



The American Heartland - Sioux City - Nationals

January 28 - Hall A											
Division	Program	Team Name	City	State	Check-In	Stretch Mat	Spring Strip	Full Foam Floor	Walk	On Deck	Compete
L1 Performance Rec - 10Y (NON)	Elkhorn Athletic Association	Nebraska Force Prep 1	Elkhorn	NE	9:24 AM	9:28 AM	9:36 AM	9:44 AM	9:48 AM	9:54 AM	10:00 AM
L1.1 Junior - PREP	Koach All Stars	Fortune	Ankeny	IA	9:28 AM	9:32 AM	9:40 AM	9:48 AM	9:52 AM	9:58 AM	10:04 AM
L1 Performance Rec - 12Y (NON)	Millard United Sports	Millard United Spirit Elite Rubies	Omaha	NE	9:32 AM	9:36 AM	9:44 AM	9:52 AM	9:56 AM	10:02 AM	10:08 AM
L1.1 Junior - PREP	VIP Cheer	A-Listers	North Sioux City	SD	9:36 AM	9:40 AM	9:48 AM	9:56 AM	10:00 AM	10:06 AM	10:12 AM
L1 Performance Rec - 14Y (NON)	Elkhorn Athletic Association	Nebraska Force Novice	Elkhorn	NE	9:40 AM	9:44 AM	9:52 AM	10:00 AM	10:04 AM	10:10 AM	10:16 AM
L1.1 Junior - PREP	Nebraska Cheer Center	Superstition	Lincoln	NE	9:44 AM	9:48 AM	9:56 AM	10:04 AM	10:08 AM	10:14 AM	10:20 AM
L1 Youth - Novice - Restrictions	Koach All Stars	Royal	Ankeny	IA	9:48 AM	9:52 AM	10:00 AM	10:08 AM	10:12 AM	10:18 AM	10:24 AM
	BREAK	Break			9:52 AM	9:56 AM	10:04 AM	10:12 AM	10:16 AM	10:22 AM	10:28 AM
L1.1 Junior - PREP	Beyond All Stars	DESIRE	Omaha	NE	10:06 AM	10:10 AM	10:18 AM	10:26 AM	10:30 AM	10:36 AM	10:42 AM
L1 Youth - Novice - Restrictions	Beyond All Stars	SWEETHEARTS	Omaha	NE	10:10 AM	10:14 AM	10:22 AM	10:30 AM	10:34 AM	10:40 AM	10:46 AM
L1.1 Youth - PREP	Spirit Gems	Diamonds	Winner	SD	10:14 AM	10:18 AM	10:26 AM	10:34 AM	10:38 AM	10:44 AM	10:50 AM
L2 Performance Rec - 14Y (NON)	Elkhorn Athletic Association	Nebraska Force Prep	Elkhorn	NE	10:18 AM	10:22 AM	10:30 AM	10:38 AM	10:42 AM	10:48 AM	10:54 AM
L1.1 Youth - PREP	Nebraska Cheer Center	Charms	Lincoln	NE	10:22 AM	10:26 AM	10:34 AM	10:42 AM	10:46 AM	10:52 AM	10:58 AM
L2 Performance Rec - 14Y (NON)	Millard United Sports	Millard United Spirit Elite Diamonds	Omaha	NE	10:26 AM	10:30 AM	10:38 AM	10:46 AM	10:50 AM	10:56 AM	11:02 AM
L1.1 Youth - PREP	Mega Cheer	Sizzle	Saint Joseph	MO	10:30 AM	10:34 AM	10:42 AM	10:50 AM	10:54 AM	11:00 AM	11:06 AM
	BREAK	Break			10:34 AM	10:38 AM	10:46 AM	10:54 AM	10:58 AM	11:04 AM	11:10 AM
L1 Mini - Novice - Restrictions	Koach All Stars	Mirage	Ankeny	IA	10:41 AM	10:45 AM	10:53 AM	11:01 AM	11:05 AM	11:11 AM	11:17 AM
L1.1 Senior - PREP	Dream Cheer	Nightmare	Henry	SD	10:45 AM	10:49 AM	10:57 AM	11:05 AM	11:09 AM	11:15 AM	11:21 AM
L1 Mini - Novice - Restrictions	Nebraska Cheer Center	Ladybugs	Lincoln	NE	10:49 AM	10:53 AM	11:01 AM	11:09 AM	11:13 AM	11:19 AM	11:25 AM
L1.1 Youth - PREP	Dakota Spirit	Flash	Sioux Falls	SD	10:53 AM	10:57 AM	11:05 AM	11:13 AM	11:17 AM	11:23 AM	11:29 AM
L1 Tiny - Novice - Restrictions	Kisses Dance Cheer & Talent	Baby Pink	Bennington	NE	10:57 AM	11:01 AM	11:09 AM	11:17 AM	11:21 AM	11:27 AM	11:33 AM
L1.1 Youth - PREP	Tribe Athletics	YTH PREP	Clive	IA	11:01 AM	11:05 AM	11:13 AM	11:21 AM	11:25 AM	11:31 AM	11:37 AM
L1 Tiny - Novice - Restrictions	Koach All Stars	Charm	Ankeny	IA	11:05 AM	11:09 AM	11:17 AM	11:25 AM	11:29 AM	11:35 AM	11:41 AM
	BREAK	Break			11:09 AM	11:13 AM	11:21 AM	11:29 AM	11:33 AM	11:39 AM	11:45 AM
L1.1 Mini - PREP	Ultimate Dance & Cheer	Voyage	Sioux Falls	SD	11:16 AM	11:20 AM	11:28 AM	11:36 AM	11:40 AM	11:46 AM	11:52 AM
L1 Tiny - Novice - Restrictions	Beyond All Stars	LOVEBUGS	Omaha	NE	11:20 AM	11:24 AM	11:32 AM	11:40 AM	11:44 AM	11:50 AM	11:56 AM
L1.1 Mini - PREP	Iowa Elite Cheer - Des Moines	Monsters	Johnston	IA	11:24 AM	11:28 AM	11:36 AM	11:44 AM	11:48 AM	11:54 AM	12:00 PM
L2.1 Junior - PREP	Dream Cheer	Fantasy	Henry	SD	11:28 AM	11:32 AM	11:40 AM	11:48 AM	11:52 AM	11:58 AM	12:04 PM
L1.1 Tiny - PREP	Ultimate Dance & Cheer	Cutie Crusade	Sioux Falls	SD	11:32 AM	11:36 AM	11:44 AM	11:52 AM	11:56 AM	12:02 PM	12:08 PM
L2.1 Junior - PREP	Dakota Spirit	Xplosion	Sioux Falls	SD	11:36 AM	11:40 AM	11:48 AM	11:56 AM	12:00 PM	12:06 PM	12:12 PM
	BREAK	Break			11:40 AM	11:44 AM	11:52 AM	12:00 PM	12:04 PM	12:10 PM	12:16 PM
L2.1 Youth - PREP	American Cheer Elite	Bravo	Sioux Falls	SD	11:47 AM	11:51 AM	11:59 AM	12:07 PM	12:11 PM	12:17 PM	12:23 PM
L2.2 Junior - PREP	Koach All Stars	Jackpot	Ankeny	IA	11:51 AM	11:55 AM	12:03 PM	12:11 PM	12:15 PM	12:21 PM	12:27 PM
L2.2 Senior - PREP	Spirit Gems	Pink	Winner	SD	11:55 AM	11:59 AM	12:07 PM	12:15 PM	12:19 PM	12:25 PM	12:31 PM



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January 28 - Hall A											
Division	Program	Team Name	City	State	Check-In	Stretch Mat	Spring Strip	Full Foam Floor	Walk	On Deck	Compete
L2.2 Junior - PREP	Tribe Athletics	JR PREP	Clive	IA	11:59 AM	12:03 PM	12:11 PM	12:19 PM	12:23 PM	12:29 PM	12:35 PM
CheerABILITIES - Exhibition	Beyond All Stars	DREAM	Omaha	NE	12:03 PM	12:07 PM	12:15 PM	12:23 PM	12:27 PM	12:33 PM	12:39 PM
	BREAK	Event Break			12:07 PM	12:11 PM	12:19 PM	12:27 PM	12:31 PM	12:37 PM	12:43 PM
	BREAK	Awards			12:37 PM	12:41 PM	12:49 PM	12:57 PM	1:01 PM	1:07 PM	1:13 PM
L4 Senior Coed	KCK Wildfire	Steel	Brookings	SD	1:22 PM	1:26 PM	1:34 PM	1:42 PM	1:46 PM	1:52 PM	1:58 PM
L3 Junior - D2 - Small	American Cheer Elite	Rogue	Sioux Falls	SD	1:26 PM	1:30 PM	1:38 PM	1:46 PM	1:50 PM	1:56 PM	2:02 PM
L4 Senior Coed	Tribe Athletics	FLASH	Clive	IA	1:30 PM	1:34 PM	1:42 PM	1:50 PM	1:54 PM	2:00 PM	2:06 PM
L3 Junior - D2 - Small	Rising Star Athletics	Infinity	Watertown	SD	1:34 PM	1:38 PM	1:46 PM	1:54 PM	1:58 PM	2:04 PM	2:10 PM
L1 Youth	Kisses Dance Cheer & Talent	Pretty In Pink	Bennington	NE	1:38 PM	1:42 PM	1:50 PM	1:58 PM	2:02 PM	2:08 PM	2:14 PM
L3 Junior - D2 - Small	North Dakota Elite	Platinum	Fargo	ND	1:42 PM	1:46 PM	1:54 PM	2:02 PM	2:06 PM	2:12 PM	2:18 PM
L1 Youth	Ultimate Dance & Cheer	Odyssey	Sioux Falls	SD	1:46 PM	1:50 PM	1:58 PM	2:06 PM	2:10 PM	2:16 PM	2:22 PM
	BREAK	Break			1:50 PM	1:54 PM	2:02 PM	2:10 PM	2:14 PM	2:20 PM	2:26 PM
L1 Youth	Take Flight Cheer	Snowflakes	Sioux City	IA	2:04 PM	2:08 PM	2:16 PM	2:24 PM	2:28 PM	2:34 PM	2:40 PM
L3 Junior - D2 - Small	KCK Wildfire	Sapphire	Brookings	SD	2:08 PM	2:12 PM	2:20 PM	2:28 PM	2:32 PM	2:38 PM	2:44 PM
L1 Youth	VIP Cheer	Celebrity	North Sioux City	SD	2:12 PM	2:16 PM	2:24 PM	2:32 PM	2:36 PM	2:42 PM	2:48 PM
L3 Junior - Small	Ultimate Dance & Cheer	Endeavor	Sioux Falls	SD	2:16 PM	2:20 PM	2:28 PM	2:36 PM	2:40 PM	2:46 PM	2:52 PM
L1 Youth	TNT Cheer	TNT Torch	Fargo	ND	2:20 PM	2:24 PM	2:32 PM	2:40 PM	2:44 PM	2:50 PM	2:56 PM
L3 Junior - Small	Elite Cheer	Blaze	Elkhorn	NE	2:24 PM	2:28 PM	2:36 PM	2:44 PM	2:48 PM	2:54 PM	3:00 PM
L1 Youth	Cheer Tech	Renegades	Grand Forks	ND	2:28 PM	2:32 PM	2:40 PM	2:48 PM	2:52 PM	2:58 PM	3:04 PM
L3 Junior - Small	Iowa Elite Cheer - Des Moines	Heathens	Johnston	IA	2:32 PM	2:36 PM	2:44 PM	2:52 PM	2:56 PM	3:02 PM	3:08 PM
L1 Youth	Mega Cheer	Lava Girls	Saint Joseph	MO	2:36 PM	2:40 PM	2:48 PM	2:56 PM	3:00 PM	3:06 PM	3:12 PM
	BREAK	Break			2:40 PM	2:44 PM	2:52 PM	3:00 PM	3:04 PM	3:10 PM	3:16 PM
L3 Junior - Medium	Rockstar Athletics	Ruckus	Franklin	WI	2:47 PM	2:51 PM	2:59 PM	3:07 PM	3:11 PM	3:17 PM	3:23 PM
L1 Youth	American Cheer Elite	Commanders	Sioux Falls	SD	2:51 PM	2:55 PM	3:03 PM	3:11 PM	3:15 PM	3:21 PM	3:27 PM
L3 Junior - Medium	Tribe Athletics	QUE3NS	Clive	IA	2:55 PM	2:59 PM	3:07 PM	3:15 PM	3:19 PM	3:25 PM	3:31 PM
L1 Mini - D2	Power & Grace Wildcats	Royalty	Sioux Falls	SD	2:59 PM	3:03 PM	3:11 PM	3:19 PM	3:23 PM	3:29 PM	3:35 PM
L3 Senior - D2 - Small	Mega Cheer	Fuego	Saint Joseph	MO	3:03 PM	3:07 PM	3:15 PM	3:23 PM	3:27 PM	3:33 PM	3:39 PM
L1 Mini - D2	North Dakota Elite	Power	Fargo	ND	3:07 PM	3:11 PM	3:19 PM	3:27 PM	3:31 PM	3:37 PM	3:43 PM
L3 Senior - D2 - Small	Cheer Tech	Sabotage	Grand Forks	ND	3:11 PM	3:15 PM	3:23 PM	3:31 PM	3:35 PM	3:41 PM	3:47 PM
	BREAK	Break			3:15 PM	3:19 PM	3:27 PM	3:35 PM	3:39 PM	3:45 PM	3:51 PM
L1 Mini	Dakota Spirit	Atomic	Sioux Falls	SD	3:22 PM	3:26 PM	3:34 PM	3:42 PM	3:46 PM	3:52 PM	3:58 PM
L3 Senior - Small	Beyond All Stars	CRUSH	Omaha	NE	3:26 PM	3:30 PM	3:38 PM	3:46 PM	3:50 PM	3:56 PM	4:02 PM
L1 Mini	Tribe Athletics	MIN1s	Clive	IA	3:30 PM	3:34 PM	3:42 PM	3:50 PM	3:54 PM	4:00 PM	4:06 PM
L3 Senior - Small	Cheer Athletics Omaha	GloryCats	Omaha	NE	3:34 PM	3:38 PM	3:46 PM	3:54 PM	3:58 PM	4:04 PM	4:10 PM
L1 Tiny	KCK Wildfire	Teal	Brookings	SD	3:38 PM	3:42 PM	3:50 PM	3:58 PM	4:02 PM	4:08 PM	4:14 PM
L3 Youth	Mega Cheer	Blaze	Saint Joseph	MO	3:42 PM	3:46 PM	3:54 PM	4:02 PM	4:06 PM	4:12 PM	4:18 PM
L1 Junior - D2	Starstruck All Stars	GymCats	Altoona	IA	3:46 PM	3:50 PM	3:58 PM	4:06 PM	4:10 PM	4:16 PM	4:22 PM
	BREAK	Break			3:50 PM	3:54 PM	4:02 PM	4:10 PM	4:14 PM	4:20 PM	4:26 PM



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January 28 - Hall A											
Division	Program	Team Name	City	State	Check-In	Stretch Mat	Spring Strip	Full Foam Floor	Walk	On Deck	Compete
L1 Junior	Ultimate Dance & Cheer	Journey	Sioux Falls	SD	4:04 PM	4:08 PM	4:16 PM	4:24 PM	4:28 PM	4:34 PM	4:40 PM
L3 Youth	Dakota Spirit	Blaze	Sioux Falls	SD	4:08 PM	4:12 PM	4:20 PM	4:28 PM	4:32 PM	4:38 PM	4:44 PM
L1 Junior - D2	Apex Cheer	Shadow	Sioux City	IA	4:12 PM	4:16 PM	4:24 PM	4:32 PM	4:36 PM	4:42 PM	4:48 PM
L3 Youth	Cheer Tech	Rampage	Grand Forks	ND	4:16 PM	4:20 PM	4:28 PM	4:36 PM	4:40 PM	4:46 PM	4:52 PM
L1 Junior	Beyond All Stars	DIVINE	Omaha	NE	4:20 PM	4:24 PM	4:32 PM	4:40 PM	4:44 PM	4:50 PM	4:56 PM
L3 Senior Coed	Power & Grace Wildcats	Gold	Sioux Falls	SD	4:24 PM	4:28 PM	4:36 PM	4:44 PM	4:48 PM	4:54 PM	5:00 PM
L1 Junior	Tribe Athletics	JUN1ORS	Clive	IA	4:28 PM	4:32 PM	4:40 PM	4:48 PM	4:52 PM	4:58 PM	5:04 PM
	BREAK	Break			4:32 PM	4:36 PM	4:44 PM	4:52 PM	4:56 PM	5:02 PM	5:08 PM
L1 Junior	Iowa Elite Cheer - Des Moines	Reapers	Johnston	IA	4:39 PM	4:43 PM	4:51 PM	4:59 PM	5:03 PM	5:09 PM	5:15 PM
L3 Senior Coed	North Dakota Elite	Code3	Fargo	ND	4:43 PM	4:47 PM	4:55 PM	5:03 PM	5:07 PM	5:13 PM	5:19 PM
L1 Junior - D2	North Dakota Elite	Tox1c	Fargo	ND	4:47 PM	4:51 PM	4:59 PM	5:07 PM	5:11 PM	5:17 PM	5:23 PM
L3 Senior - Medium	Dakota Spirit	Eclipse	Sioux Falls	SD	4:51 PM	4:55 PM	5:03 PM	5:11 PM	5:15 PM	5:21 PM	5:27 PM
L1 Junior - D2	Nebraska Cheer Center	Treasure	Lincoln	NE	4:55 PM	4:59 PM	5:07 PM	5:15 PM	5:19 PM	5:25 PM	5:31 PM
L3 Senior - Medium	Tribe Athletics	S3NIORS	Clive	IA	4:59 PM	5:03 PM	5:11 PM	5:19 PM	5:23 PM	5:29 PM	5:35 PM
L1 Senior	Rising Star Athletics	Odyssey	Watertown	SD	5:03 PM	5:07 PM	5:15 PM	5:23 PM	5:27 PM	5:33 PM	5:39 PM
	BREAK	Event Break			5:07 PM	5:11 PM	5:19 PM	5:27 PM	5:31 PM	5:37 PM	5:43 PM
L2 Junior - D2	Kisses Dance Cheer & Talent	Lady Danger Red	Bennington	NE	5:52 PM	5:56 PM	6:04 PM	6:12 PM	6:16 PM	6:22 PM	6:28 PM
L2 Youth - D2	Rising Star Athletics	Eclipse	Watertown	SD	5:56 PM	6:00 PM	6:08 PM	6:16 PM	6:20 PM	6:26 PM	6:32 PM
L2 Junior - D2	TNT Cheer	TNT Smoke	Fargo	ND	6:00 PM	6:04 PM	6:12 PM	6:20 PM	6:24 PM	6:30 PM	6:36 PM
L2 Youth - D2	Rockstar Athletics	Notorious	Franklin	WI	6:04 PM	6:08 PM	6:16 PM	6:24 PM	6:28 PM	6:34 PM	6:40 PM
L2 Junior - D2	KCK Wildfire	Ice	Brookings	SD	6:08 PM	6:12 PM	6:20 PM	6:28 PM	6:32 PM	6:38 PM	6:44 PM
L2 Youth	Ultimate Dance & Cheer	Quest	Sioux Falls	SD	6:12 PM	6:16 PM	6:24 PM	6:32 PM	6:36 PM	6:42 PM	6:48 PM
L2 Junior - D2	Mega Cheer	Heat	Saint Joseph	MO	6:16 PM	6:20 PM	6:28 PM	6:36 PM	6:40 PM	6:46 PM	6:52 PM
	BREAK	Break			6:20 PM	6:24 PM	6:32 PM	6:40 PM	6:44 PM	6:50 PM	6:56 PM
L2 Youth	Tribe Athletics	LEGENDZ	Clive	IA	6:34 PM	6:38 PM	6:46 PM	6:54 PM	6:58 PM	7:04 PM	7:10 PM
L2 Junior - D2	American Cheer Elite	Strykers	Sioux Falls	SD	6:38 PM	6:42 PM	6:50 PM	6:58 PM	7:02 PM	7:08 PM	7:14 PM
L2 Youth	Iowa Elite Cheer - Des Moines	Havoc	Johnston	IA	6:42 PM	6:46 PM	6:54 PM	7:02 PM	7:06 PM	7:12 PM	7:18 PM
L2 Junior - D2	Cheer Tech	Anarchy	Grand Forks	ND	6:46 PM	6:50 PM	6:58 PM	7:06 PM	7:10 PM	7:16 PM	7:22 PM
L4 Junior	Beyond All Stars	VICIOUS	Omaha	NE	6:50 PM	6:54 PM	7:02 PM	7:10 PM	7:14 PM	7:20 PM	7:26 PM
L2 Junior - D2	Tumble Cheer Fuzion	Cobalt	Kearney	MO	6:54 PM	6:58 PM	7:06 PM	7:14 PM	7:18 PM	7:24 PM	7:30 PM
L4 Junior	Dakota Spirit	Enfuego	Sioux Falls	SD	6:58 PM	7:02 PM	7:10 PM	7:18 PM	7:22 PM	7:28 PM	7:34 PM
	BREAK	Break			7:02 PM	7:06 PM	7:14 PM	7:22 PM	7:26 PM	7:32 PM	7:38 PM
L2 Junior	Beyond All Stars	BLISS	Omaha	NE	7:09 PM	7:13 PM	7:21 PM	7:29 PM	7:33 PM	7:39 PM	7:45 PM
L4 Junior	Elite Cheer	Fusion	Elkhorn	NE	7:13 PM	7:17 PM	7:25 PM	7:33 PM	7:37 PM	7:43 PM	7:49 PM
L2 Junior	Dakota Spirit	Ignite	Sioux Falls	SD	7:17 PM	7:21 PM	7:29 PM	7:37 PM	7:41 PM	7:47 PM	7:53 PM
L4.2 Senior	KCK Wildfire	Shine	Brookings	SD	7:21 PM	7:25 PM	7:33 PM	7:41 PM	7:45 PM	7:51 PM	7:57 PM
L2 Junior	Iowa Elite Cheer - Des Moines	Savage	Johnston	IA	7:25 PM	7:29 PM	7:37 PM	7:45 PM	7:49 PM	7:55 PM	8:01 PM
L4 Senior	Rockstar Athletics	Vendetta	Franklin	WI	7:29 PM	7:33 PM	7:41 PM	7:49 PM	7:53 PM	7:59 PM	8:05 PM



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January 28 - Hall A											
Division	Program	Team Name	City	State	Check-In	Stretch Mat	Spring Strip	Full Foam Floor	Walk	On Deck	Compete
L2 Junior	Cheer Athletics Omaha	IconicCats	Omaha	NE	7:33 PM	7:37 PM	7:45 PM	7:53 PM	7:57 PM	8:03 PM	8:09 PM
L4 Senior	Iowa Elite Cheer - Des Moines	Undertakers	Johnston	IA	7:37 PM	7:41 PM	7:49 PM	7:57 PM	8:01 PM	8:07 PM	8:13 PM
	BREAK	Break			7:41 PM	7:45 PM	7:53 PM	8:01 PM	8:05 PM	8:11 PM	8:17 PM
L4.2 Senior	Dakota Spirit	Magnum	Sioux Falls	SD	7:55 PM	7:59 PM	8:07 PM	8:15 PM	8:19 PM	8:25 PM	8:31 PM
L2 Senior - D2	VIP Cheer	Icons	North Sioux City	SD	7:59 PM	8:03 PM	8:11 PM	8:19 PM	8:23 PM	8:29 PM	8:35 PM
L4.2 Senior	Rockstar Athletics	Anarchy	Franklin	WI	8:03 PM	8:07 PM	8:15 PM	8:23 PM	8:27 PM	8:33 PM	8:39 PM
L2 Senior - D2	Rockstar Athletics	Supremacy	Franklin	WI	8:07 PM	8:11 PM	8:19 PM	8:27 PM	8:31 PM	8:37 PM	8:43 PM
L4 Senior Open Coed	Cheer Athletics Omaha	LegacyCats	Omaha	NE	8:11 PM	8:15 PM	8:23 PM	8:31 PM	8:35 PM	8:41 PM	8:47 PM
L2 Senior - D2	Starstruck All Stars	Black Ops	Altoona	IA	8:15 PM	8:19 PM	8:27 PM	8:35 PM	8:39 PM	8:45 PM	8:51 PM
	BREAK	Break			8:19 PM	8:23 PM	8:31 PM	8:39 PM	8:43 PM	8:49 PM	8:55 PM
L2 Senior - D2	Apex Cheer	Smoke	Sioux City	IA	8:26 PM	8:30 PM	8:38 PM	8:46 PM	8:50 PM	8:56 PM	9:02 PM
L5 Junior	Tumble Cheer Fuzion	Steel	Kearney	MO	8:30 PM	8:34 PM	8:42 PM	8:50 PM	8:54 PM	9:00 PM	9:06 PM
L2 Senior	Ultimate Dance & Cheer	Aspire	Sioux Falls	SD	8:34 PM	8:38 PM	8:46 PM	8:54 PM	8:58 PM	9:04 PM	9:10 PM
L5 Senior	Dakota Spirit	Apollo	Sioux Falls	SD	8:38 PM	8:42 PM	8:50 PM	8:58 PM	9:02 PM	9:08 PM	9:14 PM
L2 Senior	Tribe Athletics	S2 GANG	Clive	IA	8:42 PM	8:46 PM	8:54 PM	9:02 PM	9:06 PM	9:12 PM	9:18 PM
L5 Senior	Elite Cheer	Odyssey	Elkhorn	NE	8:46 PM	8:50 PM	8:58 PM	9:06 PM	9:10 PM	9:16 PM	9:22 PM
	BREAK	Break			8:50 PM	8:54 PM	9:02 PM	9:10 PM	9:14 PM	9:20 PM	9:26 PM
L5 Senior Coed	Tribe Athletics	TRIBE 5	Clive	IA	8:54 PM	8:58 PM	9:06 PM	9:14 PM	9:18 PM	9:24 PM	9:30 PM



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Division	Program	Team Name	City	State	Check-In	Stretch Mat	Spring Strip	Full Foam Floor	Walk	On Deck	Complete
L3 Junior - D2 - Small	American Cheer Elite	Rogue	Sioux Falls	SD	8:24 AM	8:28 AM	8:36 AM	8:44 AM	8:48 AM	8:54 AM	9:00 AM
L1 Youth	Cheer Tech	Renegades	Grand Forks	ND	8:28 AM	8:32 AM	8:40 AM	8:48 AM	8:52 AM	8:58 AM	9:04 AM
L3 Junior - D2 - Small	KCK Wildfire	Sapphire	Brookings	SD	8:32 AM	8:36 AM	8:44 AM	8:52 AM	8:56 AM	9:02 AM	9:08 AM
L1 Youth	TNT Cheer	TNT Torch	Fargo	ND	8:36 AM	8:40 AM	8:48 AM	8:56 AM	9:00 AM	9:06 AM	9:12 AM
L3 Junior - D2 - Small	North Dakota Elite	Platinum	Fargo	ND	8:40 AM	8:44 AM	8:52 AM	9:00 AM	9:04 AM	9:10 AM	9:16 AM
L1 Youth	Mega Cheer	Lava Girls	Saint Joseph	MO	8:44 AM	8:48 AM	8:56 AM	9:04 AM	9:08 AM	9:14 AM	9:20 AM
L3 Junior - D2 - Small	Rising Star Athletics	Infinity	Watertown	SD	8:48 AM	8:52 AM	9:00 AM	9:08 AM	9:12 AM	9:18 AM	9:24 AM
	BREAK	BREAK			8:52 AM	8:56 AM	9:04 AM	9:12 AM	9:16 AM	9:22 AM	9:28 AM
L1 Youth	American Cheer Elite	Commanders	Sioux Falls	SD	9:06 AM	9:10 AM	9:18 AM	9:26 AM	9:30 AM	9:36 AM	9:42 AM
L3 Junior - Small	Iowa Elite Cheer - Des Moines	Heathens	Johnston	IA	9:10 AM	9:14 AM	9:22 AM	9:30 AM	9:34 AM	9:40 AM	9:46 AM
L1 Youth	VIP Cheer	Celebrity	North Sioux City	SD	9:14 AM	9:18 AM	9:26 AM	9:34 AM	9:38 AM	9:44 AM	9:50 AM
L3 Junior - Small	Elite Cheer	Blaze	Elkhorn	NE	9:18 AM	9:22 AM	9:30 AM	9:38 AM	9:42 AM	9:48 AM	9:54 AM
L1 Youth	Take Flight Cheer	Snowflakes	Sioux City	IA	9:22 AM	9:26 AM	9:34 AM	9:42 AM	9:46 AM	9:52 AM	9:58 AM
L3 Junior - Small	Ultimate Dance & Cheer	Endeavor	Sioux Falls	SD	9:26 AM	9:30 AM	9:38 AM	9:46 AM	9:50 AM	9:56 AM	10:02 AM
L1 Youth	Ultimate Dance & Cheer	Odyssey	Sioux Falls	SD	9:30 AM	9:34 AM	9:42 AM	9:50 AM	9:54 AM	10:00 AM	10:06 AM
	BREAK	BREAK			9:34 AM	9:38 AM	9:46 AM	9:54 AM	9:58 AM	10:04 AM	10:10 AM
L3 Junior - Medium	Tribe Athletics	QUE3NS	Clive	IA	9:41 AM	9:45 AM	9:53 AM	10:01 AM	10:05 AM	10:11 AM	10:17 AM
L1 Youth	Kisses Dance Cheer & Talent	Pretty In Pink	Bennington	NE	9:45 AM	9:49 AM	9:57 AM	10:05 AM	10:09 AM	10:15 AM	10:21 AM
L3 Junior - Medium	Rockstar Athletics	Ruckus	Franklin	WI	9:49 AM	9:53 AM	10:01 AM	10:09 AM	10:13 AM	10:19 AM	10:25 AM
L1 Mini - D2	North Dakota Elite	Power	Fargo	ND	9:53 AM	9:57 AM	10:05 AM	10:13 AM	10:17 AM	10:23 AM	10:29 AM
L3 Senior - D2 - Small	Cheer Tech	Sabotage	Grand Forks	ND	9:57 AM	10:01 AM	10:09 AM	10:17 AM	10:21 AM	10:27 AM	10:33 AM
L1 Mini - D2	Power & Grace Wildcats	Royalty	Sioux Falls	SD	10:01 AM	10:05 AM	10:13 AM	10:21 AM	10:25 AM	10:31 AM	10:37 AM
L3 Senior - D2 - Small	Mega Cheer	Fuego	Saint Joseph	MO	10:05 AM	10:09 AM	10:17 AM	10:25 AM	10:29 AM	10:35 AM	10:41 AM
	BREAK	BREAK			10:09 AM	10:13 AM	10:21 AM	10:29 AM	10:33 AM	10:39 AM	10:45 AM
L1 Mini	Tribe Athletics	MIN1s	Clive	IA	10:16 AM	10:20 AM	10:28 AM	10:36 AM	10:40 AM	10:46 AM	10:52 AM
L3 Senior - Small	Cheer Athletics Omaha	GloryCats	Omaha	NE	10:20 AM	10:24 AM	10:32 AM	10:40 AM	10:44 AM	10:50 AM	10:56 AM
L1 Mini	Dakota Spirit	Atomic	Sioux Falls	SD	10:24 AM	10:28 AM	10:36 AM	10:44 AM	10:48 AM	10:54 AM	11:00 AM
L3 Senior - Small	Beyond All Stars	CRUSH	Omaha	NE	10:28 AM	10:32 AM	10:40 AM	10:48 AM	10:52 AM	10:58 AM	11:04 AM
L1 Tiny	KCK Wildfire	Teal	Brookings	SD	10:32 AM	10:36 AM	10:44 AM	10:52 AM	10:56 AM	11:02 AM	11:08 AM
L3 Youth	Cheer Tech	Rampage	Grand Forks	ND	10:36 AM	10:40 AM	10:48 AM	10:56 AM	11:00 AM	11:06 AM	11:12 AM
L1 Junior	Iowa Elite Cheer - Des Moines	Reapers	Johnston	IA	10:40 AM	10:44 AM	10:52 AM	11:00 AM	11:04 AM	11:10 AM	11:16 AM
	BREAK	BREAK			10:44 AM	10:48 AM	10:56 AM	11:04 AM	11:08 AM	11:14 AM	11:20 AM
L1 Junior	Tribe Athletics	JUN1ORS	Clive	IA	10:58 AM	11:02 AM	11:10 AM	11:18 AM	11:22 AM	11:28 AM	11:34 AM
L3 Youth	Dakota Spirit	Blaze	Sioux Falls	SD	11:02 AM	11:06 AM	11:14 AM	11:22 AM	11:26 AM	11:32 AM	11:38 AM
L1 Junior	Beyond All Stars	DIVINE	Omaha	NE	11:06 AM	11:10 AM	11:18 AM	11:26 AM	11:30 AM	11:36 AM	11:42 AM
L3 Youth	Mega Cheer	Blaze	Saint Joseph	MO	11:10 AM	11:14 AM	11:22 AM	11:30 AM	11:34 AM	11:40 AM	11:46 AM
L1 Junior	Ultimate Dance & Cheer	Journey	Sioux Falls	SD	11:14 AM	11:18 AM	11:26 AM	11:34 AM	11:38 AM	11:44 AM	11:50 AM
L3 Senior - Medium	Tribe Athletics	S3NIORS	Clive	IA	11:18 AM	11:22 AM	11:30 AM	11:38 AM	11:42 AM	11:48 AM	11:54 AM
L1 Junior - D2	Apex Cheer	Shadow	Sioux City	IA	11:22 AM	11:26 AM	11:34 AM	11:42 AM	11:46 AM	11:52 AM	11:58 AM
	BREAK	BREAK			11:26 AM	11:30 AM	11:38 AM	11:46 AM	11:50 AM	11:56 AM	12:02 PM
L1 Junior - D2	Starstruck All Stars	GymCats	Altoona	IA	11:33 AM	11:37 AM	11:45 AM	11:53 AM	11:57 AM	12:03 PM	12:09 PM
L3 Senior Coed	North Dakota Elite	Code3	Fargo	ND	11:37 AM	11:41 AM	11:49 AM	11:57 AM	12:01 PM	12:07 PM	12:13 PM



The American Heartland - Sioux City - Nationals

January 29 - Hall A											
Division	Program	Team Name	City	State	Check-In	Stretch Mat	Spring Strip	Full Foam Floor	Walk	On Deck	Compete
L1 Junior - D2	Nebraska Cheer Center	Treasure	Lincoln	NE	11:41 AM	11:45 AM	11:53 AM	12:01 PM	12:05 PM	12:11 PM	12:17 PM
L3 Senior - Medium	Dakota Spirit	Eclipse	Sioux Falls	SD	11:45 AM	11:49 AM	11:57 AM	12:05 PM	12:09 PM	12:15 PM	12:21 PM
L1 Junior - D2	North Dakota Elite	Tox1c	Fargo	ND	11:49 AM	11:53 AM	12:01 PM	12:09 PM	12:13 PM	12:19 PM	12:25 PM
L3 Senior Coed	Power & Grace Wildcats	Gold	Sioux Falls	SD	11:53 AM	11:57 AM	12:05 PM	12:13 PM	12:17 PM	12:23 PM	12:29 PM
L1 Senior	Rising Star Athletics	Odyssey	Watertown	SD	11:57 AM	12:01 PM	12:09 PM	12:17 PM	12:21 PM	12:27 PM	12:33 PM
	BREAK	Awards			12:01 PM	12:05 PM	12:13 PM	12:21 PM	12:25 PM	12:31 PM	12:37 PM
	BREAK	Event Break			12:31 PM	12:35 PM	12:43 PM	12:51 PM	12:55 PM	1:01 PM	1:07 PM
L2 Junior - D2	Cheer Tech	Anarchy	Grand Forks	ND	1:16 PM	1:20 PM	1:28 PM	1:36 PM	1:40 PM	1:46 PM	1:52 PM
L2 Youth - D2	Rockstar Athletics	Notorious	Franklin	WI	1:20 PM	1:24 PM	1:32 PM	1:40 PM	1:44 PM	1:50 PM	1:56 PM
L2 Junior - D2	American Cheer Elite	Strykers	Sioux Falls	SD	1:24 PM	1:28 PM	1:36 PM	1:44 PM	1:48 PM	1:54 PM	2:00 PM
L2 Youth - D2	Rising Star Athletics	Eclipse	Watertown	SD	1:28 PM	1:32 PM	1:40 PM	1:48 PM	1:52 PM	1:58 PM	2:04 PM
L2 Junior - D2	Mega Cheer	Heat	Saint Joseph	MO	1:32 PM	1:36 PM	1:44 PM	1:52 PM	1:56 PM	2:02 PM	2:08 PM
L2 Youth	Iowa Elite Cheer - Des Moines	Havoc	Johnston	IA	1:36 PM	1:40 PM	1:48 PM	1:56 PM	2:00 PM	2:06 PM	2:12 PM
L2 Junior - D2	KCK Wildfire	Ice	Brookings	SD	1:40 PM	1:44 PM	1:52 PM	2:00 PM	2:04 PM	2:10 PM	2:16 PM
	BREAK	Break			1:44 PM	1:48 PM	1:56 PM	2:04 PM	2:08 PM	2:14 PM	2:20 PM
L2 Youth	Tribe Athletics	LEGENDZ	Clive	IA	1:58 PM	2:02 PM	2:10 PM	2:18 PM	2:22 PM	2:28 PM	2:34 PM
L2 Junior - D2	TNT Cheer	TNT Smoke	Fargo	ND	2:02 PM	2:06 PM	2:14 PM	2:22 PM	2:26 PM	2:32 PM	2:38 PM
L2 Youth	Ultimate Dance & Cheer	Quest	Sioux Falls	SD	2:06 PM	2:10 PM	2:18 PM	2:26 PM	2:30 PM	2:36 PM	2:42 PM
L2 Junior - D2	Kisses Dance Cheer & Talent	Lady Danger Red	Bennington	NE	2:10 PM	2:14 PM	2:22 PM	2:30 PM	2:34 PM	2:40 PM	2:46 PM
L5 Senior Coed	Tribe Athletics	TRIBE 5	Clive	IA	2:14 PM	2:18 PM	2:26 PM	2:34 PM	2:38 PM	2:44 PM	2:50 PM
L2 Junior	Cheer Athletics Omaha	IconicCats	Omaha	NE	2:18 PM	2:22 PM	2:30 PM	2:38 PM	2:42 PM	2:48 PM	2:54 PM
L5 Senior	Dakota Spirit	Apollo	Sioux Falls	SD	2:22 PM	2:26 PM	2:34 PM	2:42 PM	2:46 PM	2:52 PM	2:58 PM
	BREAK	Break			2:26 PM	2:30 PM	2:38 PM	2:46 PM	2:50 PM	2:56 PM	3:02 PM
L5 Junior	Tumble Cheer Fuzion	Steel	Kearney	MO	2:33 PM	2:37 PM	2:45 PM	2:53 PM	2:57 PM	3:03 PM	3:09 PM
L2 Junior - D2	Tumble Cheer Fuzion	Cobalt	Kearney	MO	2:37 PM	2:41 PM	2:49 PM	2:57 PM	3:01 PM	3:07 PM	3:13 PM
L5 Senior	Elite Cheer	Odyssey	Elkhorn	NE	2:41 PM	2:45 PM	2:53 PM	3:01 PM	3:05 PM	3:11 PM	3:17 PM
L2 Junior	Iowa Elite Cheer - Des Moines	Savage	Johnston	IA	2:45 PM	2:49 PM	2:57 PM	3:05 PM	3:09 PM	3:15 PM	3:21 PM
L4.2 Senior	Rockstar Athletics	Anarchy	Franklin	WI	2:49 PM	2:53 PM	3:01 PM	3:09 PM	3:13 PM	3:19 PM	3:25 PM
L2 Junior	Dakota Spirit	Ignite	Sioux Falls	SD	2:53 PM	2:57 PM	3:05 PM	3:13 PM	3:17 PM	3:23 PM	3:29 PM
L4.2 Senior	KCK Wildfire	Shine	Brookings	SD	2:57 PM	3:01 PM	3:09 PM	3:17 PM	3:21 PM	3:27 PM	3:33 PM
L2 Junior	Beyond All Stars	BLISS	Omaha	NE	3:01 PM	3:05 PM	3:13 PM	3:21 PM	3:25 PM	3:31 PM	3:37 PM
L4 Senior	Iowa Elite Cheer - Des Moines	Undertakers	Johnston	IA	3:05 PM	3:09 PM	3:17 PM	3:25 PM	3:29 PM	3:35 PM	3:41 PM
	BREAK	Break			3:09 PM	3:13 PM	3:21 PM	3:29 PM	3:33 PM	3:39 PM	3:45 PM
L4 Senior	Rockstar Athletics	Vendetta	Franklin	WI	3:23 PM	3:27 PM	3:35 PM	3:43 PM	3:47 PM	3:53 PM	3:59 PM
L2 Senior - D2	Rockstar Athletics	Supremacy	Franklin	WI	3:27 PM	3:31 PM	3:39 PM	3:47 PM	3:51 PM	3:57 PM	4:03 PM
L4.2 Senior	Dakota Spirit	Magnum	Sioux Falls	SD	3:31 PM	3:35 PM	3:43 PM	3:51 PM	3:55 PM	4:01 PM	4:07 PM
L2 Senior - D2	VIP Cheer	Icons	North Sioux City	SD	3:35 PM	3:39 PM	3:47 PM	3:55 PM	3:59 PM	4:05 PM	4:11 PM
L4 Senior Coed	Tribe Athletics	FLASH	Clive	IA	3:39 PM	3:43 PM	3:51 PM	3:59 PM	4:03 PM	4:09 PM	4:15 PM
L2 Senior	Tribe Athletics	S2 GANG	Clive	IA	3:43 PM	3:47 PM	3:55 PM	4:03 PM	4:07 PM	4:13 PM	4:19 PM
L4 Senior Coed	KCK Wildfire	Steel	Brookings	SD	3:47 PM	3:51 PM	3:59 PM	4:07 PM	4:11 PM	4:17 PM	4:23 PM
	BREAK	Break			3:51 PM	3:55 PM	4:03 PM	4:11 PM	4:15 PM	4:21 PM	4:27 PM
L2 Senior - D2	Apex Cheer	Smoke	Sioux City	IA	3:58 PM	4:02 PM	4:10 PM	4:18 PM	4:22 PM	4:28 PM	4:34 PM



The American Heartland - Sioux City - Nationals

January 29 - Hall A											
Division	Program	Team Name	City	State	Check-In	Stretch Mat	Spring Strip	Full Foam Floor	Walk	On Deck	Complete
L4 Senior Open Coed	Cheer Athletics Omaha	LegacyCats	Omaha	NE	4:02 PM	4:06 PM	4:14 PM	4:22 PM	4:26 PM	4:32 PM	4:38 PM
L2 Senior - D2	Starstruck All Stars	Black Ops	Altoona	IA	4:06 PM	4:10 PM	4:18 PM	4:26 PM	4:30 PM	4:36 PM	4:42 PM
L4 Junior	Elite Cheer	Fusion	Elkhorn	NE	4:10 PM	4:14 PM	4:22 PM	4:30 PM	4:34 PM	4:40 PM	4:46 PM
L2 Senior	Ultimate Dance & Cheer	Aspire	Sioux Falls	SD	4:14 PM	4:18 PM	4:26 PM	4:34 PM	4:38 PM	4:44 PM	4:50 PM
	BREAK	Break			4:18 PM	4:22 PM	4:30 PM	4:38 PM	4:42 PM	4:48 PM	4:54 PM
L4 Junior	Dakota Spirit	Enfuego	Sioux Falls	SD	4:22 PM	4:26 PM	4:34 PM	4:42 PM	4:46 PM	4:52 PM	4:58 PM
	BREAK	Break			4:26 PM	4:30 PM	4:38 PM	4:46 PM	4:50 PM	4:56 PM	5:02 PM
L4 Junior	Beyond All Stars	VICIOUS	Omaha	NE	4:30 PM	4:34 PM	4:42 PM	4:50 PM	4:54 PM	5:00 PM	5:06 PM
	BREAK	Event Break			4:34 PM	4:38 PM	4:46 PM	4:54 PM	4:58 PM	5:04 PM	5:10 PM
	BREAK	Awards			5:04 PM	5:08 PM	5:16 PM	5:24 PM	5:28 PM	5:34 PM	5:40 PM