2025 Alabama Optional/Xcel State Meet

	GYM A						GYM B					
		STRETCH	INTRO	WU/COMPETE	AWARDS			STRETCH	INTRO	WU/COMPETE	AWARDS	
FRIDAY MARCH	l 21					FRIDAY MARC	H 21					
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 GYMN	NASTS - MOD CAP CUP	TEAM/STATE TE	AMS/REGION	I <mark>AL QUALIFIERS/S</mark>	ENIORS	62 TOTAL GYM	INASTS - MOD CAP CUP	TEAM/STATE	TEAMS/REGION	IAL QUALIFIERS/SE	NIORS	
SESSION A3	LEVEL 9/XSA	3:55 PM	4:15 PM	4:25 PM	6:25 PM			_				
28 GYMNASTS -	- MOD TRAD	TEAM/STATE TEAMS/REGIONAL QUALIFIERS/SENIORS				NO SESSIONS	AFTER 3:35 PM					
SESSION A4	LEVEL 10	6:45 PM	7:05 PM	7:15 PM	9:15 PM							
26 GYMNASTS -	GYMNASTS - MOD TRAD TEAM/STATE TEAMS/REGIONAL QUALIFIERS/SENIORS											
		STRETCH	INTRO	WU/COMPETE	AWARDS			STRETCH	INTRO	WU/COMPETE	AWARDS	
SATURDAY MARCH 22 - ALL SESSIONS MODIFIED TRADITIONAL						SATURDAY MARCH 22 - ALL SESSIONS MODIFIED TRADITIONAL						
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					55 GYMNASTS TEAM/STATE TEAMS/REGIONAL QUALIFIERS/SENIORS							
SESSION A6	LEVEL 6 (E-H)	1:10 PM	1:30 PM	1:40 PM	4:30 PM	SESSION B2	GOLD (A-D)	12:10 PM	12:30 PM	12:40 PM	3:05 PM	
48 GYMNASTS						48 GYMNASTS	;					
SESSION A7	LEVEL 6 (I-L)	4:50 PM	5:10 PM	5:20 PM	8:20 PM	SESSION B3	GOLD (E-H)	3:25 PM	3:45 PM	3:55 PM	6:20 PM	
52 GYMNASTS		TEAM/STATE TEAMS/REGIONAL QUALIFIERS/SENIORS				48 GYMNASTS	•					
						SESSION B4	GOLD (I-L)	6:40 PM	7:00 PM	7:10 PM	9:35 PM	
						48 GYMNASTS	;	TEAM/STATE	TEAMS/REGION	IAL QUALIFIERS/SE	NIORS	
		STRETCH	INTRO	WU/COMPETE	AWARDS			STRETCH	INTRO	WU/COMPETE	AWARDS	
SUNDAY MARCH 23 - ALL SESSIONS MODIFIED TRADITIONAL					SUNDAY MARCH 23 - ALL SESSIONS MODIFIED TRADITIONAL							
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						36 GYMNASTS						
SESSION A9	SILVER (E-H)	11:05 AM	11:25 AM	11:35 AM	1:50 PM	SESSION B6	BRONZE (E-H)	10:15 AM	10:35 AM	10:45 AM	12:15 PM	
56 GYMNASTS						36 GYMNASTS						
SESSION A10	SILVER (I-L)	2:10 PM	2:30 PM	2:40 PM	4:55 PM	SESSION B7	BRONZE (I-L)	12:35 PM	12:55 PM	1:05 PM	2:35 PM	
56 GYMNASTS		SILVER TEAM A	WARDS			36 GYMNASTS		BRONZE TEAM	M AWARDS			

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