

SPIRIT CHEER - ORLANDO - DANCE GRAND NATIONALS & CHEER NATIONALS

December 10-11, 2022

Orange County Convention Center - Orlando, FL



CHEER

- 1- EVENT CHECK-IN *Paperwork & credentials*

2- WARM-UP CHECK-IN *Report 10 minutes before first mat*

3- 18 X 54 SKILLS MAT *8 minutes*

4- 70 X 12 SPRING STRIP *8 minutes*

5- FULL FOAM FLOOR *8 minutes*
- 6- IN THE HOLE *4 minutes*

7- ON DECK *4 minutes*

8- PERFORMANCE FLOOR *Good luck!*

9- VIDEO REPLAY

10- SCORE SHEET REVIEW *Review your scores*

DANCE

- 1- EVENT CHECK-IN *Paperwork & Credentials*

2- WARM-UP CHECK-IN *Report 10 minutes before stretch*

3- STRETCH *10 minutes*

4- FULL MARLEY FLOOR *10 minutes*

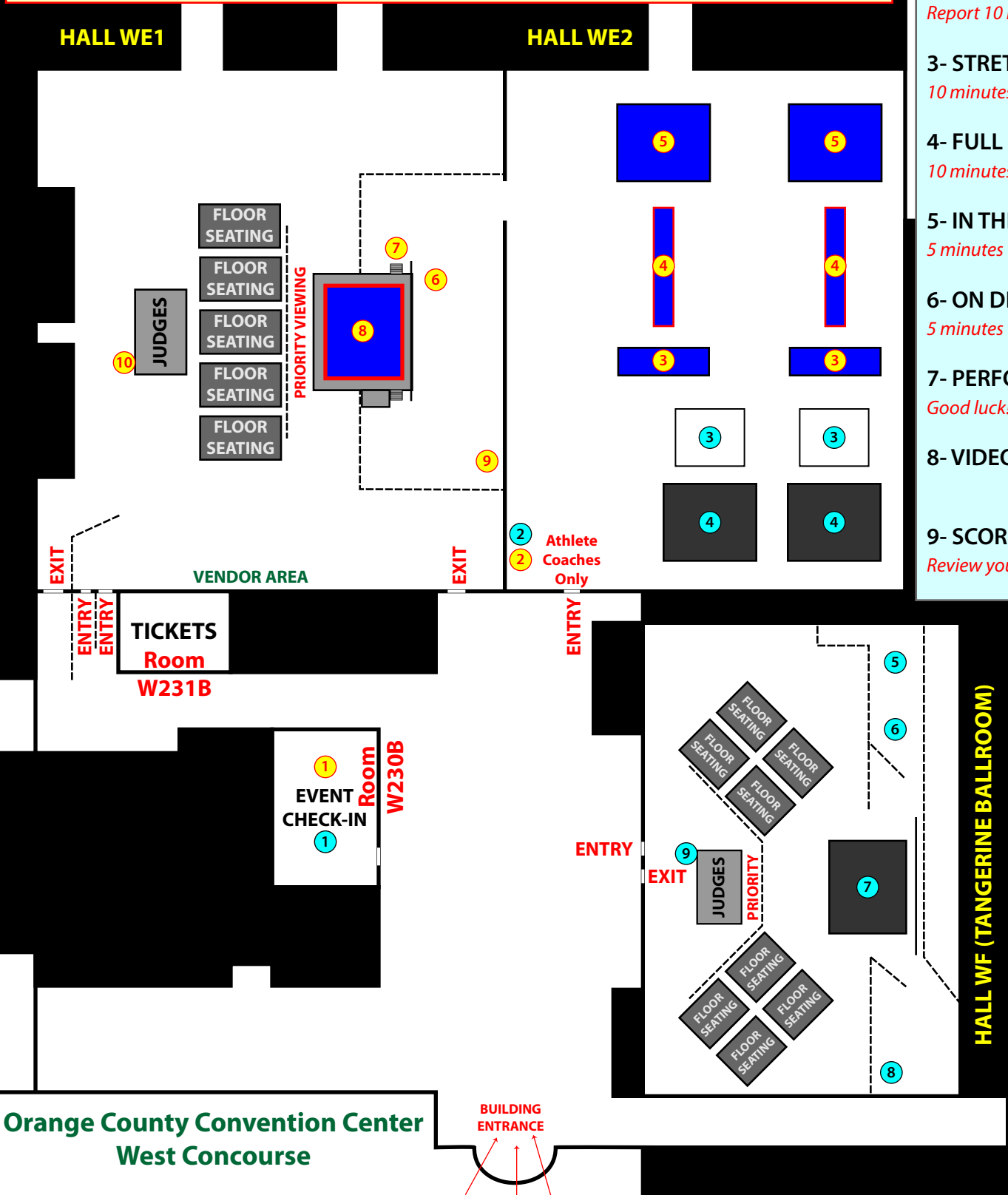
5- IN THE HOLE *5 minutes*

6- ON DECK *5 minutes*

7- PERFORMANCE *Good luck!*

8- VIDEO REPLAY

9- SCORE SHEETS *Review your scores*



HALL WF (TANGERINE BALLROOM)

Map Not To Scale