



2015 ALABAMA COMPULSORY STATE MEET SCHEDULE

GYM A FRIDAY DECEMBER 4

SESSION 1 - LEVEL 5
BORN BEFORE 5/3/2004

OPEN STRETCH	11:00 – 11:20
INTRO	11:20 – 11:30
WU/COMPETE	11:30 – 1:30

SESSION 2 - LEVEL 5
BORN ON OR AFTER 5/4/2004

OPEN STRETCH	1:50 – 2:10
INTRO	2:20 – 2:20
WU/COMPETE	2:20 – 4:05

LEVEL 5 TEAM AWARDS IN GYM A

SESSION 3 - LEVEL 4
BORN BEFORE 1/23/2004

OPEN STRETCH	5:15 – 5:35
INTRO	5:35 – 5:45
WU/COMPETE	5:45 – 8:15

SATURDAY DECEMBER 5

SESSION 4 - LEVEL 4
BORN 1/23/2004 – 2/8/2005

OPEN STRETCH	8:00 – 8:20
INTRO	8:20 – 8:30
WU/COMPETE	8:30 – 11:15

SESSION 5 – LEVEL 4
BORN 2/9/2005 – 1/25/2006

OPEN STRETCH	11:35 – 11:55
INTRO	11:55 – 12:05
WU/COMPETE	12:05 – 2:35

SESSION 6 - LEVEL 4
BORN ON OR AFTER 1/26/2006

OPEN STRETCH	3:00 – 3:20
INTRO	3:20 – 3:30
WU/COMPETE	3:30 – 5:45

LEVEL 4 TEAM AWARDS IN GYM A

SESSION 7 – LEVEL 1
BORN BEFORE 12/2/2006

OPEN STRETCH	6:30 – 6:50
INTRO	6:50 – 7:00
WU/COMPETE	7:00 – 8:30

SUNDAY DECEMBER 6

SESSION 8 – LEVEL 1
BORN 12/2/2006 – 4/7/2008

OPEN STRETCH	8:00 – 8:20
INTRO	8:20 – 8:30
WU/COMPETE	8:30 – 10:00

SESSION 9 – LEVEL 1
BORN 4/8/2008 – 2/13/2009

OPEN STRETCH	10:20 – 10:40
INTRO	10:50 – 11:00
WU/COMPETE	11:00 – 12:05

SESSION 10 – LEVEL 1
BORN BEFORE 2/13/2009

OPEN STRETCH	12:25 – 12:45
INTRO	12:45 – 12:55
WU/COMPETE	12:55 – 2:10

LEVEL 1 TEAM AWARDS IN GYM A



**GYM B
FRIDAY DECEMBER 4**

**SESSION 1 – LEVEL 2
BORN BEFORE 5/4/2005**

OPEN STRETCH 10:00 – 10:20
INTRO 10:20 – 10:30
WU/COMPETE 10:30 – 12:10

**SESSION 2 – LEVEL 2
BORN 5/4/2005 – 2/1/2006**

OPEN STRETCH 12:30 – 12:50
INTRO 12:50 – 1:00
WU/COMPETE 1:00 – 2:40

**SESSION 3 – LEVEL 2
BORN 2/2/2006 – 10/23/2006**

OPEN STRETCH 3:00 – 3:20
INTRO 3:20 – 3:30
WU/COMPETE 3:30 – 5:00

**SESSION 4 – LEVEL 2
BORN 10/24/2006 – 6/13/2007**

OPEN STRETCH 5:20 – 5:40
INTRO 5:40 – 5:50
WU/COMPETE 5:50 – 7:20

SATURDAY DECEMBER 5

**SESSION 5 – LEVEL 2
BORN 6/14/2007 – 2/15/2008**

OPEN STRETCH 8:00 – 8:20
INTRO 8:20 – 8:30
WU/COMPETE 8:30 – 10:00

**SESSION 6 – LEVEL 2
BORN AFTER 2/15/2008**

OPEN STRETCH 10:20 – 10:40
INTRO 10:40 – 10:50
WU/COMPETE 10:50 – 12:20

LEVEL 2 TEAM AWARDS IN GYM B

**SESSION 7 – LEVEL 3
BORN BEFORE 6/13/2004**

OPEN STRETCH 1:15 – 1:35
INTRO 1:35 – 1:45
WU/COMPETE 1:45 – 3:45

**SESSION 8 – LEVEL 3
BORN 6/13/2004 – 4/28/2005**

OPEN STRETCH 4:05 – 4:25
INTRO 4:25 – 4:35
WU/COMPETE 4:35 – 6:35

**SESSION 9 – LEVEL 3
BORN 4/29/2005 – 1/26/2006**

OPEN STRETCH 6:55 – 7:15
INTRO 7:15 – 7:25
WU/COMPETE 7:25 – 9:35

SUNDAY DECEMBER 6

**SESSION 10 – LEVEL 3
BORN 1/27/2006 – 7/27/2006**

OPEN STRETCH 8:00 – 8:20
INTRO 8:20 – 8:30
WU/COMPETE 8:30 – 10:40

**SESSION 11 – LEVEL 3
BORN 7/28/2006 – 5/18/2007**

OPEN STRETCH 11:00 – 11:20
INTRO 11:20 – 11:30
WU/COMPETE 11:30 – 1:30

**SESSION 12 – LEVEL 3
BORN AFTER 5/18/2007**

OPEN STRETCH 1:50 – 2:10
INTRO 2:10 – 2:20
WU/COMPETE 2:20 – 4:05

LEVEL 3 TEAM AWARDS IN GYM B