

2025 USA Spirit Nationals -- Practice Schedule for Friday Hall D -- West Stage (Blue Backdrop)

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.

Co-Ed Junior Varsity Show Cheer Intermediate				Varsity Show Cheer Intermediate -- Medium (16-19)				Small Co-Ed Crowdleader Teams -- Small (1-4 Males/5-19 Total on Team)			
<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>		<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>		<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	
(Awards -- Hall C -- 11:40 AM)				(Awards -- Hall C -- 1:15 PM)				(Awards -- Hall C -- 11:40 AM)			
7:15 AM	7:35 AM	8:00 AM	Willow Canyon High School	7:15 AM	7:35 AM	8:03 AM	Van Nuys High School	7:15 AM	7:35 AM	8:07 AM	Sierra Vista High School (Las Vegas)
7:25	7:45	8:10	Downey High School	7:25	7:45	8:13	Hurricane High School	7:25	7:45	8:17	Cascade High School
Junior Varsity Show Cheer Intermediate				Varsity Show Cheer Intermediate -- Medium (16-19) -- Cont.				Small Co-Ed Crowdleader Teams -- Small (1-4 Males/5-19 Total on Team) -- Cont.			
(Awards -- Hall D West Blue -- 12:30 PM)											
7:35	7:55	8:20	San Juan Hills High School	7:35	7:55	8:23	Yucaipa High School	7:35	7:55	8:27	Newport High School
7:45	8:05	8:30	Cactus Shadows High School	7:45	8:05	8:33	Catalina Foothills High School	7:45	8:05	8:37	Lakewood High School
7:55	8:15	8:40	Ridgeline High School	7:55	8:15	8:43	Spanish Fork High School	7:55	8:15	8:47	Paramount High School
8:05	8:25	8:50	Syracuse High School	8:05	8:25	8:53	Sandra Day O'Connor High School	8:05	8:25	8:57	Bothell High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Junior Varsity Show Cheer Intermediate -- Cont.</u>
8:15 AM	8:35 AM	9:00 AM	Olympus High School
8:25	8:45	9:10	Sandra Day O'Connor High School
8:35	8:55	9:20	Mater Dei High School
8:45	9:05	9:30	Cedar Valley High School
8:55	9:15	9:40	Nogales High School
9:05	9:25	9:50	Skyridge High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Intermediate -- Medium (16-19) -- Cont.</u>
8:15 AM	8:35 AM	9:03 AM	Horizon High School
8:25	8:45	9:13	Orem High School
8:35	8:55	9:23	Centennial High School (Peroria)
8:45	9:05	9:33	Leland High School
8:55	9:15	9:43	Alhambra High School
9:05	9:25	9:53	Capistrano Valley High School

JUDGES BREAK

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Junior Varsity Show Cheer Intermediate -- Cont.</u>
9:25 AM	9:45 AM	10:10 AM	Clovis East High School
9:35	9:55	10:20	Huntington Beach High School
9:45	10:05	10:30	La Serna High School
9:55	10:15	10:40	Tesoro High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Intermediate -- Medium (16-19) -- Cont.</u>
9:25 AM	9:45 AM	10:13 AM	Newport Harbor High School
9:35	9:55	10:23	Liberty High School (Henderson)
9:45	10:05	10:33	Clovis West High School
9:55	10:15	10:43	Huntington Beach High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Small Co-Ed Crowdleader Teams -- Large (1-4 Males/20+ Total on Team)</u>
(Awards -- Hall D West Blue -- 12:30 PM)			
8:15 AM	8:35 AM	9:07 AM	Crescenta Valley High School
8:25	8:45	9:17	Ironwood High School
8:35	8:55	9:27	Box Elder High School
8:45	9:05	9:37	Robert F. Kennedy High School
8:55	9:15	9:47	Heritage High School (Littleton)
9:05	9:25	9:57	Shadow Ridge High School (Surprise)
		10:03 AM	Claremont High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Small Co-Ed Crowdleader Teams -- Large (1-4 Males/20+ Total on Team) -- Cont.</u>
9:25 AM	9:45 AM	10:17 AM	Clovis North High School
9:35	9:55	10:27	Downey High School
9:45	10:05	10:37	Horizon High School
9:55	10:15	10:47	Newport Harbor High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Co-Ed Varsity Show Cheer Intermediate -- Small (5-19 Total Team Members)</u>
			(Awards -- Hall C -- 2:15 PM)

10:05	10:25	10:50	Tooele High School
10:15 AM	10:35 AM	11:00 AM	Corona Del Sol High School

Co-Ed Varsity Show Cheer Intermediate -- Small (5-19 Total Team Members) - Cont.

10:25	10:45	11:10	Canyon View High School
10:35	10:55	11:18	Hillcrest High School
10:45	11:05	11:26	Valley Vista High School

Co-Ed Varsity Show Cheer Intermediate -- Small (5-19 Total Team Members) - Cont.

10:55	11:15	11:40	River Valley High School
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<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Intermediate -- Medium (16-19) -- Cont.</u>
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10:05	10:25	10:53	Queen Creek High School
10:15 AM	10:35 AM	11:03 AM	Santiago High School (Corona)

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

10:25	10:45	11:14	Aliso Niguel High School
10:35	10:55	11:22	South Hills High School
10:45	11:05	11:30	Timpview High School

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

10:55	11:15	11:43	West Jordan High School
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<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Small Co-Ed Crowdleader Teams -- Large (1-4 Males/20+ Total on Team) -- Cont.</u>
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10:05	10:25	10:57	San Rafael High School
10:15 AM	10:35 AM	11:07 AM	Skyridge High School

Co-Ed Varsity Show Cheer Advanced Non-Tumbling

			(Awards -- Hall C -- 3:15 PM)
10:55	11:15	11:47	Kuna High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Co-Ed Varsity Show Cheer Intermediate -- Small (5-19 Total Team Members) - Cont.</u>
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11:05	11:25	11:50	Foothill High School (North Tustin)
11:15 AM	11:35 AM	12:00 PM	Chandler High School
11:25	11:45	12:10	Farmington High School
11:35	11:55	12:20	Denver North High School
11:45	12:05	12:30	Paradise Honors High School
11:55	12:15	12:38	Skyridge High School
11:55	12:15	12:46	Verrado High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Intermediate -- Small (5-15)</u>
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(Awards -- Hall C -- 8:00 PM)

11:05	11:25	11:53	San Juan Hills High School
11:15 AM	11:35 AM	12:03 PM	Centennial High School (Las Vegas)
11:25	11:45	12:13	Provo High School
11:35	11:55	12:23	Arizona College Preparatory

LUNCH BREAK

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Co-Ed Varsity Show Cheer Advanced Non-Tumbling -- Cont.</u>
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11:05	11:25	11:57	Rio Linda High School
11:15 AM	11:35 AM	12:07 PM	Crescenta Valley High School
11:25	11:45	12:17	Flowing Wells High School
11:35	11:55	12:27	El Monte High School
11:45	12:05	12:34	Paramount High School
11:55	12:15	12:42	Central Union High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Co-Ed Varsity Show Cheer Intermediate -- Large (20-36 Total Team Members)</u>
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(Awards -- Hall D West Blue -- 5:00 PM)

12:35 PM	12:55 PM	1:20 PM	Ironwood High School
12:45	1:05	1:30	Roosevelt High School
12:55	1:15	1:40	Murray High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Intermediate -- Small (5-15) -- Cont.</u>
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12:35 PM	12:55 PM	1:23 PM	Poston Butte High School
12:45	1:05	1:33	Clovis High School
12:55	1:15	1:43	Brighton High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Co-Ed Varsity Show Cheer Advanced Non-Tumbling -- Cont.</u>
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12:35 PM	12:55 PM	1:27 PM	Garden Grove High School
12:45	1:05	1:37	San Rafael High School
12:55	1:15	1:47	Santiago High School (Garden Grove)

<u>Co-Ed Varsity</u> <u>Show Cheer</u> <u>Intermediate --</u> <u>Large (20-36</u> <u>Total Team</u> <u>Members) --</u> <u>Cont.</u>				<u>Varsity Show</u> <u>Cheer Intermediate</u> <u>-- Small (5-15) --</u> <u>Cont.</u>				<u>Co-Ed Varsity</u> <u>Show Cheer</u> <u>Advanced Small</u> <u>(1-4 Males)</u>			
<u>Check-</u> <u>In/Photo</u> <u>Time</u>	<u>Practice</u> <u>Time</u>	<u>Performance</u> <u>Time</u>		<u>Check-</u> <u>In/Photo</u> <u>Time</u>	<u>Practice</u> <u>Time</u>	<u>Performance</u> <u>Time</u>		<u>Check-</u> <u>In/Photo</u> <u>Time</u>	<u>Practice</u> <u>Time</u>	<u>Performance</u> <u>Time</u>	
1:05	1:25	1:50	Granger High School	1:05	1:25	1:53	Ironwood Ridge High School	1:05	1:25	1:57	Box Elder High School
1:15 PM	1:35 PM	2:00 PM	Summit High School	1:15 PM	1:35 PM	2:03 PM	Desert Mountain High School	1:15 PM	1:35 PM	2:07 PM	Willow Canyon High School
<u>Co-Ed Varsity</u> <u>Show Cheer</u> <u>Intermediate --</u> <u>Large (20-36</u> <u>Total Team</u> <u>Members) --</u> <u>Cont.</u>				<u>Varsity Show</u> <u>Cheer Intermediate</u> <u>-- Small (5-15) --</u> <u>Cont.</u>				<u>Co-Ed Varsity</u> <u>Show Cheer</u> <u>Advanced Small</u> <u>(1-4 Males) --</u> <u>Cont.</u>			
1:25	1:45	2:10	Skyline High School	1:25	1:45	2:13	Canyon Del Oro High School	1:25	1:45	2:17	Copper Hills High School
1:35	1:55	2:20	John Burroughs High School	1:35	1:55	2:23	Millennium High School	1:35	1:55	2:27	Central East High School
1:45	2:05	2:30	Nogales High School	1:45	2:05	2:33	Green Valley High School	1:45	2:05	2:37	Northridge High School
1:55	2:15	2:40	Shadow Ridge High School (Surprise)					1:55	2:15	2:42	Heritage High School (Littleton)
JUDGES BREAK											
<u>Co-Ed Varsity</u> <u>Show Cheer</u> <u>Intermediate --</u> <u>Large (20-36</u> <u>Total Team</u> <u>Members) --</u> <u>Cont.</u>				<u>Varsity Show</u> <u>Cheer Intermediate</u> <u>-- Small (5-15) --</u> <u>Cont.</u>				<u>Co-Ed Varsity</u> <u>Show Cheer</u> <u>Advanced Small</u> <u>(1-4 Males) --</u> <u>Cont.</u>			
2:15	2:35	3:00 PM	Centennial High School (Corona)	2:15	2:35	3:03 PM	Sunrise Mountain High School	2:15	2:35	3:07 PM	Bothell High School
2:25	2:45	3:10	Mountain View High School (Orem)	2:25	2:45	3:13	ALA Ironwood	2:25	2:45	3:17	Downey High School
2:35	2:55	3:20	Tolleson Union High School	2:35	2:55	3:23	Bear River High School	2:35	2:55	3:27	Clovis North High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show</u> <u>Cheer Advanced</u> <u>Non-Tumbling --</u> <u>Medium (16-19)</u>
			(Awards -- Hall C -- 6:00 PM)

2:45 PM	3:05 PM	3:30 PM	El Segundo High School
2:55	3:15	3:40	California High School
3:05	3:25	3:50	Sonora High School
3:15	3:35	4:00 PM	Salinas High School
3:25	3:45	4:10	Orland High School
3:35	3:55	4:20	Catholic High School
3:45	4:05	4:30	Saugus High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show</u> <u>Cheer Intermediate</u> <u>-- Small (5-15) --</u> <u>Cont.</u>
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2:45 PM	3:05 PM	3:33 PM	Shadow Ridge High School (Las Vegas)
2:55	3:15	3:43	San Tan Foothills High School
3:05	3:25	3:53	ALA Gilbert North
3:15	3:35	4:03 PM	Bellevue High School
3:25	3:45	4:13	Bishop Amat High School
3:35	3:55	4:23	Campo Verde High School
3:45	4:05	4:33	Casa Grande High School
3:55	4:15	4:41	Chino Hills High School
4:05	4:25	4:49	Clovis East High School
4:15	4:35	4:57	Mountain Ridge High School

DINNER BREAK

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show</u> <u>Cheer Advanced</u> <u>-- Large/Super</u> <u>(20-36)</u>
			(Awards -- Hall C -- 8:45 PM)

5:05 PM	5:25 PM	5:50 PM	Folsom High School
5:15	5:35	6:00	Ridgeline High School
5:25	5:45	6:10	Clearfield High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show</u> <u>Cheer Intermediate</u> <u>-- Small (5-15) --</u> <u>Cont.</u>
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5:05 PM	5:25 PM	5:53 PM	Notre Dame Preparatory High School
5:15	5:35	6:03	Pinnacle High School
5:25	5:45	6:13	Valencia High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Crowdleader</u> <u>Teams Small (5-15)</u>
			(Awards -- Hall C -- 9:00 PM)

2:45 PM	3:05 PM	3:37 PM	Dysart High School
2:55	3:15	3:47	Valhalla High School
3:05	3:25	3:57	Ballard High School
3:15	3:35	4:07 PM	Kings High School
3:25	3:45	4:17	Sacred Hearts Academy
3:35	3:55	4:27	Estrella Foothills High School
3:45	4:05	4:37	Desert Edge High School
3:55	4:15	4:45	Tanque Verde High School
4:05	4:25	4:53	Central East High School
4:15	4:35	5:01	Arlington High School (Arlington)

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Crowdleader</u> <u>Teams Small (5-15) -- Cont.</u>
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5:05 PM	5:25 PM	5:57 PM	Kent Meridian High School
5:15	5:35	6:07	Gila Ridge High School
5:25	5:45	6:17	Thunderbird High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show</u> <u>Cheer Advanced</u> <u>-- Large/Super</u> <u>(20-36) -- Cont.</u>
5:35 PM	5:55 PM	6:20 PM	Stansbury High School
5:45	6:05	6:30	Olympus High School
5:55	6:15	6:40	Herriman High School
6:05	6:25	6:50	Lehi High School

Varsity Show
Cheer Advanced
-- Large/Super
(20-36) -- Cont.

6:15 PM	6:35 PM	7:00 PM	Liberty High School (Peroia)
6:25	6:45	7:10	Santa Margarita Catholic High School
6:35	6:55	7:20	Lone Peak High School

Varsity Show
Cheer Advanced
-- Medium (16-19)

(Awards -- Hall D West Blue -- 10:30 PM)

6:45	7:05	7:30	Timpanogos High School
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Varsity Show
Cheer Advanced
-- Medium (16-19) -- Cont.

6:55	7:15	7:40	Syracuse High School
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<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show</u> <u>Cheer Advanced</u> <u>Non-Tumbling --</u> <u>Large/Super (20-36)</u>
5:35 PM	5:55 PM	6:23 PM	Rialto High School
5:45	6:05	6:33	Santa Fe High School
5:55	6:15	6:43	Palos Verdes Peninsula High School
6:05	6:25	6:53	Beckman High School

(Awards -- Hall C -- 8:15 PM)

6:15 PM	6:35 PM	7:03 PM	Springville High School
6:25	6:45	7:13	Carson High School
6:35	6:55	7:23	Spanish Springs High School

Varsity Show
Cheer Intermediate
-- Large/Super (20-36)

(Awards -- Hall D West Blue -- 10:00 PM)

6:45	7:05	7:33	Alta High School
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Varsity Show
Cheer Intermediate
-- Large/Super (20-36) -- Cont.

6:55	7:15	7:43	Beaumont High School
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<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Crowdleader</u> <u>Teams Small (5-15) -- Cont.</u>
5:35 PM	5:55 PM	6:27 PM	San Tan Foothills High School
5:45	6:05	6:37	ALA Gilbert North
5:55	6:15	6:47	Chandler High School
6:05	6:25	6:57	Marana High School

Crowdleader
Teams Small (5-15) -- Cont.

6:15 PM	6:35 PM	7:07 PM	Rosary Academy
6:25	6:45	7:17	Villa Park High School
6:35	6:55	7:27	Village Christian High School

Crowdleader
Teams Small (5-15) -- Cont.

6:45	7:05	7:37	Westview High School
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Crowdleader
Teams Super (24+)

(Awards -- Hall D West Blue -- 10:30 PM)

6:55	7:15	7:47	Orange High School
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<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show</u> <u>Cheer Advanced</u> <u>-- Medium (16-19) -- Cont.</u>
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7:05	7:25	7:50	Pleasant Grove High School
7:15 PM	7:35 PM	8:00 PM	Rocky Mountain High School
7:25	7:45	8:10	Palo Verde High School
7:35	7:55	8:20	Arcadia High School
7:45	8:05	8:30	Cactus Shadows High School

<u>Varsity Show</u> <u>Cheer Advanced</u> <u>-- Medium (16-19) -- Cont.</u>

7:55	8:15	8:40	Edison High School
8:05	8:25	8:50	Saguaro High School
8:15	8:35	9:00 PM	Woods Cross High School
8:25	8:45	9:10	Yorba Linda High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show</u> <u>Cheer Intermediate</u> <u>-- Large/Super (20-36) -- Cont.</u>
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7:05	7:25	7:53	Basic Academy
7:15 PM	7:35 PM	8:03 PM	Damonte Ranch High School
7:25	7:45	8:13	Maple Mountain High School
7:35	7:55	8:23	Temescal Canyon High School
7:45	8:05	8:33	Tesoro High School

<u>Varsity Show</u> <u>Cheer Advanced -- Small (5-15)</u>
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(Awards -- Hall D West Blue -- 10:30 PM)

7:55	8:15	8:43	Spring Valley High School
8:05	8:25	8:53	Sacred Hearts Academy
8:15	8:35	9:03 PM	Viewmont High School
8:25	8:45	9:13	Canyon High School
8:35	8:55	9:21	La Serna High School
8:45	9:05	9:29	Westwood High School
8:55	9:15	9:37	Morgan High School
9:05 PM	9:25 PM	9:45 PM	Xavier College Prep High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Crowdleader</u> <u>Teams Super</u> <u>(24+) -- Cont.</u>
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7:05	7:25	7:57	Sandra Day O'Connor High School
7:15 PM	7:35 PM	8:07 PM	Carson High School
7:25	7:45	8:17	Bear River High School
7:35	7:55	8:27	Cactus High School
7:45	8:05	8:37	Morgan High School

<u>Crowdleader</u> <u>Teams Super</u> <u>(24+) -- Cont.</u>

7:55	8:15	8:47	Centennial High School (Peoria)
8:05	8:25	8:57	Beckman High School
8:15	8:35	9:07 PM	Clovis East High School
8:25	8:45	9:17	Liberty High School (Peoria)
8:35	8:55	9:25	Mountain Ridge High School
8:45	9:05	9:33	Pinnacle High School
8:55	9:15	9:41	Mira Mesa High School
9:05 PM	9:25 PM	9:49 PM	Verrado High School