



2012 AAU Gymnastics Winter Nationals

FINAL COMPETITION SCHEDULE revised 02/07/12

Saturday, February 18, 2012

	Gym #1	Gym #2
Session Code	1	2A & 2B
Level	L5 - 9 & Under + 12 & Older (38)	L3 – All Ages + L4 8 Yr Olds (113)
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	12:30 PM	12:45 PM

	Gym #1	Gym #2
Session Code	3	4A & 4B
Level	L5 – 10 & 11 + all L6 (39)	L4 – 7 & Under + L4 9 & Older (102)
Competitive Format	Modified Traditional Format	Capital Cup Format
Gym Opens	1:30 PM	1:30 PM
Coaches Meeting	1:45 PM	1:45 PM
Timed Warm Ups	2:00 PM	2:00 PM
March In	2:15 PM	2:15 PM
Awards Ceremony	5:30 PM	5:45 PM

Sunday, February 19, 2012

	Gym #1	Gym #2
Session Code	5	6A & 6B
Level	All Boys (47)	Levels MOI, MON (100)
Competitive Format	Modified Traditional Format	Capital Cup Format
Gym Opens	9:00 AM	9:00 AM
Coaches Meeting	9:15 AM	9:15 AM
Timed Warm Ups	9:30 AM	9:30 AM
March In	10:45 AM	9:45 AM
Awards Ceremony	1:15 PM	1:30 PM

	Gym #1		Gym #2
Session Code	7	Session Code	8
Level	LMOA, L7, L8, LOO, Ladies (45)	Level	FREESTYLE ACROBATICS (20)
Competitive Format	Modified Traditional Format	Competitive Format	Free Run / Speed Run / Crew
Gym Opens	1:45 PM	Gym Opens	2:00 PM
Coaches Meeting	2:00 PM	Coaches Meeting	2:15 PM
Timed Warm Ups	2:15 PM	Open Jam #1	2:30 PM
March In	2:40 PM	1 st Run Competition	2:45 PM
Awards Ceremony	5:45 PM	Open Jam #2	3:30 PM
		2 nd Run Competition	3:45 PM
		Crew Open Jam	4:30 PM
		Crew Competition	4:45 PM
		Awards Ceremony	5:15 PM