



2010 WOMEN'S JR. OLYMPIC NATIONAL INVITATIONAL TOURNAMENT (JO-NIT)

Site: Dallas Convention Center, 650 S. Griffin, Dallas, TX 75202

Saturday, May 08

8:00 am – 10:30 am

Training for Sunday JO-NIT competitors only- competition gyms

Sunday, May 09

Modified Non-traditional format

SESSION I: COMPETITION FOR SENIOR A & B DIVISION

8:00	-	8:25	Open stretch
8:25	-	8:40	March-in and Introductions for all Sr. A & B athletes
8:40	-	8:54	Timed warm-up on first event for Flight 1
8:55	-	10:55	SENIOR A & B COMPETITION
11:00	-	11:30	Awards

SESSION II: COMPETITION FOR JUNIOR C & D DIVISION

11:15	-	11:40	Open stretch
11:40	-	11:55	March-in and Introductions for all Jr. C & D athletes
11:55	-	12:09	Timed warm-up on first event for Flight 1
12:10	-	2:10	JUNIOR C & D COMPETITION
2:15	-	2:45	Awards

SESSION III: COMPETITION FOR SENIOR C & D DIVISION

2:30	-	2:55	Open stretch
2:55	-	3:10	March-in and Introductions for all Sr. C & D athletes
3:10	-	3:24	Timed warm-up on first event for Flight 1
3:25	-	5:25	SENIOR C & D COMPETITION
5:30	-	6:00	Awards

SESSION IV: COMPETITION FOR JUNIOR A & B DIVISION

5:45	-	6:10	Open stretch
6:10	-	6:25	March-in and Introductions for all Jr. A & B athletes
6:25	-	6:40	Timed warm-up on first event for Flight 1
6:40	-	8:40	JUNIOR A & B COMPETITION
8:45	-	9:15	Awards