

2018 ALABAMA STATE CHAMPIONSHIPS – OPTIONAL/XCEL – MARCH 16-18, 2018 – MOBILE CIVIC CENTER

LEVELS 7,8,9,& 10		
SATURDAY		
SESSION 4	OS	8:00
LEVEL 7	Intro	8:30
	Compete	8:40
	Awards	11:30
SESSION 5	OS	12:00
LEVEL 8	Intro	12:30
	Compete	12:40
	Awards	3:30
SESSION 6	OS	4:00
LEVELS 9 & 10	Intro	4:30
	Compete	4:40
	Awards	8:20

GYM A						GYM B					
FRIDAY			SUNDAY			FRIDAY			SUNDAY		
SESSION 1A	OS	9:00	SESSION 7A	OS	8:30	SESSION 1B			SESSION 7B	OS	8:00
GOLD/PLAT	Intro	9:20	BRONZE	Intro	8:50				SILVER	Intro	8:20
Gold- Age Div: K & L	Compete	9:30	Age Div: A,B,C,D,E	Compete	9:00				Age div: A.B.C.D	Compete	8:30
	Awards	12:40		Awards	11:10				Awards	10:40	
SESSION 2A	OS	1:00	SESSION 8A	OS	11:30	SESSION 2B	OS	12:00	SESSION 8B	OS	11:00
GOLD	Intro	1:20	BRONZE	Intro	11:50	6	Intro	12:20	SILVER	Intro	11:20
Age Div: A,B,C,D,E	Compete	1:30	Age Div: F,G,H,I,J	Compete	12:00	Age Div: A,B,C,D	Compete	12:30	Age div: E.F.G.H.I.	Compete	11:30
	Awards	4:30		Awards	2:20		Awards	3:30	Awards	1:50	
SESSION 3A	OS	4:50				SESSION 3B	OS	3:50			
GOLD	Intro	5:10				6 & DIAMOND	Intro	4:10			
Age Div: F,G,H,I,J	Compete	5:30				Age Div: E,F,G,H	Compete	4:20			
	Awards	8:40					Awards	7:30			