



2019 Men's Junior Olympic National Championships

Reno, Nevada



4/2/2019 v.2

Wednesday (5/1) – OFFICIAL Training by Region (on competition equipment, Gym 1)

Session 1 9:00am – 10:55am Regions 1, 2
Session 2 10:55am – 1:10pm Regions 3, 9
Session 3 1:10pm – 2:50pm Regions 5
Session 4 2:50pm – 5:00pm Regions 4, 7
Session 5 5:00pm – 7:00pm Regions 6, 8
7:00pm – 8:00pm MANDATORY Technical Meeting for coaches
Remember, there is no opening ceremony.

Notes:

- ALL Regions Wednesday **Session** assignments are now **FINAL**.
- All times are subject to adjustment based upon final regional numbers TBD.
- Exact time for all 3 gyms for the entire Event will be on the **Final Events Schedule** posted mid-April.
- **JO** Level 8's are **ONLY** allowed to train on Wednesday in Gym 2 or 3 (not Gym 1).
- **JO** Level 8's **OFFICIAL** training time in Gym 1 will be on Saturday from 8:00 am – 10:30 am.

Gym 1 = Competition Gym

- Open Wednesday for specific Regional Training Sessions.
- Open Saturday from 8:00am – 10:30am for JO Level 8's only.

Gym 2 = Warm-up Gym

- Open all day Wednesday to everyone.
- Open Thursday – Sunday for competition warm-up only.

Gym 3 = Workout Gym

- Open to all gymnasts for training, Tuesday 4:00pm – 8:00pm.
- Open Wednesday – Saturday during competition time.

Coaches, please pass this on to your parents!

Dear Coaches, Parents and Athletes,

If you plan on purchasing apparel from the competition, your best option is to pre-order. We have worked hard to bring you a huge variety of items that you can pre-order online (from the same company as last year). Here is the link to pre-order:

www.918designcompany.com/JOApparel

The deadline for ALL pre-orders is April 16th. There will be items available at the competition, but the supply might be limited. It is best that you pre-order items.