

# 2025 Alabama Optional/Xcel State Meet

GYM A						GYM B					
		STRETCH	INTRO	WU/COMPETE	AWARDS			STRETCH	INTRO	WU/COMPETE	AWARDS
<b>FRIDAY MARCH 21</b>						<b>FRIDAY MARCH 21</b>					
SESSION A1	LEVEL 7	8:00 AM	8:20 AM	8:30 AM	11:45 AM	SESSION A1	LEVEL 7	8:00 AM	8:20 AM	8:30 AM	11:45 AM
67 TOTAL GYMNASTS - MOD CAP CUP		TEAM/STATE TEAMS/REGIONAL QUALIFIERS/SENIORS				67 TOTAL GYMNASTS - MOD CAP CUP		TEAM/STATE TEAMS/REGIONAL QUALIFIERS/SENIORS			
SESSION A2	LEVEL 8/XD	12:05 PM	12:25 PM	12:35 PM	3:35 PM	SESSION A2	LEVEL 8/XD	12:05 PM	12:25 PM	12:35 PM	3:35 PM
62 TOTAL GYMNASTS - MOD CAP CUP		TEAM/STATE TEAMS/REGIONAL QUALIFIERS/SENIORS				62 TOTAL GYMNASTS - MOD CAP CUP		TEAM/STATE TEAMS/REGIONAL QUALIFIERS/SENIORS			
SESSION A3	LEVEL 9/XSA	3:55 PM	4:15 PM	4:25 PM	6:25 PM	NO SESSIONS AFTER 3:35 PM					
28 GYMNASTS - MOD TRAD		TEAM/STATE TEAMS/REGIONAL QUALIFIERS/SENIORS									
SESSION A4	LEVEL 10	6:45 PM	7:05 PM	7:15 PM	9:15 PM						
26 GYMNASTS - MOD TRAD		TEAM/STATE TEAMS/REGIONAL QUALIFIERS/SENIORS									
STRETCH      INTRO      WU/COMPETE      AWARDS						STRETCH      INTRO      WU/COMPETE      AWARDS					
<b>SATURDAY MARCH 22 - ALL SESSIONS MODIFIED TRADITIONAL</b>						<b>SATURDAY MARCH 22 - ALL SESSIONS MODIFIED TRADITIONAL</b>					
SESSION A5	LEVEL 6 (A-D)	9:30 AM	9:50 AM	10:00 AM	12:50 PM	SESSION B1	PLATINUM	8:00 AM	8:20 AM	8:30 AM	11:50 AM
48 GYMNASTS		TEAM/STATE TEAMS/REGIONAL QUALIFIERS/SENIORS				55 GYMNASTS		TEAM/STATE TEAMS/REGIONAL QUALIFIERS/SENIORS			
SESSION A6	LEVEL 6 (E-H)					1:10 PM	1:30 PM				
48 GYMNASTS		TEAM/STATE TEAMS/REGIONAL QUALIFIERS/SENIORS				48 GYMNASTS		TEAM/STATE TEAMS/REGIONAL QUALIFIERS/SENIORS			
SESSION A7	LEVEL 6 (I-L)					4:50 PM	5:10 PM				
52 GYMNASTS		TEAM/STATE TEAMS/REGIONAL QUALIFIERS/SENIORS				48 GYMNASTS		TEAM/STATE TEAMS/REGIONAL QUALIFIERS/SENIORS			
						SESSION B4	GOLD (I-L)				
		TEAM/STATE TEAMS/REGIONAL QUALIFIERS/SENIORS				48 GYMNASTS		TEAM/STATE TEAMS/REGIONAL QUALIFIERS/SENIORS			
STRETCH      INTRO      WU/COMPETE      AWARDS						STRETCH      INTRO      WU/COMPETE      AWARDS					
<b>SUNDAY MARCH 23 - ALL SESSIONS MODIFIED TRADITIONAL</b>						<b>SUNDAY MARCH 23 - ALL SESSIONS MODIFIED TRADITIONAL</b>					
SESSION A8	SILVER (A-D)	8:00 AM	8:20 AM	8:30 AM	10:45 AM	SESSION B5	BRONZE (A-D)	8:00 AM	8:20 AM	8:30 AM	9:55 AM
53 GYMNASTS		SILVER TEAM AWARDS				36 GYMNASTS		BRONZE TEAM AWARDS			
SESSION A9	SILVER (E-H)					11:05 AM	11:25 AM				
56 GYMNASTS		SILVER TEAM AWARDS				36 GYMNASTS		BRONZE TEAM AWARDS			
SESSION A10	SILVER (I-L)					2:10 PM	2:30 PM				
56 GYMNASTS		SILVER TEAM AWARDS				36 GYMNASTS		BRONZE TEAM AWARDS			

**Central State Bank Arena  
61 College Dr  
Montevallo, AL 35115**