



ALABAMA OPTIONAL & XCEL STATE CHAMPIONSHIPS 2023



Legacy Gymnastics is hosting the Alabama Optional/Xcel State Meet at Trustmark Arena on the weekend of March 24-26, 2023.

Where: Trustmark Arena at the University of Montevallo, 61 College Dr, Montevallo, AL 35115

When: Friday March 24 - Sunday March 26, 2023

Who: Level 6, 7, 8, 9, 10 gymnasts who have achieved the qualifying score (See page 2) and who have had level participation at an in-state meet / Xcel gymnasts who have participated in at least one meet.

State Meet Entry Fee: Level 7-10 - \$98 –Level 6 & Xcel - \$88 – 2 Judge Panels. Team fee is \$50 per level.

Area Hotels: Nearest hotels are located at the Calera and Alabaster Exits on I-65 (See attached list of area hotels)

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 foxybri24@aol.com . Phone 205-663-9015
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.

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. Weekend Pass \$20 Adult \$10 Child

Entry Deadline: February 24, 2023 **Level/Division/Program Declaration Deadline:** March 10, 2023

Regular Scratch Deadline: March 6, 2023 by 5 p.m. (CT)

Non-Qualified Scratch Deadline: Monday March 13, 2023 by 5 PM (CT) - If you have a gymnast who has not qualified for 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 13th 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

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 – 4/28/2023 / Level 9 – 5/5/2023 / Level 10 – 5/12/2023 / Xcel S/G/P/D – 5/5/2023

2023 Regional and National Dates/Sites:

Level 9/10 Regionals – April 14-16 – Palmetto, FL

Level 6/7/8 Regionals – April 28-30 – Greensboro, NC

Xcel Regionals – May 5-7 – Fort Lauderdale, FL

Level 9 Easterns – May 5-7 – Kissimmee, FL

DP Nationals – May 9-14 – Oklahoma City, OK

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

