

# 2024 Alabama Optional/Xcel State Meet

GYM A (GRAY GYM)						GYM B (WOOD GYM)					
FRIDAY MARCH 15						FRIDAY MARCH 15					
		STRETCH	INTRO	WU/COMPETE	AWARDS			STRETCH	INTRO	WU/COMPETE	AWARDS
SESSION A01	PLATINUM	8:00 AM	8:20 AM	8:30 AM	12:00 PM	SESSION B1	LEVEL 6 YOUNGER	9:30 AM	9:50 AM	10:00 AM	1:10 PM
ALL PLATINUM						AGE GROUPS A-E					
SESSION A02	BRONZE YOUNGER	12:20 PM	12:40 PM	12:50 PM	2:30 PM	SESSION B2	LEVEL 6 OLDER	1:30 PM	1:50 PM	2:00 PM	5:20 PM
AGE GROUPS A-D						AGE GROUPS F-J					
SESSION A03	BRONZE MIDDLE	2:50 PM	3:10 PM	3:20 PM	4:35 PM	LEVEL 6 TEAM AND REGIONAL QUALIFIERS					
AGE GROUPS E-G											
SESSION A04	LEVEL 10/SAPPHIRE	6:00 PM	6:20 PM	6:30 PM	9:00 PM						
ALL LEVEL 10/SAPPHIRE						LEVEL 10/XSA TEAM AND REGIONAL QUALIFIERS					
SATURDAY MARCH 16						SATURDAY MARCH 16					
		STRETCH	INTRO	WU/COMPETE	AWARDS			STRETCH	INTRO	WU/COMPETE	AWARDS
SESSION A05	BRONZE OLDER	8:00 AM	8:20 AM	8:30 AM	9:45 AM	CAPITAL CUP COMPETITION					
AGE GROUP H-J											
SESSION A06	LEVEL 9/DIAMOND	10:15 AM	10:35 AM	10:45 AM	1:45 PM						
ALL LEVEL 9/DIAMOND											
SESSION A07	LEVEL 8	2:05 PM	2:25 PM	2:35 PM	5:35 PM						
ALL LEVEL 8											
SESSION A08	LEVEL 7	5:55 PM	6:15 PM	6:25 PM	9:40 PM						
ALL LEVEL 7											
SUNDAY MARCH 17						SUNDAY MARCH 17					
		STRETCH	INTRO	WU/COMPETE	AWARDS			STRETCH	INTRO	WU/COMPETE	AWARDS
SESSION A09	SILVER YOUNGER	8:00 AM	8:20 AM	8:30 AM	10:30 AM	SESSION B3	GOLD YOUNGER	8:00 AM	8:20 AM	8:30 AM	11:00 AM
AGE GROUPS A-D						AGE GROUPS A-D					
SESSION A10	SILVER MIDDLE	10:50 AM	11:10 AM	11:20 AM	1:20 PM	SESSION B4	GOLD MIDDLE	11:20 AM	11:40 AM	11:50 AM	2:20 PM
AGE GROUPS E-H						AGE GROUPS E-H					
SESSION A11	SILVER OLDER	1:40 PM	2:00 PM	2:10 PM	4:10 PM	SESSION B5	GOLD OLDER	2:40 PM	3:00 PM	3:10 PM	5:40 PM
AGE GROUPS I-L						AGE GROUPS I-L					
SILVER TEAM AWARDS						GOLD TEAM AND REGIONAL QUALIFIERS					



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