

# 2015 Optional and Xcel State Championships

## March 27-29, 2015

### Friday March 27

Session 1 – Level 6  
Modified Traditional Format  
Open Stretch 4:00 PM  
Intro 4:20 PM  
W/U Compete 4:30 PM  
Awards 8:30 PM

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### Saturday March 28

#### All Sessions Modified Capital Cup

Session 2 – Level 7  
Open Stretch 8:00 AM  
Intro 8:20 AM  
W/U Compete 8:30 AM  
Awards 12:00 PM

Session 3 – Level 8  
Open Stretch 12:30 PM  
Intro 12:50 PM  
W/U Compete 1:00 PM  
Awards 4:30 PM

Session 4 – Level 9/10  
Open Stretch 5:00 PM  
Intro 5:20 PM  
W/U Compete 5:30 PM  
Awards 8:30 PM

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### Sunday March 29

#### All Sessions Modified Traditional

Session 5 – Gym A – Xcel Bronze born after 1/1/06

Open Stretch 8:00 AM  
Intro 8:20 AM  
W/U Compete 8:30 AM  
Awards 10:30 AM

Session 5 – Gym B – Xcel Gold born after 10/1/03

Open Stretch 8:00 AM  
Intro 8:20 AM  
W/U Compete 8:30 AM  
Awards 11:00 AM

Session 6 – Gym A – Xcel Bronze born before 1/1/06

Open Stretch 11:00 AM  
Intro 11:20 AM  
W/U Compete 11:30 AM  
Awards 1:00 PM

Session 6 – Gym B – Xcel Gold born before 10/1/03

Open Stretch 11:30 AM  
Intro 11:50 AM  
W/U Compete 12:00 PM  
Awards 2:30 PM

Session 7 – Gym A – Xcel Silver born after 12/1/04

Open Stretch 1:30 PM  
Intro 1:50 PM  
W/U Compete 2:00 PM  
Awards 4:15 PM

Session 7 – Gym B – Xcel Platinum/Diamond

Open Stretch 3:00 PM  
Intro 3:20 PM  
W/U Compete 3:30 PM  
Awards 6:15 PM

Session 8 – Gym A – Xcel Silver born before 12/1/04

Open Stretch 4:45 PM  
Intro 5:05 PM  
W/U Compete 5:15 PM  
Awards 7:00 PM

Venue: The Multiplex at Cramton Bowl  
220 Hall Street  
Montgomery, AL 36104  
Scratch deadline: March 16, 2015 5PM  
Hosted By: Armory Athletics Website: [www.ArmoryAthletics.com](http://www.ArmoryAthletics.com), [www.alausagym.com](http://www.alausagym.com)  
(334) 241-2789