

2025 USA Spirit Nationals -- Practice Schedule for Saturday Hall D -- East Stage (Red Backdrop)

Saturday, February 15th (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 6 minutes** on the practice floor. USA staff will monitor the practice area to ensure that the schedule is being followed.

Please be ready at your check-in time below, which is approximately 30-40 minutes prior to your performance time.

Should your team wish to take a team photo prior to practice, there is time built into the schedule for you to do that. This photo will be immediately upon team check-in.

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.

Check-In	Practice Time	Performance Time	High School Band Chant -- Small (5-15)	Check-In	Practice Time	Performance Time	High School Situational Sideline/Cheer -- Large (20-23)	Check-In	Practice Time	Performance Time	High School Fight Song -- JV
(Awards -- Hall C -- 10:45 AM)				(Awards -- Hall C -- 10:15 AM)				(Awards -- Hall C -- 10:00 AM)			
7:20 AM	7:35 AM	8:00 AM	Ballard High School	7:20 AM	7:35 AM	8:02 AM	Provo High School	7:20 AM	7:35 AM	8:04 AM	Maria Carrillo High School (JV)
7:20	7:35	8:07	Kings High School	7:30	7:45	8:09	Robert F. Kennedy High School	7:30	7:45	8:11	Los Alamitos High School (JV)
7:30	7:45	8:14	Gabrielino High School	7:30	7:45	8:16	Granger High School	7:40	7:55	8:18	Mountain View High School (JV)
7:40	7:55	8:21	Santa Fe High School	7:40	7:55	8:23	Viewmont High School	7:40	7:55	8:25	Redondo Union High School (JV)
7:50	8:05	8:28	Newport High School	7:50	8:05	8:30	Bellevue High School	7:50	8:05	8:32	Saint Joseph High School (JV)
7:50	8:05	8:35	Judge Memorial Catholic High School	8:00	8:15	8:37	Saguaro High School	8:00	8:15	8:39	Techachapi High School (JV)
8:00	8:15	8:42	Arlington High School (Arlington)	8:00	8:15	8:44	Timpview High School	8:10	8:25	8:46	Villa Park High School
High School Band Chant -- Small (5-15) -- Cont.				High School Situational Sideline/Cheer -- Large (20-23) -- Cont.				College Fight Song			
8:10	8:25	8:49	Kent Meridian High School	8:10	8:25	8:51	Maria Carrillo High School	8:10	8:25	8:53	New Mexico State University
8:10	8:25	8:56	Sunnyside High School	8:20	8:35	8:58	Woods Cross High School	8:20	8:35	9:00	Loyola Marymount University
High School Band Chant -- Small (5-15) -- Cont.				High School Situational Sideline/Cheer -- Super (24+)				College Fight Song -- Cont.			
				(Awards -- Hall D East Red -- 12:10 PM)				(Awards -- Hall D East Red -- 5:20 PM)			
8:20	8:35	9:03 AM	Lakewood High School	8:20	8:35	9:05 AM	Morgan High School	8:20	8:35	9:07 AM	Arizona Western College
8:30	8:45	9:10	Sammamish High School	8:30	8:45	9:12	Box Elder High School	8:30	8:45	9:14	College of the Sequoias
8:30	8:45	9:17	Thunderbird High School	8:40	8:55	9:19	Syracuse High School	8:40	8:55	9:21	Cal Poly Pomona
8:40	8:55	9:24	San Tan Foothills High School	8:40	8:55	9:26	Stansbury High School	8:50	9:05	9:28	University of California San Diego
8:50	9:05	9:31	Indio High School	8:50	9:05	9:33	Wasatch High School	9:00	9:15	9:35	California State University San Marcos
9:00	9:15	9:38	Village Christian High School	9:00	9:15	9:40	Spanish Fork High School	9:00	9:15	9:42	Long Island University

<u>Check-In</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>High School Band Chant -- JV</u>
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(Awards -- Hall D East Red -- 12:10 PM)

9:00 AM	9:15 AM	9:45 AM	California High School
9:10	9:25	9:52	Emerald High School
9:20	9:35	9:59	Maria Carrillo High School
9:30	9:45	10:06 AM	Redondo Union High School

<u>Check-In</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>High School Situational Sideline/Cheer -- Super (24+) -- Cont.</u>
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9:10 AM	9:25 AM	9:47 AM	Cedar Valley High School
9:10	9:25	9:54	Northridge High School
9:20	9:35	10:01	Arlita High School
9:30	9:45	10:08 AM	Maple Mountain High School

<u>Check-In</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>College Fight Song -- Cont.</u>
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9:10 AM	9:25 AM	9:45 AM	College of Southern Nevada
9:20	9:35	9:56	University of Idaho
9:20	9:35	10:03	University of Colorado Denver Western
9:30	9:45	10:10 AM	Washington University California Baptist University

JUDGE BREAK

High School Band Chant -- Medium (16-19)

(Awards -- Hall C -- 1:15 PM)

9:50 AM	10:05 AM	10:30 AM	Coalinga High School
10:00	10:15	10:37	Rancho Cotate High School
10:00	10:15	10:44	Union High School
10:10	10:25	10:51	Granger High School
10:20	10:35	10:58	Sunrise Mountain High School
10:20	10:35	11:05 AM	Los Lunas High School
10:30	10:45	11:12	Bothell High School
10:40	10:55	11:19	Cactus Shadows High School
10:50	11:05	11:26	Farmington High School
10:50	11:05	11:33	La Mirada High School
11:00	11:15	11:40	Leigh High School
11:10	11:25	11:47	Mesa High School
11:10	11:25	11:54	Saint Mary's High School
11:20	11:35	12:01	Westwood High School

High School Situational Sideline/Cheer -- Small (5-15)

(Awards -- Hall C -- 1:45 PM)

9:50 AM	10:05 AM	10:32 AM	El Capitan High School
10:00	10:15	10:39	Kings High School
10:00	10:15	10:46	Newport High School
10:10	10:25	10:53	Judge Memorial Catholic High School
10:20	10:35	11:00	Arlington High School (Arlington)
10:30	10:45	11:07 AM	Kent Meridian High School
10:30	10:45	11:14	Sunnyside High School
10:40	10:55	11:21	Lakewood High School
10:50	11:05	11:28	Thunderbird High School
11:00	11:15	11:35	San Tan Foothills High School
11:00	11:15	11:42	Cactus Shadows High School (JV)
11:10	11:25	11:49	Indio High School
11:20	11:35	11:56	Village Christian High School

High School Fight Song -- Super (24+)

(Awards -- Hall C -- 1:30 PM)

9:50 AM	10:05 AM	10:34 AM	Tooele High School
10:00	10:15	10:41	Provo High School
10:10	10:25	10:48	Morgan High School
10:10	10:25	10:55	Box Elder High School
10:20	10:35	11:02	Copper Hills High School
10:30	10:45	11:09 AM	Wasatch High School
10:40	10:55	11:16	Cedar Valley High School
10:40	10:55	11:23	Northridge High School
10:50	11:05	11:30	Bishop Amat High School
11:00	11:15	11:37	Chino Hills High School
11:10	11:25	11:44	Maple Mountain High School
11:10	11:25	11:51	Mountain View High School (Orem)
11:20	11:35	11:58	Redlands High School

LUNCH BREAK

College Band Chant

(Awards -- Hall D East Red -- 5:20 PM)

12:20 PM	12:35 PM	1:00 PM	California Baptist University Loyola
12:20	12:35	1:07	Marymount University
12:30	12:45	1:14	College of the Sequoias
12:40	12:55	1:21	Cal Poly Pomona
12:50	1:05	1:28	Fresno Pacific University
1:00	1:15	1:35	University of California San Diego
1:00	1:15	1:42	California State University San Marcos
1:10	1:25	1:49	Long Island University
1:20	1:35	1:56	Utah Tech University

High School Situational Sideline/Cheer -- Medium (16-19)

(Awards -- Hall C -- 4:00 PM)

12:20	12:35	1:09	Coalinga High School
12:30	12:45	1:16	Rancho Cotate High School
12:40	12:55	1:23	Rio Linda High School
12:50	1:05	1:30	Los Lunas High School
1:00	1:15	1:37	Sunrise Mountain High School
1:10	1:25	1:44	Bothell High School
1:10	1:25	1:51	Farmington High School
1:20	1:35	1:58	Jordan High School

High School Fight Song -- Small (5-15)

(Awards -- Hall C -- 4:00 PM)

12:20 PM	12:35 PM	1:04 PM	Ballard High School
12:30	12:45	1:11	Kings High School
12:40	12:55	1:18	Newport High School
12:40	12:55	1:25	Amplus Academy High School
12:50	1:05	1:32	Arlington High School (Arlington)
1:00	1:15	1:39	Central East High School
1:10	1:25	1:46	Kent Meridian High School
1:10	1:25	1:53	Sunnyside High School
1:20	1:35	2:00	

<u>Check-In</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>College Band Chant -- Cont.</u>	<u>Check-In</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>High School Situational Sideline/Cheer -- Medium (16-19) -- Cont.</u>	<u>Check-In</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>High School Fight Song -- Small (5-15) -- Cont.</u>
1:20 PM	1:35 PM	2:03 PM	University of Idaho	1:30 PM	1:45 PM	2:05 PM	Chandler High School	1:30 PM	1:45 PM	2:07 PM	Lakewood High School
1:30	1:45	2:10	University of Colorado Denver Western	1:30	1:45	2:12	Leigh High School	1:30	1:45	2:14	Sammamish High School
1:40	1:55	2:17	Washington University	1:40	1:55	2:19	Mesa High School	1:40	1:55	2:21	Thunderbird High School
			<u>High School Band Chant -- Super (24+) -- Cont.</u>				<u>High School Situational Sideline/Cheer -- Medium (16-19) -- Cont.</u>				<u>High School Fight Song -- Small (5-15) -- Cont.</u>
(Awards -- Hall D East Red -- 5:20 PM)											
1:40	1:55	2:24	Morgan High School	1:50	2:05	2:26	Redondo Union High School (JV)	1:50	2:05	2:28	San Tan Foothills High School
1:50	2:05	2:31	Box Elder High School	1:50	2:05	2:33	Saint Mary's High School	2:00	2:15	2:35	Village Christian High School
2:00	2:15	2:38	Riverton High School	2:00	2:15	2:40	Westwood High School	2:00	2:15	2:42	Westview High School
			<u>High School Band Chant -- Super (24+) -- Cont.</u>				<u>College Situational Sideline/Cheer</u>				<u>High School Fight Song -- Large (20-23)</u>
(Awards -- Hall D East Red -- 5:20 PM)				(Awards -- Hall D East Red -- 5:20 PM)				(Awards -- Hall D East Red -- 5:20 PM)			
2:10	2:25	2:45	Mater Dei Catholic High School	2:10	2:25	2:47	Arizona Western College	2:10	2:25	2:49	Hazen High School
2:10	2:25	2:52	Syracuse High School	2:20	2:35	2:54	Cal Poly Pomona High School	2:20	2:35	2:56	Robert F. Kennedy High School
2:20	2:35	2:59 PM	Copper Hills High School	2:20	2:35	3:01 PM	Fresno Pacific University	2:20	2:35	3:03 PM	Pleasant Grove High School
			<u>High School Band Chant -- Super (24+) -- Cont.</u>				<u>College Situational Sideline/Cheer -- Cont.</u>				<u>High School Fight Song -- Large (20-23) -- Cont.</u>
(Awards -- Hall D East Red -- 5:20 PM)				(Awards -- Hall D East Red -- 5:20 PM)				(Awards -- Hall D East Red -- 5:20 PM)			
2:40	2:55	3:20	Wasatch High School	2:40	2:55	3:22	College of Southern Idaho	2:40	2:55	3:24	Liberty High School (Henderson)
2:40	2:55	3:27	Bear River High School	2:50	3:05	3:29	New Mexico State University	2:50	3:05	3:31	Bellevue High School
2:50	3:05	3:34	Spanish Fork High School	2:50	3:05	3:36	University of Idaho	3:00	3:15	3:38	Cupertino High School
3:00	3:15	3:41	Cedar Valley High School	3:00	3:15	3:43	University of Colorado Denver Western	3:10	3:25	3:45	Redlands East Valley High School
3:10	3:25	3:48	Northridge High School	3:10	3:25	3:50	Washington University	3:10	3:25	3:52	Saguaro High School
3:20	3:35	3:55	Lehi High School					3:20	3:35	3:59	Whittier High School
			<u>High School Band Chant -- Super (24+) -- Cont.</u>								<u>High School Fight Song -- Medium (16-19)</u>
(Awards -- Hall D East Red -- 6:00 PM)				(Awards -- Hall D East Red -- 6:00 PM)				(Awards -- Hall D East Red -- 6:00 PM)			
3:20	3:35	4:02 PM	Maple Mountain High School					3:30	3:45	4:05 PM	Coalinga High School
3:30	3:45	4:08	Mountain View High School (Orem)					3:30	3:45	4:11	Rancho Cotate High School
			<u>High School Band Chant -- Large (20-23)</u>								<u>High School Fight Song -- Medium (16-19) -- Cont.</u>
(Awards -- Hall D East Red -- 6:00 PM)											
3:40	3:55	4:14	Hurricane High School					3:40	3:55	4:17	Sunrise Mountain High School
3:40	3:55	4:20	Robert F. Kennedy High School					3:40	3:55	4:23	Brighton High School
3:50	4:05	4:26	Pleasant Grove High School					3:50	4:05	4:29	Terra Linda High School

<u>Check-In</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>High School Band Chant -- Large (20-23) -- Cont.</u>
3:50 PM	4:05 PM	4:32 PM	Dos Pueblos High School
4:00	4:15	4:38	Viewmont High School
4:00	4:15	4:44	Bellevue High School
4:10	4:25	4:50	Saguaro High School
4:20	4:35	4:57	Timpview High School
4:20	4:35	5:03 PM	Woods Cross High School

<u>Check-In</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>High School Fight Song -- Medium (16-19) -- Cont.</u>
3:50 PM	4:05 PM	4:35 PM	Oaks Christian High School
4:00	4:15	4:41	Bothell High School
4:10	4:25	4:47	Cactus Shadows High School
4:10	4:25	4:53	Chandler High School
4:20	4:35	5:00	Farmington High School
4:30	4:45	5:06	Leigh High School
4:30	4:45	5:10	Mesa High School
4:30	4:45	5:14	Saint Mary's High School
4:30 PM	4:45 PM	5:18 PM	Westwood High School