

# 2016 ALABAMA OPTIONAL XCEL STATE MEET

## GYM A

### Friday, March 18, 2016

<b>Session 1: Level 6 JR A/JR B/JR C (31 gymnasts)</b>	<b>Modified Traditional Format</b>
--	------------------------------------

1:00 PM	Stretch;
1:20 PM	Introduction
1:30 PM	Warm Ups/Competition
4:00 PM	Awards in separate area

<b>Session 2: Level 6 SR A/SR B/SR C (32 gymnasts)</b>	<b>Modified Traditional Format</b>
--	------------------------------------

4:30 PM	Stretch;
4:50 PM	Introduction
5:00 PM	Warm Ups/Competition
7:30 PM	Awards in separate area

### Saturday, March 19, 2016

<b>Session 3: Xcel Platinum/Diamond (38 gymnasts)</b>	<b>Modified Traditional Format</b>
---	------------------------------------

8:00 AM	Stretch;
8:20 AM	Introduction
8:30 AM	Warm Ups/Competition
11:00 AM	Awards in separate area

<b>Session 4: Level 7 (59 gymnasts)</b>	<b>Modified Capitol Cup Format</b>
---	------------------------------------

11:15 AM	Stretch;
11:35 AM	Introduction
11:45 PM	Warm Ups/Competition
2:45 PM	Awards in separate area

<b>Session 5: Level 8 (47 gymnasts)</b>	<b>Modified Capitol Cup Format</b>
---	------------------------------------

3:00 PM	Stretch;
3:20 PM	Introduction
3:30 PM	Warm Ups/Competition
5:45 PM	Awards in separate area

<b>Session 6: Level 9 &amp; 10 (51 gymnasts)</b>	<b>Modified Capitol Cup Format</b>
--	------------------------------------

6:15 PM	Stretch;
6:35 PM	Introduction
6:45 PM	Warm Ups/Competition
9:05 PM	Awards in separate area

### Sunday, March 20, 2016

<b>Session 7: Xcel Bronze JR A/JR B/JR C/JR D (49 gymnasts)</b>	<b>Modified Traditional Format</b>
---	------------------------------------

8:00 AM	Stretch;
8:20 AM	Introduction
8:30 AM	Warm Ups/Competition
10:00 AM	Awards in separate area

**Session 8: Xcel Bronze SR A/SR B/SR C/SR D (52 gymnasts) Modified Traditional Format**

10:30 AM Stretch;  
10:50 AM Introduction  
11:00 AM Warm Ups/Competition  
12:45 PM Awards in separate area

## **GYM B**

**Friday, March 18, 2016**

**Session 1: Xcel Gold JR A/JR B/JR C (39 gymnasts) Modified Traditional Format**

12:00 PM Stretch;  
12:20 PM Introduction  
12:30 PM Warm Ups/Competition  
2:45 PM Awards in separate area

**Session 2: Xcel Gold JR D/JR E/SR A (39 gymnasts) Modified Traditional Format**

3:15 PM Stretch;  
3:35 PM Introduction  
3:45 PM Warm Ups/Competition  
6:00 PM Awards in separate area

**Session 3: Xcel Gold SR B/SR C/SR D (40 gymnasts) Modified Traditional Format**

6:30 PM Stretch;  
6:50 PM Introduction  
7:00 PM Warm Ups/Competition  
9:15 PM Awards in separate area

**Sunday, March 20, 2016**

**Session 4: Xcel Silver JR A/JR B/JR C/JR D (50 gymnasts) Modified Traditional Format**

9:00 AM Stretch;  
9:20 AM Introduction  
9:30 AM Warm Ups/Competition  
11:45 AM Awards in separate area

**Session 5: Xcel Silver SR A/SR B/SR C/SR D (52 gymnasts) Modified Traditional Format**

12:15 PM Stretch;  
12:35 PM Introduction  
12:45 PM Warm Ups/Competition  
3:00 PM Awards in separate area

**MEET SITE:**

**TUSCALOOSA COUNTY HIGH SCHOOL, 12500 WILDCAT DR, NORTHPORT, AL 35475**