



ALABAMA OPTIONAL & XCEL STATE CHAMPIONSHIPS 2021



Legacy Gymnastics is hosting the Alabama Optional/Xcel State Meet at Thompson High School on the weekend of March 26-28, 2021.

Where: Thompson High School, 1921 Warrior Pkwy, Alabaster, AL 35007

When: Friday March 26 - Sunday March 28, 2021

Who: Level 6, 7, 8, 9, 10 gymnasts who have achieved the qualifying score (See page 2)
Xcel gymnasts who have participated in at least one meet.

State Meet Entry Fee: Level 7-10 - \$88 –Level 6 & Xcel - \$78 – 2 Judge Panels. Team fee is \$50 per level.

Area Hotels: Holiday Inn Express & Candlewood Suites at Exit 238 on I-65/ Fairfield Inn, Hampton Inn, Holiday Inn Express at Exit 246 on I-65 / If a host hotel or rates are designated, we will update ALUSAG website with info.

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 not available due to COVID restrictions – Maximum of 4 spectators per athlete unless capacity mandates are changed prior to meet.

Entry Deadline: February 26, 2021 **Level/Division/Program Declaration Deadline:** March 12, 2021

Regular Scratch Deadline: March 5, 2021 by 5 p.m. (CT)

Non-Qualified Scratch Deadline: Monday March 15, 2021 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 15th 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

Level 6, 7, 8 – must declare prior to the start of competition at State Meet and cannot compete in four events. No Event Specialist category at Regionals. Event qualifying scores are:

Level 6	8.50
Level 7	8.50
Level 8	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 – 4/25/2021 / Level 9 – 5/9/2021 / Level 10 – 5/16/2021 / Xcel S/G/P/D – 5/2/2021

2021 Regional and National Dates/Sites:

Level 9/10 Regionals – April 16-18 – Bradenton, FL
Level 6/7/8 Regionals – April 23-25 – Montgomery, AL
Xcel Regionals – April 30 – May 2 – Emerson, GA
Level 9 Easterns – May 7-9 – College Park, GA
DP Nationals – May 14-16 – Daytona Beach, FL

Regional Apparel Sizing:

Due to our concerns about the current COVID situation, we will not be sizing athletes after their session at State Meet if they qualify to Regionals. 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 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

