



ALABAMA OPTIONAL & XCEL STATE CHAMPIONSHIPS 2025



Legacy Gymnastics is hosting the Alabama Optional/Xcel State Meet at the Central State Bank Arena on the University of Montevallo campus on the weekend of March 21-23, 2025.

Where: Central State Bank Arena, 61 College Dr, Montevallo, AL 35175

When: Friday March 21 - Sunday March 23, 2025

Who: Level 6, 7, 8, 9, 10 gymnasts who have achieved the qualifying score in an Alabama meet (See page 2)
Xcel gymnasts who have participated in at least one in-state meet. Sapphire must have 32.00 AA

State Meet Entry Fee: Level 7-10 (4 Judge Panel)- \$128 / Level 6 & Xcel (2 Judge Panel) - \$113.
Team fee is \$50 per level.

Area Hotels: TBD

How to Enter: All entries must be submitted through USA Gymnastics Meet Reservations and entry fees paid via Meet Maker

Meet Directors: Brianna Mitchell – Legacy Gymnastics bri@legacygymnastics.com
Mike Holdefer – Alabama USA Gymnastics – mike.alsacc@gmail.com

Meet Format: Modified Traditional or Modified Capital Cup – TBD by entries

Equipment: Two full sets of equipment. AAI - provided by The Equipment Guy kenny@theequipmentguy.net

Trainer: Certified Athletic Trainer available all weekend per USA Gymnastics Rules and Policies

Website: www.legacygymnastics.com and www.alausagym.com

Age determination: Age determined as of culminating meet in Level. (See page 2)

Awards: Individual Awards based on USAG rules. Team Awards in each level. The top 3 scores count.

Schedule: To follow the receipt of the entries.

Admission: \$10 for adults; \$5 for children 6-12; 5 and under free.

Entry Deadline: February 21, 2025 **Level/Division/Program Declaration Deadline:** March 7, 2025

Regular Scratch Deadline: February 28, 2025, by 5 p.m. (CT)

Non-Qualified Scratch Deadline: Monday March 10, 2025 by 5 PM (CT) - If you have a gymnast who has not qualified for the State Meet yet, enter them anyway and if they have not qualified by the last meet of the year, notify us by 5 p.m. on Monday, March 10th for a full refund for only those gymnasts that did not qualify.

“Event Specialist” category is allowed at Alabama Optional Championships - same entry fee and no petitions.

Level 9 & 10 – must declare prior to start of competition at State Meet entry deadline and cannot compete in four events. Event qualifying score is:

Level 9 & 10 - 9.00

Level 6, 7, 8 – must declare prior to the start of competition at State Meet and cannot compete in four events. No Event Specialist category at Regionals. Event qualifying scores are:

Level 6	8.50
Level 7	8.50
Level 8	9.00

Xcel – not required to compete All-Around to qualify or participate in State Championships. Therefore, there is no Event Specialist at State Meet for Xcel. Qualification to Regionals by All-Around scores with no Event Specialist category.

Qualifying Scores:

Level 6 – 28.00 AA / Level 7 – 29.00 AA / Level 8 30.00 AA / Level 9 & 10 – 32.00 AA

Age Determination Date:

Level 6/7/8 – 4/25/2025 / Level 9 – 5/2/2025 / Level 10 – 5/9/2025 / Xcel S/G/P/D – 5/2/2025

2025 Regional and National Dates/Sites:

Level 9/10 Regionals – April 11-13 – Bradenton, FL

Level 6/7/8 Regionals – April 25-27 – Knoxville, TN

Xcel Regionals – May 2-4 – Cartersville, GA

Level 9 Easterns – May 2-4 – Battle Creek, MI

DP Nationals – May 8-11 – Salt Lake City, UT

Regional Apparel Sizing:

All clubs entering the State Meet will receive a form from Alabama USA Gymnastics requesting GK sizing information for their athletes. If an athlete qualifies to regionals as a team member or All-Star, the coach must have the form ready to turn in to Mike or Erin following the session. GK sizing information will be provided if needed.

If you have any questions or need further information, please do not hesitate to contact us. Check the Alabama USA Gymnastics website regularly for updates.

We look forward to seeing all of you at our State Championships.

Bri & Mike