



**2014 JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS AND  
JUNIOR OLYMPIC NATIONAL INVITATIONAL TOURNAMENT (JO NIT)**

SCHEDULE OF EVENTS

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<http://www.ntssportstravel.com/book/may14/womensjonationalchamps.shtml>



**USA GYMNASTICS.**

<b>Wednesday, May 07, 2014</b>			
4:00 PM	7:30 PM	GK Elite Apparel Distribution	Jackson Convention Complex Lobby
7:30 PM	8:30 PM	Coaches' Sign-In and Meet Info Packet Pick Up	Jackson Convention Complex Lobby
<b>Thursday, May 08, 2014</b>			
8:00 AM	5:00 PM	GK Elite Apparel Distribution All Day	Jackson Convention Complex Lobby
8:00 AM	10:30 AM	Region 5 & 6 Training (First 30 minutes in Training Hall)	Competition Gym
10:00 AM	12:30 PM	Region 4 & 7 Training (First 30 minutes in Training Hall)	Competition Gym
12:00 PM	2:30 PM	Region 1 & 3 Training (First 30 minutes in Training Hall)	Competition Gym
2:00 PM	4:30 PM	Region 2 & 8 Training (First 30 minutes in Training Hall)	Competition Gym
6:00 PM	9:30 PM	Welcome Banquet	Trustmark Ballroom
<b>Friday, May 09, 2014</b>			
8:00 AM	10:30 AM	Training for Saturday JO National Competitors ONLY	Competition Gym
<b>SESSION I - JUNIOR A &amp; SENIOR A</b>			
10:30 AM	11:15 AM	Warm-Ups (General & 1st event for Flight 1 teams)	Competition Gym
11:30 AM	3:30 PM	Competition	Competition Gym
3:30 PM	4:00 PM	Awards	
4:00 PM	4:30 PM	JO National Team Qualifiers Meeting (Jr. A & Sr. A)	
<b>SESSION II - JUNIOR B &amp; SENIOR B</b>			
4:00 PM	4:45 PM	Warm-Ups (General & 1st event for Flight 1 teams)	Competition Gym
5:00 PM	9:00 PM	Competition	Competition Gym
9:00 PM	9:30 PM	Awards	
9:30 PM	10:00 PM	JO National Team Qualifiers Meeting (Jr. B & Sr. B)	
<b>Saturday, May 10, 2014</b>			
8:00 AM	10:30 AM	Training for Sunday JO-NIT Competitors ONLY	Competition Gym
<b>SESSION III - JUNIOR C &amp; SENIOR C</b>			
10:30 AM	11:15 AM	Warm-Ups (General & 1st event for Flight 1 teams)	Competition Gym
11:30 AM	3:30 PM	Competition	Competition Gym
3:30 PM	4:00 PM	Awards	
4:00 PM	4:30 PM	JO National Team Qualifiers Meeting (Jr. C & Sr. C)	
<b>SESSION IV - JUNIOR D &amp; SENIOR D</b>			
4:00 PM	4:45 PM	Warm-Ups (General & 1st event for Flight 1 teams)	Competition Gym
5:00 PM	9:00 PM	Competition	Competition Gym
9:00 PM	9:30 PM	Awards	
9:30 PM	10:00 PM	JO National Team Qualifiers Meeting (Jr. D & Sr. D)	
<b>Sunday, May 11, 2014</b>			
<b>SESSION I - JO NIT COMPETITION FOR JUNIOR A &amp; B AND SENIOR A &amp; B</b>			
8:00 AM	8:45 AM	Warm-Ups (General & 1st event for Flight 1 teams)	Competition Gym
9:00 AM	11:45 AM	Competition Jr. & Sr. A/B	Competition Gym
11:45 AM	12:15 PM	Awards	Competition Gym
<b>SESSION II - JO NIT COMPETITION FOR JUNIOR C &amp; D AND SENIOR C &amp; D</b>			
12:00 PM	12:45 PM	Warm-Ups (General & 1st event for Flight 1 teams)	Competition Gym
1:00 PM	3:45 PM	Competition Jr. & Sr. C/D	Competition Gym
3:45 PM	4:15 PM	Awards	