

2024 USA Spirit Nationals -- Practice Schedule for Saturday Hall D -- West Stage (Blue Backdrop)

Saturday, February 17th (Rev. 2/16/24)

Practice Area in Hall C (West Side Behind Stage Area) -- Convention Center

Note the number of teams taken to finals will be based on the number of teams taken in prelims

Practice time is scheduled according to your performance time. Each team will have 8 minutes on the practice floor.

USA staff will monitor the practice area to ensure that the schedule is being followed.

For finalists, please report to the check-in table at your check-in time below, which is approximately 30-35 minutes prior to your performance time.

For game-day divisions, please be ready to take your pictures at your check-in time below, which is approximately 40-50 minutes prior to your performance time. Should crossover times between performances prevent you from having pictures done prior to your practice time, you may return later for your team photo.

Note that the check-in location for all teams for practice time is to the right of the stage in Hall C.

Only participants and coaches with a designated wristband are permitted in the practice area. There is no practicing permitted in the any lobby area. Stunting/tumbling on non-matted surfaces is not permitted. Give yourself ample time to arrive at the appropriate practice location.

Keep all personal belongings with you and/or monitored at all times.

The times below are subject to change.

Check-In Time	Practice Time	Performance Time	JV Show Cheer Novice -- Small (5-15)	Check-In Time	Practice Time	Performance Time	Varsity Show Cheer Novice -- Small (5-15)	Check-In Time	Practice Time	Performance Time	JV Show Cheer Non-Tumbling Novice -- Large (20-36)
			(Awards -- Hall C -- 9:30 AM)				(Awards -- Hall C -- 10:30 AM)				(Awards -- Hall C -- 9:15 AM)
7:20	7:35	8:00 AM	Alta High School	7:20	7:35	8:03 AM	Villa Park High School	7:20	7:35	8:07 AM	Warren High School
7:30	7:45	8:10	Timpview High School	7:30	7:45	8:13	Portola High School	7:30	7:45	8:17	Redlands High School
			JV Show Cheer Novice -- Small (5-15) -- Cont.				Varsity Show Cheer Novice -- Small (5-15) -- Cont.				Varsity Show Cheer Novice Non-Tumbling -- Large (20-23)
											(Awards -- Hall C -- 10:00 AM)
7:40	7:55	8:20	Aliso Niguel High School	7:40	7:55	8:23	Branham High School	7:40	7:55	8:27	Paloma Valley High School
			JV Show Cheer Novice -- Medium (16-19)				Varsity Show Cheer Novice -- Small (5-15) -- Cont.				Varsity Show Cheer Novice Non-Tumbling -- Large (20-23) -- Cont.
			(Awards -- Hall C -- 9:45 AM)								
7:50	8:05	8:30	Martin Luther King High School	7:50	8:05	8:33	Orange Lutheran High School	7:50	8:05	8:37	Claremont High School
8:00	8:15	8:40	Temescal Canyon High	8:00	8:15	8:43	Mayfair High School	8:00	8:15	8:47	San Marin High School
			JV Show Cheer Novice -- Large (20-36)				Varsity Show Cheer Novice -- Small (5-15) -- Cont.				Varsity Show Cheer Novice Non-Tumbling -- Large (20-23) -- Cont.
			(Awards -- Hall C -- 9:45 AM)								
8:10	8:25	8:50 AM	Santiago High School	8:10	8:25	8:53 AM	Verrado High School	8:10	8:25	8:57 AM	Channel Islands High School
			JV Show Cheer Novice -- Large (20-36) -- Cont.				Varsity Show Cheer Novice -- Small (5-15) -- Cont.				Varsity Show Cheer Novice Non-Tumbling -- Super (24-36)
											(Awards -- Hall C -- 10:15 AM)
8:20	8:35	9:00	Canyon High School	8:20	8:35	9:03	Campo Verde High School	8:20	8:35	9:07	Pioneer High School
			Co-Ed Varsity Show Cheer Novice				Varsity Show Cheer Novice -- Small (5-15) -- Cont.				Varsity Show Cheer Novice Non-Tumbling -- Super (24-36) -- Cont.
			(Awards -- Hall C -- 10:15 AM)								
8:30	8:45	9:10	Thunderbird High School	8:30	8:45	9:13	Elsinore High School	8:30	8:45	9:17	Windsor High School
8:40	8:55	9:20	ALA West Foothills	8:40	8:55	9:23	El Rancho High School			9:27	

			<u>JV Show Cheer</u> <u>Non-Tumbling</u> <u>Novice -- Small</u> <u>(5-15)</u>
			(Awards -- Hall C -- 11:30 AM)
8:50	9:05	9:30	Marina High School
9:00	9:15	9:40	Mesa High School
9:10	9:25	9:50	Thunderbird High School
			<u>JV Show Cheer</u> <u>Non-Tumbling</u> <u>Novice -- Small</u> <u>(5-15) -- Cont.</u>
9:20	9:35	10:00	Shadow Ridge High School
9:30	9:45	10:10 AM	Cypress High School
<u>Check-In</u> <u>Time</u>	<u>Practice</u> <u>Time</u>	<u>Performance</u> <u>Time</u>	<u>JV Show Cheer</u> <u>Non-Tumbling</u> <u>Novice -- Small</u> <u>(5-15) -- Cont.</u>
9:40	9:55	10:20	Woodbridge High School
9:50	10:05	10:30	Verrado High School
			<u>Freshman Show</u> <u>Cheer Novice</u>
			(Awards -- Hall C -- 11:45 AM)
10:10	10:25	10:50	Crescenta Valley High School
			<u>Freshman Show</u> <u>Cheer Novice -- Cont.</u>
10:20	10:35	11:00	Santa Margarita Catholic High School
			<u>JV Show Cheer</u> <u>Non-Tumbling</u> <u>Novice -- Medium (16-19)</u>
			(Awards -- Hall D West Blue -- 12:15 PM)
10:30	10:45	11:10	Arlington High School
10:40	10:55	11:21 AM	Citrus Valley High School
			<u>JV Show Cheer</u> <u>Non-Tumbling</u> <u>Novice -- Medium (16-19) - Cont.</u>
10:50	11:05	11:32	La Habra High School

			<u>Varsity Show</u> <u>Cheer Novice Non-Tumbling -- Small</u> <u>(5-15)</u>
			(Awards -- Hall C -- 11:45 AM)
8:50	9:05	9:33	Edgewood High School
9:00	9:15	9:43	Tustin High School
9:10	9:25	9:53	Fowler High School
			<u>Varsity Show</u> <u>Cheer Novice Non-Tumbling -- Small</u> <u>(5-15) -- Cont.</u>
9:20	9:35	10:03	American High School
9:30	9:45	10:13 AM	Bullard High School
<u>Check-In</u> <u>Time</u>	<u>Practice Time</u>	<u>Performance</u> <u>Time</u>	<u>Varsity Show</u> <u>Cheer Novice Non-Tumbling -- Small</u> <u>(5-15) -- Cont.</u>
9:40	9:55	10:23	Shadow Hills High School
9:50	10:05	10:33	El Modena High School
			<u>Varsity Show</u> <u>Cheer Novice Non-Tumbling -- Small</u> <u>(5-15) -- Cont.</u>
10:00	10:15	10:43	Bella Vista High School
			<u>Freshman Show</u> <u>Cheer</u> <u>Intermediate</u>
			(Awards -- Hall C -- 11:45 AM)
10:10	10:25	10:53	Huntington Beach High School
			<u>Crowdleader</u> <u>Teams™ -- Super (24+)</u>
			(Awards -- Hall D West Blue -- 12:40 PM)
10:20	10:35	11:03	Mater Dei High School
			<u>Crowdleader</u> <u>Teams™ -- Super (24+) -- Cont.</u>
10:30	10:45	11:13	Sandra Day O'Connor High School
10:40	10:55	11:24 AM	Mira Costa High School
			<u>Crowdleader</u> <u>Teams™ -- Super (24+) -- Cont.</u>
10:50	11:05	11:35	Plesant Grove High School

			<u>Varsity Show</u> <u>Cheer Novice Non-Tumbling -- Medium (16-19)</u>
			(Awards -- Hall C -- 11:00 AM)
8:50	9:05	9:37	San Joaquin Memorial High School
9:00	9:15	9:47	Kennedy High School
9:10	9:25	9:57	Sanger High School
			<u>Co-Ed Varsity</u> <u>Show Cheer Non-Tumbling Novice</u>
			(Awards -- Hall C -- 11:15 AM)
9:20	9:35	10:07	La Habra High School
9:30	9:45	10:17 AM	Leigh High School
<u>Check-In</u> <u>Time</u>	<u>Practice</u> <u>Time</u>	<u>Performance</u> <u>Time</u>	<u>Varsity Show</u> <u>Cheer Novice -- Large (20-23)</u>
			(Awards -- Hall C -- 11:45 AM)
9:40	9:55	10:27	Notre Dame High School (Sherman Oaks)
9:50	10:05	10:37	Yucaipa High School
			<u>Varsity Show</u> <u>Cheer Novice -- Medium (16-19)</u>
			(Awards -- Hall D West Blue -- 12:15 PM)
10:00	10:15	10:47	Northview High School
			<u>Varsity Show</u> <u>Cheer Novice -- Medium (16-19) -- Cont.</u>
10:10	10:25	10:57	Marin Catholic High School
			<u>Varsity Show</u> <u>Cheer Novice -- Medium (16-19) -- Cont.</u>
10:20	10:35	11:07	Eastmark High School
			<u>Varsity Show</u> <u>Cheer Novice -- Super (24-36)</u>
			(Awards -- Hall D West Blue -- 12:15 PM)
10:30	10:45	11:18	Mater Dei High School
10:40	10:55	11:29 AM	Western Christian High School

<u>JV Show Cheer</u> <u>Intermediate</u>			
(Awards -- Hall D West Blue -- 12:30 PM)			
11:00	11:15	11:40	Leland High School
11:10	11:25	11:49	Westlake High School
11:20	11:35	11:58	Downey High School
11:30	11:45	12:06	Skyridge High School

<u>Crowdleader</u> <u>Teams™ -- Super</u> <u>(24+) -- Cont.</u>			
11:00	11:15	11:44	Pinnacle High School
11:10	11:25	11:53	Beckman High School
11:20	11:35	12:01	Bothell High School
11:30	11:45	12:10	Xavier College Preparatory High School

LUNCH BREAK

<u>Check-In Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show</u> <u>Cheer</u> <u>Intermediate --</u> <u>Small (5-15) --</u> <u>Cont.</u>
(Awards -- Hall E -- 4:00 PM)			
12:20	12:35	1:00 PM	Westwood High School
12:30	12:45	1:10	Clovis High School
12:40	12:55	1:20	South Hills High School
12:50	1:05	1:30	Spanish Fork High School

<u>Check-In Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show</u> <u>Cheer</u> <u>Intermediate --</u> <u>Medium (16-19) --</u> <u>Cont.</u>
(Awards -- Hall E -- 3:15 PM)			
12:20	12:35	1:03 PM	West Ranch High School
12:30	12:45	1:13	Alhambra High School
12:40	12:55	1:23	Martin Luther King High School
12:50	1:05	1:33	Aliso Niguel High School

<u>Check-In Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show</u> <u>Cheer</u> <u>Intermediate --</u> <u>Super (24-36) --</u> <u>Cont.</u>
(Awards -- Hall E -- 2:45 PM)			
12:20	12:35	1:07 PM	Olympus High School
12:30	12:45	1:17	Huntington Beach High School
12:40	12:55	1:27	Alta High School
12:50	1:05	1:37	Maple Mountain High School

Varsity Show
Cheer
Intermediate --
Small (5-15) --
Cont.

1:00	1:15	1:40	ALA Gilbert North High School
1:10	1:25	1:50	Yorba Linda High School
1:20	1:35	2:00	Mountain Ridge High School
1:30	1:45	2:10	Foothill High School

Varsity Show
Cheer
Intermediate --
Medium (16-19) --
Cont.

1:00	1:15	1:43	Chino Hills High School
1:10	1:25	1:53	Timpview High School
1:20	1:35	2:03	Clovis West High School
1:30	1:45	2:13	Sandra Day O'Connor High School

Co-Ed Varsity
Show Cheer
Intermediate

1:00	1:15	1:47	McMinnville High School
1:10	1:25	1:57	Skyline High School
1:20	1:35	2:07	Wasatch High School
1:30	1:45	2:17	Horizon High School

Varsity Show
Cheer
Intermediate --
Small (5-15) --
Cont.

1:40	1:55	2:20	Benjamin Franklin High School
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Varsity Show
Cheer
Intermediate --
Large (20-23) --
Cont.

1:40	1:55	2:27	Summit High School
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Co-Ed Varsity
Show Cheer
Intermediate --
Cont.

1:40	1:55	2:27	Summit High School
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Varsity Show
Cheer Advanced -
Medium (16-19) --
Cont.

1:50	2:05	2:30	Pinnacle High School
2:00	2:15	2:40	Bishop Amat High School
2:10	2:25	2:50	Central East High School

1:50	2:05	2:33	Springville High School
2:00	2:15	2:43	Tesoro High School
2:10	2:25	2:53	Newport Harbor High School

1:50	2:05	2:37	Pleasant Grove High School
2:00	2:15	2:47	Red Mountain High School
2:10	2:25	2:57	Xavier College Preparatory High School

<u>Check-In Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show</u> <u>Cheer</u> <u>Intermediate --</u> <u>Small (5-15) --</u> <u>Cont.</u>
(Awards -- Hall E -- 4:00 PM)			
2:20	2:35	3:00	Valencia High School

<u>Check-In Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show</u> <u>Cheer</u> <u>Intermediate --</u> <u>Large (20-23) --</u> <u>Cont.</u>
(Awards -- Hall E -- 4:30 PM)			
2:20	2:35	3:03	Clovis North High School

<u>Check-In Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show</u> <u>Cheer Advanced -</u> <u>Large (20-23) --</u> <u>Cont.</u>
(Awards -- Hall E -- 4:30 PM)			
2:20	2:35	3:07	Timpanogos High School

Varsity Show
Cheer Advanced -
Small (5-15) --
Cont.

2:30	2:45	3:10	Davis High School
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JV Show Cheer
Advanced

2:30	2:45	3:13	Mater Dei High School
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Varsity Show
Cheer Advanced -
Large (20-23) --
Cont.

2:30	2:45	3:17	San Juan Hills High School
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			Varsity Show Cheer Advanced -- Small (5-15) -- Cont.				JV Show Cheer Advanced -- Cont.				Small Co-Ed Varsity Show Cheer Advanced
										(Awards -- Hall E -- 5:00 PM)	
2:40	2:55	3:20	Cactus Shadows High School	2:40	2:55	3:23	American Fork High School	2:40	2:55	3:27	Riverton High School
			Varsity Show Cheer Advanced -- Small (5-15) -- Cont.				Large Co-Ed Varsity Show Cheer Advanced				Small Co-Ed Varsity Show Cheer Advanced - Cont.
							(Awards -- Hall E -- 4:45 PM)				
2:50	3:05	3:30	La Serna High School	2:50	3:05	3:33	Downey High School	2:50	3:05	3:37	Weber High School
3:00	3:15	3:40	Iolani High School	3:00	3:15	3:43	Cedar Valley High School	3:00	3:15	3:47	Shadow Ridge High School
			Varsity Show Cheer Advanced -- Small (5-15) -- Cont.				JV Show Cheer Non-Tumbling Advanced				Small Co-Ed Varsity Show Cheer Advanced - Cont.
							(Awards -- Hall E -- 5:15 PM)				
3:10	3:25	3:50	Desert Vista High School	3:10	3:25	3:53	Saint Joseph High School	3:10	3:25	3:57	Payson High School
3:20	3:35	4:00	Canyon High School	3:20	3:35	4:03	Saugus High School	3:20	3:35	4:07	Skyridge High School
			Varsity Show Cheer Non-Tumbling Advanced -- Small (5-15)				Varsity Show Cheer Non-Tumbling Advanced -- Large (20-23)				Varsity Show Cheer Advanced - Super (24-36)
			(Awards -- Hall E -- 5:45 PM)				(Awards -- Hall E -- 5:30 PM)				(Awards -- Hall E -- 5:45 PM)
3:30	3:45	4:10	Kentwood High School	3:30	3:45	4:13	University High School	3:30	3:45	4:17	Fremont High School
3:40	3:55	4:20	Mead High School	3:40	3:55	4:23	Rialto High School	3:40	3:55	4:27	Lone Peak High School
			Varsity Show Cheer Non-Tumbling Advanced -- Small (5-15) -- Cont.				Varsity Show Cheer Non-Tumbling Advanced -- Super (24-36)				Varsity Show Cheer Advanced - Super (24-36) -- Cont.
							(Awards -- Hall E -- 6:00 PM)				
3:50	4:05	4:30	Saugus High School	3:50	4:05	4:33	Crescenta Valley High School	3:50	4:05	4:37	Desert Hills High School
			Varsity Show Cheer Non-Tumbling Advanced -- Small (5-15) -- Cont.				Varsity Show Cheer Non-Tumbling Advanced -- Super (24-36) -- Cont.				Co-Ed Crowdleader Teams™
										(Awards -- Hall D West Blue -- 6:45 PM)	
4:00	4:15	4:40	Newberg High School	4:00	4:15	4:43	Beckman High School	4:00	4:15	4:47	San Rafael High School
			Co-Ed Varsity Show Cheer Non-Tumbling Advanced				Varsity Show Cheer Non-Tumbling Advanced -- Medium (16-19)				Co-Ed Crowdleader Teams™ -- Cont.
			(Awards -- Hall E -- 6:15 PM)				(Awards -- Hall E -- 6:30 PM)				
4:10	4:25	4:51	Juneau Douglas High School	4:20	4:35	5:05	Eastmont High School	4:10	4:25	4:57	Cascade High School
4:20	4:35	5:02	Central Union High School	4:30	4:45	5:16	Santa Fe High School	4:20	4:35	5:08	Moses Lake High School
4:30	4:45	5:13	Tualatin High School					4:30	4:45	5:19	Shadow Ridge High School
			Crowdleader Teams™ -- Medium (16-19)				Varsity Show Cheer Non-Tumbling Advanced -- Medium (16-19) -- Cont.				Co-Ed Crowdleader Teams™ -- Cont.
			(Awards -- Hall D West Blue -- 7:00 PM)								
				4:45	5:00	5:28	Aloha High School	4:45	5:00	5:31	Ferris High School

Crowdleader
Teams™ --
Medium (16-19) -
Cont.

Crowdleader
Teams™ --
Medium (16-19) -
Cont.

Crowdleader
Teams™ -- Small
(5-15)

Crowdleader
Teams™ -- Large
(20-23)

Co-Ed
Crowdleader
Teams™ -- Cont.

Group Stunt
Champions --
Exhibition

DINNER BREAK

High School
Band Chant --
Super (24+)

High School
Band Chant --
Super (24+) --
Cont

High School Figh
Song -- Super
(24+)

High School Fight
Song -- Super
(24+) -- Cont.

High School
Situational
Sideline/Cheer --
Super (24+)

High School
Situational
Sideline/Cheer --
Super (24+) --

High School
Band Chant --
Super (24+) --
Cont

High School Fight
Song -- Super
(24+) -- Cont.

High School
Situational
Sideline/Cheer --
Super (24+) --

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>High School Band Chant -- Super (24+) -- Cont.</u>
9:00	9:20	9:43	Viewmont High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>High School Fight Song -- Super (24+) -- Cont.</u>
9:00	9:20	9:45	Moses Lake High School
9:15	9:35	9:51 PM	Tualatin High School
9:15	9:35	9:55	Westlake High School
9:15	9:35	9:58	Shadow Ridge High School (AZ)