



## 2018 JO Nationals Session Times

### **Thursday May 10 – Level 10 Prelims:**

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#### Session I – JO Level 10 – Optional

8:00-8:20 AM Open Warm-up Stretch  
8:20-8:40 AM Flight A Timed Warm-up 1<sup>st</sup> event  
8:40-8:50AM March & National Anthem – Competition Start Flight A, Flight B Timed Warm-up  
8:50-12:15 PM Competition

#### Session II – JO Level 10 – Optional

12:30-12:50 PM Open Warm-up Stretch  
12:50-1:10 PM Flight A Timed Warm-up 1<sup>st</sup> event  
1:10-1:20 PM March & National Anthem – Competition Start Flight A, Flight B Timed Warm-up  
1:20-4:45 PM Competition

#### Session III – JE Level 10 – Optional

5:00-5:20 PM Open Warm-up Stretch  
5:20-5:40 PM Flight A Timed Warm-up 1<sup>st</sup> event  
5:40-5:50 PM March & National Anthem – Competition Start Flight A, Flight B Timed Warm-up  
5:50-9:10 PM Competition  
9:10-9:40 PM Awards for Top 3 Club Team, Top 3 JE Regional Team

### **Friday May 11 – Level 8/9 Prelims – Optional**

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#### Session IV – JO Level 8/9 – Optional

8:00-8:20 AM Open Warm-up Stretch  
8:20-8:40 AM Flight A Timed Warm-up 1<sup>st</sup> event  
8:40-8:50 AM March & National Anthem – Competition Start Flight A, Flight B Timed Warm-up  
8:50-12:00 PM Competition

#### Session V – JO Level 8/9 – Optional

12:15-12:35 PM Open Warm-up Stretch  
12:35-12:55 PM Flight A Timed Warm Up 1<sup>st</sup> event  
12:55-1:05 PM March & National Anthem – Competition Start Flight A, Flight B Timed Warm-up  
1:05-4:20 PM Competition

#### Session VI – JE Level 8/9 – Optional

4:30-4:50 PM Open Warm-up Stretch  
4:50-5:10 PM Flight A Timed Warm-up 1<sup>st</sup> event  
5:10-5:20 PM March & National Anthem – Competition Start Flight A, Flight B Timed Warm-up  
5:20-9:25 PM Competition  
9:25-9:55 PM Awards for Top 3 Club Team, Top 3 JE Regional Team



## **Saturday May 12 – Level 10 JE + JO AA & IE Finals**

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### Session VII – JE Level 10 – Technical Sequence

- 9:00-9:20 AM Open Warm-up Stretch
- 9:20-9:40 AM Flight A Timed Warm Up 1<sup>st</sup> event
- 9:40-9:50 AM March & National Anthem – Competition Start Flight A, Flight B Timed Warm-up
- 9:50-12:45 PM Competition
- 12:45-1:45 PM Awards Level 10 JR & 10 SR: AA + IE – Single Age Years

### Session VIII – JO Level 10 – Optional

- 2:00-2:20 PM Open Warm-up Stretch
- 2:20-2:40 PM Flight A Timed Warm-up 1<sup>st</sup> event
- 2:40-2:50 PM March & National Anthem – Competition Start Flight A, Flight B Timed Warm-up
- 2:50-6:30 PM Competition
- 6:40-7:40 PM Awards Level 10 JR & 10 SR: AA + IE – Single Age Years, Top 3 JO Regional Team

## **Sunday May 13 – Level 8/9 JE + JO AA & IE Finals**

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### Session IX – JE Level 8/9 – Technical Sequence

- 8:00-8:20 AM Open Warm-up Stretch
- 8:20-8:40 AM Flight A Timed Warm-Up 1<sup>st</sup> event
- 8:40-8:50 AM March & National Anthem – Competition Start Flight A, Flight B Timed Warm-up
- 8:50-12:10 PM Competition
- 12:15-1:15 PM Awards Level 8 + 9: AA + IE – Single Age Years

### Session X – JO Level 8/9 – Optional

- 1:15-1:35 PM Open Warm-up Stretch
- 1:35-1:55 PM Flight A Timed Warm-up 1<sup>st</sup> event
- 1:55-2:05 PM March & National Anthem – Competition Start Flight A, Flight B Timed Warm-up
- 2:05-5:25 PM Competition
- 5:30-6:30 PM Awards Level 8 + 9: AA + IE – Single Age Years