

2025 USA Spirit Nationals -- Practice Schedule for Friday Hall C Stage

Friday, February 14th (Rev. 2/11/25)

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

Practice time is scheduled according to your performance time. Approximately 30-40 minutes prior to performing, 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.

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/credential 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.

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	Crowdleader Teams Medium (16-19)
(Awards -- Hall C -- 12:30 PM)			

7:15 AM	7:35 AM	8:00 AM	Bishop Manogue High School
7:25	7:45	8:10	Alameda High School

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

7:35	7:55	8:20	Rancho Cotate High School
7:45	8:05	8:30	Mission Oak High School
7:55	8:15	8:40	Ironwood Ridge High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	Crowdleader Teams Large (20-23)
(Awards -- Hall C -- 11:40 AM)			

7:15 AM	7:35 AM	8:03 AM	Timpanogos High School
7:25	7:45	8:13	

**Crowdleader
Teams Large (20-23) -- Cont.**

7:35	7:55	8:23	El Camino High School
7:45	8:05	8:33	Liberty High School (Henderson)
7:55	8:15	8:43	

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	Co-Ed Junior Varsity Show Cheer Novice
(Awards -- Hall C -- 11:40 AM)			

7:15 AM	7:35 AM	8:07 AM	Summit High School
7:25	7:45	8:17	Chandler High School

**Freshman Show
Cheer Novice**

(Awards -- Hall C -- 11:40 AM)

7:35	7:55	8:27	Summit High School
7:45	8:05	8:37	Downey High School
7:55	8:15	8:47	Huntington Beach High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Crowdleader Teams Medium (16-19) -- Cont.</u>	<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Crowdleader Teams Large (20-23) -- Cont.</u>	<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Freshman Show Cheer Novice -- Cont.</u>
8:05	8:25	8:50	Galena High School	8:05	8:25	8:53	Burroughs High School	8:05	8:25	8:57	La Habra High School
8:15 AM	8:35 AM	9:00 AM	Clovis West High School	8:15 AM	8:35 AM	9:03 AM	Bellevue High School	8:15 AM	8:35 AM	9:07 AM	Santa Margarita Catholic High School
8:25	8:45	9:10	Betty Fairfax High School	8:25	8:45	9:13	Saguaro High School	8:25	8:45	9:17	Warren High School
			<u>Crowdleader Teams Medium (16-19) -- Cont.</u>				<u>Crowdleader Teams Large (20-23) -- Cont.</u>				<u>Junior Varsity Show Cheer Advanced Non-Tumbling</u>
											(Awards -- Hall C -- 11:40 AM)
8:35	8:55	9:20	Canyon Del Oro High School	8:35	8:55	9:23	Xavier College Preparatory High School	8:35	8:55	9:27	Central East High School
			<u>Crowdleader Teams Medium (16-19) -- Cont.</u>				<u>JV Crowdleader Teams</u>				<u>Junior Varsity Show Cheer Advanced Non-Tumbling -- Cont.</u>
							(Awards -- Hall C -- 11:40 AM)				
8:45	9:05	9:30	Cactus Shadows High School	8:45	9:05	9:33	Corona Del Sol High School	8:45	9:05	9:37	Warren High School
			<u>Crowdleader Teams Medium (16-19) -- Cont.</u>				<u>JV Crowdleader Teams -- Cont.</u>				<u>Junior Varsity Show Cheer Intermediate Non-Tumbling</u>
											(Awards -- Hall C -- 12:00 PM)
8:55	9:15	9:40	Westwood High School	8:55	9:15	9:43	Redondo Union High School	8:55	9:15	9:47	El Segundo High School
9:05	9:25	9:50	California High School	9:05	9:25	9:53	Westmont High School	9:05	9:25	9:57	Woodbridge High School
9:15	9:35	10:00 AM	Sunrise Mountain High School	9:15	9:35	10:03 AM	Cactus Shadows High School	9:15	9:35	10:07 AM	California High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Crowdleader Teams Medium (16-19) -- Cont.</u>
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9:25 AM	9:45 AM	10:10 AM	Arcadia High School
9:35	9:55	10:20	Edison High School

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

9:45	10:05	10:30	Maria Carrillo High School
9:55	10:15	10:40	Mesa High School

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

10:05	10:25	10:48	Notre Dame Preparatory High School
10:05	10:25	10:56 AM	Saint Joseph High School
10:15	10:35	11:04	Saint Mary's High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Mascot</u>
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(Awards -- Hall C -- 11:40 AM)

9:25 AM	9:45 AM	10:13 AM	Chino Hills High School
9:35	9:55	10:23	Redlands East Valley High School

Mascot -- Cont.

9:45	10:05	10:33	Redlands High School
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<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Junior Varsity Show Cheer Intermediate Non-Tumbling -- Cont.</u>
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9:25 AM	9:45 AM	10:17 AM	El Dorado High School
9:35	9:55	10:27	Tehachapi High School

Co-Ed Junior Varsity Show Cheer Intermediate Non-Tumbling

(Awards -- Hall C -- 11:40 AM)

9:45	10:05	10:37	Crescenta Valley High School
9:55	10:15	10:44	Garden Grove High School

Co-Ed Junior Varsity Novice Show Cheer Non-Tumbling

(Awards -- Hall C -- 12:30PM)

10:05	10:25	10:52	Covina High School
10:15	10:35	11:00 AM	Fountain Valley High School
10:25	10:45	11:08	La Habra High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Large Co-Ed Crowdleader Teams (4+ Males)</u>
(Awards -- Hall C -- 12:30PM)			
10:25	10:45	11:12	Organ Mountain High School
10:35	10:55	11:20	Summit High School
10:35 AM	10:55 AM	11:25 AM	Oakmont High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Co-Ed Junior Varsity Novice Show Cheer Non-Tumbling -- Cpnt.</u>
10:25 AM	10:45 AM	11:16 AM	Mayfair High School