW PRACTICE

Thursday, August 6 @ 5:30 p.m. or after competition is over

T&T PARADE OF CHAMPIONS & AWARDS

Friday, August 7 @ 12:30 p.m.

REMEMBER - *THE TOP TEN* ATHLETES ADVANCE TO FINALS. *NOTE - If there is only one (1) athlete in an age group, that athlete does NOT have to compete a final competition unless they want to. In this case, after their flight award presentation, the athlete should go directly to the Award Area and get their medal!

**2009 AAU JUNIOR OLYMPIC
TRAMPOLINE & TUMBLING COMPETITION SCHEDULE**

TUESDAY, AUGUST 4

COACHES & JUDGE'S MEETING - 8 am

TIME	ROD 1 PRELIMS	ROD 2 PRELIMS	TRAMP 1 PRELIMS	TRAMP 2 PRELIMS	TRAMP 3 PRELIMS	D-MINI 1 PRELIMS	D-MINI 2 PRELIMS
8:30 a	SB G 4&U	AB G 7&U	BEG B 8&U	BEG G 12	INT B ALL	SA G 15-16	SA G 13-14
9:00 a	SB G 5	AB G 8	BEG B 9&O	BEG G 10	INT G 8&U, 15&O	SA G 11-12	
9:30 a	SB G 6 SB B ALL		BEG G 11		INT G 9-10		
10:00 a	BEG G 5&U BEG B 9&O	AB G 9	BEG G 4&U	BEG G 5			SA B 12&U, 15&O
10:30 a	BEG G 6		BEG G 7	BEG G 8		INT G 15&O	SA G 17&O SA B 13-14
11:00 a		AB G 10			INT G 11-12	INT G 13-14	SA G 8&U, 9-10
11:30 a	BEG G 7		BEG G 9	BEG G 6			
12:00 n		AB G 11				INT G 8&U INT B 8&U	
12:30 p	LUNCH						
1:00 p	BEG G 8	AB G 12&O AB B ALL	INT G 13-14			INT B 9&O	INT G 9-10
1:30 p		NOV G 8&U				INT G 11-12	
2:00 p	BEG G 9, 11&O	NOV G 9	SA SYNC G ALL SA SYNC B ALL				
2:30 p	BEG G 10	NOV G 10					
3:00 p	BEG B 8&U		ADV SYNC G 14&U				
3:30 p	NOV G 13-14	NOV G 11					
4:00 p		NOV G 12	ADV SYNC G 15&O ADV SYNC B ALL				
4:30 p	NOV G 15&O	NOV B ALL					

WEDNESDAY, AUGUST 5

COACHES & JUDGE'S MEETING - 8 am

TIME	ROD 1 FINALS	ROD 2 FINALS	TRAMP 1 PRELIMS	TRAMP 2 PRELIMS	TRAMP 3 PRELIMS	D-MINI 1 PRELIMS	D-MINI 2 PRELIMS	D-MINI 3 PRELIMS
8:30 a	SB G 4&U	AB G 7&U	NOV G 13-14	NOV G 15&O NOV B 8&U	SA G 10&U	ADV G 13-14 F1		
9:00 a	SB G 5	AB G 8	NOV G 12	NOV B 9&O	SA G 11-12		ADV G 13-14 F2	
9:30 a	SB G 6 SB B ALL	AB G 9		NOV G 11		ADV G 13-14 F3		
10:00 a	BEG G 5&U BEG B 9&O	AB G 10	NOV G 8				ADV B 14&U	
10:30 a	BEG G 6	AB G 11		NOV G 9	SA G 13-14	ADV B 15-16		
11:00 a	BEG G 7	AB G 12&O AB B ALL	NOV G 10				ADV G 10&U ADV B 17&O	
11:30 a	BEG G 8	BEG G 10		NOV G 7&U		ADV G 11-12 F1		
12:00 n	BEG G 9	BEG G 11&O BEG B 8&U	SA B 13-14	SA G 15&O	SA B 12&U SA B 15&O		ADV G 11-12 F2	
1:00 p	NOV G 9	NOV G 8&U NOV B ALL	ADV G 10&U			ADV G 17&O F1		BEG G 5&U
1:30 p	NOV G 10	NOV G 11	ADV G 11-12				ADV G 17&O F2	BEG G 6
2:00 p	NOV G 12	NOV G 13-14				ADV G 15-16 F1		
2:30 p	NOV G 15&O		ADV G 13-14				ADV G 15-16 F2	BEG G 7
3:00 p				ADV G 17&O		NOV B ALL	NOV G 8	
3:30 p			ADV G 15-16			NOV G 7&U	NOV G 9	BEG G 8
4:00 p				ADV B 14&U		NOV G 10		
4:30 p			ADV B 15&O				NOV G 11	BEG G 9
5:00 p						NOV G 12		
5:30 p							NOV G 13&O	BEG B 6&U
6:00 p						BEG G 10	BEG G 11	BEG B 9&O
6:30 p							BEG B 7-8	BEG G 12&O

THURSDAY, AUGUST 6

COACHES & JUDGE'S MEETING - 8 am

TIME	ROD 1 PRELIMS	ROD 2 PRELIMS	ROD 3 PRELIMS	TRAMP1 FINALS	D-MINI 1 FINALS	D-MINI 2 FINALS
8:30 a	ADV G 10&U ADV B 17&O	SN G 6&U	SN G 11	BEG G 11	SA G 13-14	SA G 15-16
9:00 a	ADV G 11-12	SN G 7		BEG B 8&U	SA G 17&O SA B 12&U	SA G 10&U
9:30 a		SN G 8		BEG G 5	SA B 13&O	BEG G 11
10:00 a	ADV G 13-14		SN G 10	BEG G 7	SA G 11-12	BEG G 10
10:30 a		SN G 9		BEG G 9	BEG G 12&O	BEG G 4&U BEG B 6&U
11:00 a	ADV G 15-16			BEG G 12&O	BEG B 9&O	BEG B 7-8
11:30 a	ADV G 17&O			BEG G 4&U BEG B 9&O	BEG G 5	BEG G 6
12:00 n		SN B 8&U	SN G 15&O	BEG G 6	BEG G 7	BEG G 8
12:30 p	LUNCH					
1:00 p	ADV B 14&U	SN G 13-14	SN G 12	BEG G 8	BEG G 9	
1:30 p	ADV B 15-16			BEG G 10		
2:00 p	SA G 17&O	SN B 9&O		ADV G 10&U		
2:30 p	SA G 11-12	SA G 13-14	SA G 15-16	ADV G 11-12		
3:00 p			INT B 11&O	ADV G 13-14		
3:30 p	SA G 10&U	SA B ALL	INT G 8&U INT B 10&U	ADV G 15-16		
4:00 p	INT G 11-12	INT G 13-14	INT G 9-10	ADV G 17&O		
4:30 p				ADV B 14&U, 17&O		
5:00 p			INT G 15&O	ADV B 15-16		

FRIDAY, AUGUST 7

COACHES & JUDGE'S MEETING - 8 am

TIME	ROD 1 FINALS	ROD 2 FINAL	ROD 3 FINALS	TRAMP1 FINALS	TRAMP 2 FINALS	D-MINI 1 FINALS	D-MINI 2 FINALS	D-MINI 3 FINALS
8:30 a	ADV G 10&U ADV B 17&O	INT B 12&U	SN G 15&O SN B 8&U	NOV G 8	NOV G 7	INT G 13-14		
9:00 a	ADV G 11-12	INT B 13&O	SN B 9&O	NOV G 6&U	NOV G 9	INT G 8&U		
9:30 a	ADV G 13-14	INT G 8&U	SN G 6&U	NOV G 10	NOV G 11	INT G 15&O		
10:00 a	ADV G 15-16	INT G 9-10	SN G 7	NOV G 12	NOV G 13-14	INT B 10&U		
10:30 a	ADV G 17&O	INT G 11-12	SN G 8	NOV G 15&O NOV B 7-8	NOV B 9&O	INT G 9-10		
11:00 a	ADV B 14&U	INT G 13-14	SN G 9	INT B ALL	INT G 15&O	INT G 11-12		
11:30 a	ADV B 15-16	INT G 15&O	SN G 10	INT G 8&U	INT G 11-12	INT B 11&O		
12:00 n	SA B ALL	SN G 11	SN G 12	INT G 9-10	INT G 13-14	NOV G 7&U	NOV B ALL	
1:00 p	PARADE OF CHAMPIONS							
2:00 p	SA G 10&U	SN G 13-14		SA G 15-16	SA G 13-14	ADV G 17&O	NOV G 13&O	
2:30 p	SA G 11-12			SA G 17&O SA B 12&U	SA G 9-10	ADV G 15-16	NOV G 8	NOV G 9
3:00 p	SA G 13-14			SA G 8&U SA B 15&O	SA G 11-12	ADV G 10&U ADV B 17&O	NOV G 10	NOV G 11
3:30 p	SA G 15-16			SA B 13-14		ADV G 11-12	ADV B 15-16	NOV G 12
4:00 p	SA G 17&O					ADV G 13-14	ADV B 14&U	