



Xcel Bronze, Silver, Gold State Championships

April 11-13, 2025

Broward County Convention Center, Fort Lauderdale

Team Twisters & USA Competitions is proud to host the 2025 Florida USA Gymnastics Xcel Bronze, Silver & Gold State Championships. Please review the following items enclosed in this packet:

- **Club and General Information**
- **Competition Schedule**
- **Xcel Gold Age Group Breakdowns & Session Assignments**
- **Coaches Important Information, Host Hotel & Spectator Information**
- **Regional Entry Information**

ATTENTION COACHES!

Gym Rosters will be posted online.

- **Check your team rosters for the correct spelling of your athletes' names and their session assignments!**
- Email corrections ASAP to info@usacompetitions.com
- **Make sure athlete birth dates are correct in Meet Reservations!** Should an athlete compete in a session other than the one designated by her birthday, they will be ineligible for awards and the scores may not contribute to the team total.
- Xcel Bronze and Silver will compete oldest to youngest. Xcel Gold competes by draw.

USA Gymnastics Membership

- Coaches: If you did not register attendance via Meet Reservations, you will not be listed on the sanction's official sign-in sheet. In that case, have proof of professional membership available for verification.
- All coaches will be required to sign the USA Gymnastics Coaches Sign In sheet
- Competing athletes and USA Pro members only allowed on the competition floor!

Coaches Attire: At State Meets and above, the following dress code will be in place (*USAG dress code rules*)

- Shoes—Closed toe athletic shoes
- Shorts—Athletic or tailored shorts with a 7" inseam. Athletic or Docker style pants acceptable. No jeans.
- Shirts—Collared or business casual with a gym logo. NO spaghetti straps, low cut tops or midriff revealing shirts
- Hats—No hats or visors are allowed to be worn
- Coaches who violate rules will be requested to leave the competition floor

Awards Ceremonies: Individual and All Around awards will take place within 10 minutes following the end of each session.

- Each session represents six different awards groups.
- Award groups are divided equally by birth dates. 50% + 1 awarded for Individual and 100% All Around.

Team Awards: Take place following the final session for each level.

- **Team Divisions will be announced on Monday, March 31, 2025**
- Top five teams in each division will be awarded banners

Spectator Admissions: Adults (13+): \$25.00, Children (5-12): \$10.00. *Under 5 free.* Credit Card Price is \$1.00 more

Coaches hospitality: Lunch and dinner vouchers provided to coaches with back-to-back sessions during meal times. Coffee and tea provided. Cooler water available in the gym. Bring refillable sports bottle. No outside food or beverage can be brought into the hall.

If there is anything that we can do to assist you, please do not hesitate to contact us. We wish you and your athletes the very best Championship experience!

Shane Cummings
Meet Director

Sharyn Strickland
Director of Operations
877-341-9007

Sharyn@usacompetitions.com

Taylor Anderson
Asst. Event Coordinator



2025 Xcel Bronze, Silver, Gold State Championship Schedule

Friday, April 11, 2025

RED GYM
XCEL BRONZE

WHITE GYM
XCEL SILVER

BLUE GYM
XCEL GOLD

Afternoon start

Session R01 Stretch 2:30pm	BRONZE 11/6/13 & older	Session W01 Stretch 8:00am	SILVER 7/25/12 & older	Session B01 Stretch 8:00am	GOLD Gr: 11,36,47,52,59,64
Session R02 Stretch 5:30pm	BRONZE 11/7/13 - 10/25/14	Session W02 Stretch 11:15am	SILVER 7/26/12 - 6/14/13	Session B02 Stretch 11:30am	GOLD Gr: 10,24,29,34,55,66
Session R03 Stretch 8:30am	BRONZE 10/26/14 - 5/15/15	Session W03 Stretch 2:15pm	SILVER 6/15/13 - 12/17/13	Session B03 Stretch 3:00pm	GOLD Gr: 32,35,38,50,53,63
Session R04 Stretch 11:45am	BRONZE 5/16/15 - 10/19/15	Session W04 Stretch 5:30pm	SILVER 12/18/13 - 4/24/14	Session B04 Stretch 6:30pm	GOLD Gr: 33,45,46,49,54,65

Saturday, April 12, 2025

RED GYM
XCEL BRONZE

WHITE GYM
XCEL SILVER

BLUE GYM
XCEL GOLD

Session R03 Stretch 8:30am	BRONZE 10/26/14 - 5/15/15	Session W05 Stretch 8:30am	SILVER 4/25/14 - 9/30/14	Session B05 Stretch 8:00am	GOLD Gr: 18,39,51,57,60,62
Session R04 Stretch 11:45am	BRONZE 5/16/15 - 10/19/15	Session W06 Stretch 11:45am	SILVER 10/1/14 - 2/20/15	Session B06 Stretch 11:30am	GOLD Gr: 4,25,27,31,41,61
Session R05 Stretch 2:45pm	BRONZE 10/20/15 - 5/7/16	Session W07 Stretch 2:45pm	SILVER 2/21/15 - 7/23/15	Session B07 Stretch 3:00pm	GOLD Gr: 2,8,12,17,21,56
Session R06 Stretch 6:00pm	BRONZE 5/8/16 - 10/27/16	Session W08 Stretch 6:00pm	SILVER 7/24/15 - 12/6/15	Session B08 Stretch 6:30pm	GOLD Gr: 1,5,13,22,37,43

Sunday, April 13, 2025

RED GYM
XCEL BRONZE

WHITE GYM
XCEL SILVER

BLUE GYM
XCEL GOLD

Session R07 Stretch 8:30am	BRONZE 10/28/16 - 6/3/17	Session W09 Stretch 8:30am	SILVER 12/7/15 - 5/2/16	Session B09 Stretch 8:00am	GOLD Gr: 3,16,20,30,40,58
Session R08 Stretch 11:45am	BRONZE 6/4/17 - 3/6/18	Session W10 Stretch 11:45am	SILVER 5/3/16 - 12/8/16	Session B10 Stretch 11:30am	GOLD Gr: 14,19,28,42,44,48
Session R09 Stretch 2:45pm	BRONZE 3/7/18 & younger	Session W11 Stretch 2:45pm	SILVER 12/9/16 & younger	Session B11 Stretch 3:00pm	GOLD Gr: 6,7,9,15,23,26

Session assignments are listed on club rosters, posted at www.usacompetitions.com

****If there is an incorrect session assignment listed on your roster, email info@usacompetitions.com ASAP****

Age Group/Birth Date Divisions (group 1, youngest)				Session Draw
Group 1	11/13/2016	–	& Younger	B08
Group 2	7/2/2016	–	11/12/2016	B07
Group 3	3/22/2016	–	7/1/2016	B09
Group 4	1/5/2016	–	3/21/2016	B06
Group 5	11/14/2015	–	1/4/2016	B08
Group 6	9/30/2015	–	11/13/2015	B11
Group 7	8/18/2015	–	9/29/2015	B11
Group 8	7/7/2015	–	8/17/2015	B07
Group 9	6/16/2015	–	7/6/2015	B11
Group 10	5/18/2015	–	6/15/2015	B02
Group 11	4/11/2015	–	5/17/2015	B01
Group 12	3/6/2015	–	4/10/2015	B07
Group 13	2/11/2015	–	3/5/2015	B08
Group 14	1/12/2015	–	2/10/2015	B10
Group 15	12/28/2014	–	1/11/2015	B11
Group 16	11/24/2014	–	12/27/2014	B09
Group 17	10/23/2014	–	11/23/2014	B07
Group 18	9/24/2014	–	10/22/2014	B05
Group 19	8/31/2014	–	9/23/2014	B10
Group 20	8/5/2014	–	8/30/2014	B09
Group 21	7/15/2014	–	8/4/2014	B07
Group 22	6/24/2014	–	7/14/2014	B08
Group 23	5/29/2014	–	6/23/2014	B11
Group 24	5/2/2014	–	5/28/2014	B02
Group 25	4/1/2014	–	5/1/2014	B06
Group 26	3/13/2014	–	3/31/2014	B11
Group 27	2/5/2014	–	3/12/2014	B06
Group 28	1/1/2014	–	2/4/2014	B10
Group 29	12/11/2013	–	12/31/2013	B02
Group 30	11/21/2013	–	12/10/2013	B09
Group 31	10/30/2013	–	11/20/2013	B06
Group 32	10/15/2013	–	10/29/2013	B03
Group 33	9/28/2013	–	10/14/2013	B04

Age Group/Birth Date Divisions				Session Draw
Group 34	9/16/2013	–	9/27/2013	B02
Group 35	9/3/2013	–	9/15/2013	B03
Group 36	7/29/2013	–	9/2/2013	B01
Group 37	7/12/2013	–	7/28/2013	B08
Group 38	6/12/2013	–	7/11/2013	B03
Group 39	5/22/2013	–	6/11/2013	B05
Group 40	5/3/2013	–	5/21/2013	B09
Group 41	4/1/2013	–	5/2/2013	B06
Group 42	3/1/2013	–	3/31/2013	B10
Group 43	2/10/2013	–	2/28/2013	B08
Group 44	1/7/2013	–	2/9/2013	B10
Group 45	12/13/2012	–	1/6/2013	B04
Group 46	11/15/2012	–	12/12/2012	B04
Group 47	10/16/2012	–	11/14/2012	B01
Group 48	9/22/2012	–	10/15/2012	B10
Group 49	8/29/2012	–	9/21/2012	B04
Group 50	7/18/2012	–	8/28/2012	B03
Group 51	6/26/2012	–	7/17/2012	B05
Group 52	5/21/2012	–	6/25/2012	B01
Group 53	4/13/2012	–	5/20/2012	B03
Group 54	3/8/2012	–	4/12/2012	B04
Group 55	1/20/2012	–	3/7/2012	B02
Group 56	12/9/2011	–	1/19/2012	B07
Group 57	10/15/2011	–	12/8/2011	B05
Group 58	9/1/2011	–	10/14/2011	B09
Group 59	7/4/2011	–	8/31/2011	B01
Group 60	5/12/2011	–	7/3/2011	B05
Group 61	3/2/2011	–	5/11/2011	B06
Group 62	11/30/2010	–	3/1/2011	B05
Group 63	9/12/2010	–	11/29/2010	B03
Group 64	6/10/2010	–	9/11/2010	B01
Group 65	11/21/2009	–	6/9/2010	B04
Group 66	11/20/2009	–	& Older	B02

Please verify athlete's correct session assignment on your club roster!



COACHES INFORMATION—IMPORTANT!



Coaches Sign In: Please sign the official USA Gymnastics Coaches Sign-In sheet, located at the check-in table in the lobby. If your name is not pre-printed on the sheet, sign the blank sheet and present proof of membership for verification (QR code).

Master Rotation Sheet: Each floor music table will have a “Master” Rotation Sheet taped to it prior to each session. ***Please highlight your TEAM NAME at the top of the rotation sheet to indicate you are here.***

Scratches: ***If you have scratches, please use a PEN to CROSS OUT the athlete’s name on the Master Rotation Sheet.*** If you have any event scratches, please communicate that to the judges. If you have any questions, please ask the Floor Manager before doing anything.

Format: After General Stretch all athletes will have a formal march-in on the floor exercise. Following introductions, Flight A will begin warming up their first event. Once Flight A starts competition, Flight B can begin warming up on their first event.

Rotations: We will be announcing all rotations. Please remain at your event until you hear the rotation announcement.

Hospitality: Coffee and tea provided. Cooler water available in the gym. Bring refillable sports bottle. No outside food or beverage can be brought into the hall.

Floor Music: Please turn in your floor music during general stretch. Make sure to retrieve your device!

XCEL GOLD REGIONALS

GOLD Athletes will qualify to the Regional Championship meet in Cartersville, GA on May 2-4, 2025 from the State meet by AA score regardless of age group.

GOLD QUALIFIERS MUST ENTER THE REGIONAL MEET BY MIDNIGHT ON SUNDAY APRIL 13TH - NO LATE ENTRIES WILL BE ACCEPTED!

Silver and Bronze are not eligible to attend the Regional meet.



For event info and results, visit us on the web

USACompetitions.com

The Greater Fort Lauderdale Broward County Convention Center

1950 Eisenhower Blvd., Ft. Lauderdale Florida 33316 ftlauderdaleecc.com

From the North or South: Take I-95 or Florida's Turnpike and Exit at 595 East. Exit at US 1 North and proceed to S.E. 17th St. Go East on S.E. 17th St. to Eisenhower Blvd. Turn right on Eisenhower. Follow signs to the Convention Center.



Host Hotels

Hyatt Place Fort Lauderdale Cruiseport

Distance from venue: 1.5 miles
Rate: \$259.00 + tax
Reservation Deadline March 10, 2025
[Reservation link](#)

Embassy Suites by Hilton Fort Lauderdale 17th St.

Distance from venue: 0.7 miles
Rate: \$239.00 + tax
Reservation Deadline March 10, 2025
[Reservation link](#)

Springhill Suites Dania Beach

Distance from venue: 7 miles
Rate: \$224.00 + tax
Reservation Deadline March 20, 2025
[Reservation link](#)

Renaissance Fort Lauderdale Marina

Distance from venue: 0.3 miles (6 minute walk)
Rate: \$219.00 + tax
Reservation Deadline March 10, 2025
[Reservation link](#) [Reservation link 2](#)

Tru by Hilton FLL Airport

Distance from venue: 4.6 miles
Rate: \$279.00 + tax
Reservation Deadline March 11, 2025
[Reservation link](#)

Maritime Hotel Fort Lauderdale Cruise Port

Distance from venue: 4 miles
Rate: \$199.00 + tax
Reservation Deadline March 15, 2025
[Reservation link](#)



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Spectator Admissions

Credit Card Price

\$26 / Adult (13 + up)
\$11 / Child (5-12)
(under 5 yrs. free)

Cash Price

\$25 / Adult (13 + up)
\$10 / Child (5-12)

Many thanks to our sponsors!



Thank you to Visit Lauderdale for sponsoring this event! Head to the [Visit Lauderdale website](#) to learn about all things Greater Fort Lauderdale. Don't forget to tag #VisitLauderdale in your pictures from the competition or from around town!