

Award Session Schedule

OU

One Up - Grand Nationals - DI/DII

**Friday
03/27/2026**

Session Name	Hall Name	Start Time	Divisions
Friday - Session 1 - Cheer	GOEC	4:06 PM	L1 Junior - Novice - Restrictions (1) L1 Mini - Novice - Restrictions (2) L1 Tiny - Novice - Restrictions (6) L1 Youth - Novice - Restrictions (2)
Friday - Session 2 - Cheer	GOEC	4:36 PM	L1.1 Mini - PREP - A (6) L1.1 Mini - PREP - B (8) L1.1 Tiny - PREP - Medium (1) L1.1 Tiny - PREP - Small (8)
Friday - Session 3 - Dance	Davidson	6:06 PM	DanceAbilities (1) Junior - Solo - Contemporary/Lyrical (13) Mini - Solo - Contemporary/Lyrical (2) Mini - Solo - Jazz (14) Senior - Duo/Trio - Contemporary/Lyrical (2) Senior - Duo/Trio - Jazz (1) Youth - Duo/Trio - Contemporary/Lyrical (1) Youth - Solo - Contemporary/Lyrical (4) Youth - Solo - Hip Hop (1) Youth - Solo - Jazz (16) Senior - Duo/Trio - Hip Hop (1) Junior - Duo/Trio - Contemporary/Lyrical (3)
Friday - Session 4 - Cheer	GOEC	7:06 PM	L1.1 Junior - PREP (10) L1.1 Youth - PREP - Medium (1) L1.1 Youth - PREP - Small (6) L2.1 Senior - PREP (1) L2.1 Youth - PREP (1) L2.2 Youth - PREP (2) L3.2 Junior - PREP (1) L3.2 Senior - PREP (1)
Friday - Session 5 - Cheer	GOEC	7:36 PM	L2.1 - Rec Performance Elite - 11-18Y (1) L1 Mini - Novice - Restrictions - D2 (1) L1 Tiny - Novice - Restrictions - D2 (2) L1 Youth - Novice - Restrictions - D2 (2) L1.1 Junior - PREP - D2 (2) L1.1 Tiny - PREP - D2 (3)
Friday - Session 6 - Cheer	GOEC	8:00 PM	L1.1 Mini - PREP - D2 (7) L1.1 Youth - PREP - D2 (4) L2.2 Senior - PREP - D2 (1) L2.2 Youth - PREP - D2 (2)

Friday - Session 7 - Dance	Davidson	8:00 PM	Junior - Solo - Jazz (4) Mini - Duo/Trio - Jazz (1) Senior - Solo - Contemporary/Lyrical (13) Senior - Solo - Jazz (6) Youth - Duo/Trio - Jazz (1)
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**Saturday
03/28/2026**

Session Name	Hall Name	Start Time	Divisions
Saturday - Session 8 - Cheer	Tennessee	11:00 AM	L1 Mini - Medium (6)
Saturday - Session 9 - Cheer	Volunteer	11:51 AM	L1 Mini - Small - A (9) L1 Mini - Small - B (10)
Saturday - Session 10 - Cheer	Tennessee	12:00 PM	L1 Youth - Flex - Medium (3) L2 Youth - Small (12) L5 Youth - Large (1) L5 Youth - Medium (1) L5 Youth - Small (1)
Saturday - Session 11 - Cheer	Tennessee	12:35 PM	L1 Youth - Flex - Small (7) L1 Youth - Medium (11)
Saturday - Session 12 - Dance	Davidson	12:54 PM	Tiny - Novice- Dance (2)
Saturday - Session 13 - Cheer	Tennessee	1:07 PM	L1 Mini - D2 (8) L1 Tiny (4) L1 Tiny - D2 (2) L2 Mini - D2 (4) L2 Mini - Medium (1) L2 Mini - Small (6)
Saturday - Session 14 - Cheer	Tennessee	1:40 PM	L2 Youth - Flex - Small (11)
Saturday - Session 15 - Cheer	Tennessee	2:40 PM	L2 Youth - Medium (13)
Saturday - Session 16 - Cheer	Tennessee	3:20 PM	L1 Youth - Small - A (12) L2 Youth - Flex - Medium (8)
Saturday - Session 17 - Cheer	Tennessee	4:00 PM	L3 Youth - Medium (3)
Saturday - Session 18 - Cheer	Tennessee	5:45 PM	L3 Youth - Flex - Medium (6) L3 Youth - Flex - Small (6) L3 Youth - Small (7)
Saturday - Session 19 - Cheer	Tennessee	6:25 PM	L1 Youth - D2 - Medium (4) L1 Youth - Small - B (10) L4 Youth (2)
Saturday - Session 20 - Cheer	Tennessee	7:25 PM	L1 Youth - Flex - D2 - Medium (1) L1 Youth - Flex - D2 - Small (7) L2 Youth - D2 - Small - A (7) L3 Youth - Flex - D2 - Medium (2)

Saturday - Session 21 - Cheer	Tennessee	8:05 PM	L3 Youth - Flex - D2 - Small (6)
Saturday - Session 22 - Cheer	Tennessee	9:30 PM	L2 Youth - D2 - Medium (1) L2 Youth - D2 - Small - B (8) L2 Youth - Flex - D2 - Small (8)
Saturday - Session 23 - Cheer	Tennessee	10:00 PM	L1 Youth - D2 - Small (11) L2 Youth - Flex - D2 - Medium (2) L4 Youth - D2 (2)

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**Sunday
03/29/2026**

Session Name	Hall Name	Start Time	Divisions
Sunday - Session 24 - Cheer	Volunteer	11:00 AM	L1 Senior - Small (5) L3 Junior - Small - A (6) L3 Senior - Small - A (5) L4.2 Senior - Medium (4)
Sunday - Session 25 - Cheer	Tennessee	11:00 AM	L4 Junior - Small (6) L2 - U16 - Medium (2) L2 - U16 - Small (4)
Sunday - Session 26 - Dance	Davidson	11:36 AM	Youth - Intermediate - Variety (1) Senior - Premier - Coed - Hip Hop - Large (1) Senior - Premier - Coed - Hip Hop - Small (2) Senior - Premier - Hip Hop - Small (7) Senior - Premier - Jazz - Small (2) Youth - Premier - Contemporary/Lyrical - Small (4) Youth - Premier - Hip Hop (7)
Sunday - Session 27 - Cheer	Volunteer	11:40 AM	L1 Senior - Medium (4) L4.2 Senior Coed - Medium (5) L2 - U18 (3)
Sunday - Session 28 - Cheer	Tennessee	11:50 AM	L4 Junior - Medium (5) L4.2 Senior - Small (11)
Sunday - Session 29 - Cheer	Volunteer	12:20 PM	L1 Junior - Small - A (10) L2 Junior - Flex - Small (13)
Sunday - Session 30 - Cheer	Tennessee	12:30 PM	L3 Junior - Small - B (8) L4.2 Senior Coed - Small (3) L5 Junior - Small (2) L6 Junior - Medium (1) L3 - U16 - Medium (4) L5 Junior - Large (2)
Sunday - Session 31 - Dance	Davidson	12:54 PM	Tiny - Intermediate - Hip Hop (2) Youth - Intermediate - Hip Hop (2) Senior - Premier - Contemporary/Lyrical - Small (4) Senior - Premier - Hip Hop - Large (2) Youth - Premier - Jazz (5) Youth - Premier - Pom - Large (2) Youth - Premier - Variety (2)
Sunday - Session 32 - Cheer	Volunteer	1:00 PM	L2 Junior - Flex - Medium (3) L3 Senior - Small - B (11) L6 Junior - Small (2)

Sunday - Session 33 - Cheer	Tennessee	1:10 PM	L6 Junior - Large (2) L3 - U16 - Small (4) L3 - U18 (2)
Sunday - Session 34 - Cheer	Volunteer	1:40 PM	L5 Junior Coed (6) L6 Senior - Small (5) L3 - U18 Coed (2)
Sunday - Session 35 - Cheer	Tennessee	1:50 PM	L1 Junior - Small - B (10) L3 Senior - Medium (6)
Sunday - Session 36 - Cheer	Volunteer	2:20 PM	CheerABILITIES - Elite (2) L2 Junior - Small - B (13)
Sunday - Session 37 - Cheer	Tennessee	2:30 PM	L3 Junior - Medium (7) L4 Senior - Medium (8)
Sunday - Session 38 - Cheer	Volunteer	3:00 PM	L2 Senior - Medium (9)
Sunday - Session 39 - Cheer	Tennessee	3:10 PM	L3 Senior Coed - Medium (2) L6 Senior - Large (4) L4 - U16 - Medium (2) L4 - U16 - Small (3)
Sunday - Session 40 - Cheer	Volunteer	3:40 PM	L3 Senior Coed - Small (3) L5 Senior - Small - A (7) L4 - U18 (4)
Sunday - Session 41 - Dance	Davidson	3:45 PM	Mini - Intermediate - Contemporary/Lyrical (2) Mini - Intermediate - Jazz (1) Tiny - Intermediate - Jazz (1) Junior - Premier - Hip Hop - Large (4) Mini - Premier - Contemporary/Lyrical (3) Senior - Premier - Contemporary/Lyrical - Large (2) Senior - Premier - Jazz - Large (2) Youth - Premier - Contemporary/Lyrical - Large (1) Youth - Premier - Pom - Small (4) Tiny - Intermediate - Pom (2)
Sunday - Session 42 - Cheer	Tennessee	3:50 PM	L1 Junior - Medium (7) L6 Senior - Medium (5)
Sunday - Session 43 - Cheer	Volunteer	4:20 PM	L2 Junior - Small - A (7) L3 Junior - Flex - Small (9) L4 Junior - Flex - Small (4)
Sunday - Session 44 - Cheer	Tennessee	4:30 PM	L5 Senior - Small - B (7) L4 - U18 Coed (2)
Sunday - Session 45 - Dance	Davidson	5:00 PM	Junior - Intermediate - Jazz (1) Mini - Intermediate - Pom (2) Junior - Premier - Contemporary/Lyrical - Small (5) Junior - Premier - Jazz - Small (5) Mini - Premier - Hip Hop - Small (8) Senior - Premier - Pom (4)
Sunday - Session 46 - Cheer	Volunteer	5:00 PM	L4 Junior - Flex - Medium (4) L4 Senior - Small (13)

Sunday - Session 47 - Cheer	Tennessee	5:10 PM	L1 Junior - Flex - Medium (2) L1 Junior - Flex - Small (5) L2 Senior - Small (13)
Sunday - Session 48 - Cheer	Volunteer	5:40 PM	L2 Junior - Medium (6) L6 Senior Coed - Large (1) L6 Senior Coed - Medium (2) L6 Senior Coed - Small (6)
Sunday - Session 49 - Cheer	Tennessee	5:50 PM	L3 Junior - Flex - Medium (8) L4 Senior Coed - Medium (6)
Sunday - Session 50 - Cheer	Volunteer	6:20 PM	L4 Senior Coed - Small (6) L5 Senior - Large (8)
Sunday - Session 51 - Cheer	Tennessee	6:30 PM	L1 Junior - Flex - D2 - Medium (6) L1 Junior - Flex - D2 - Small (5) L1 Senior - D2 - Medium (1) L3 Junior - Flex - D2 - Medium (3) L3 Senior - D2 - Medium (2)
Sunday - Session 52 - Dance	Davidson	6:39 PM	Open Jazz (1) Mini - Intermediate - Hip Hop (3) Junior - Premier - Hip Hop - Small (4) Junior - Premier - Jazz - Large (1) Mini - Premier - Jazz - Large (2) Mini - Premier - Jazz - Small (1)
Sunday - Session 53 - Cheer	Volunteer	7:00 PM	L1 Senior - D2 - Small (3) L6 Limited - Small (1) L6 Limited Coed - Small (1) L6 U18 Co-ed NT (10)
Sunday - Session 54 - Cheer	Tennessee	7:10 PM	L1 Junior - D2 - Medium (3) L1 Junior - D2 - Small (8) L3 Senior - D2 - Small (5) L6 Senior Coed - XSmall (7)
Sunday - Session 55 - Cheer	Davidson	7:15 PM	Open Pom (1) Junior - Intermediate - Hip Hop (1) Mini - Intermediate - Variety (1) Junior - Premier - Contemporary/Lyrical - Large (2) Junior - Premier - Pom - Large (2) Junior - Premier - Pom - Small (5) Mini - Premier - Hip Hop - Large (1) Mini - Premier - Pom - Large (1) Mini - Premier - Pom - Small (2) Mini - Premier - Variety (1) Senior - Premier - Kick (1) Youth - Intermediate - Pom (1)
Sunday - Session 56 - Cheer	Volunteer	7:40 PM	L5 Senior Coed - Small (9) L6 U18 NT (9)
Sunday - Session 57 - Cheer	Tennessee	7:50 PM	L3 Junior - D2 - Small (11) L4 Junior - D2 (4) L4 Senior - D2 - Medium (4)

Sunday - Session 58 - Cheer	Volunteer	8:20 PM	L2 Junior - D2 - Medium (4) L3 Senior Coed - D2 - Medium (3) L3 Senior Coed - D2 - Small (3) L6 International Open - NT (1) L6 International Open Coed - Large (1)
Sunday - Session 59 - Cheer	Tennessee	9:00 PM	L6 Senior - XSmall (5) L6 International Open Coed - NT (3)
Sunday - Session 60 - Cheer	Volunteer	9:35 PM	L3 Junior - D2 - Medium (3) L5 Senior Coed - Large (6) L6 Limited - XSmall (3) L6 International Open Coed - Small (2) L7 International Open Coed - NT (1)
Sunday - Session 61 - Cheer	Tennessee	9:40 PM	L2 Junior - Flex - D2 - Medium (3) L2 Junior - Flex - D2 - Small (8) L4 Junior - Flex - D2 - Medium (1) L4 Junior - Flex - D2 - Small (4) L4.2 Senior Coed - D2 (2)
Sunday - Session 62 - Cheer	Volunteer	10:10 PM	L2 Junior - D2 - Small (12) L2 Senior - D2 - Medium (3) L2 Senior - D2 - Small (10)
Sunday - Session 63 - Cheer	Tennessee	10:15 PM	L4.2 Senior - D2 - Medium (3) L5 Junior - D2 (1) L5 Senior - D2 (6)
Sunday - Session 64 - Cheer	Volunteer	10:40 PM	L4 Senior - D2 - Small (12)
Sunday - Session 65 - Cheer	Tennessee	10:45 PM	L4 Senior Coed - D2 - Small (7) L5 Senior Coed - D2 - Small (5)
Sunday - Session 66 - Cheer	Volunteer	10:59 PM	L4.2 Senior - D2 - Small (5) L5 Senior Coed - D2 - Large (3) L6 Limited Coed - XSmall (12)
Sunday - Session 67 - Cheer	Tennessee	10:59 PM	L3 Junior - Flex - D2 - Small (12) L4 Senior Coed - D2 - Medium (2) L4 Senior Open - D2 (2)