

## FTP - Feel The Power - East

January 21 - Performance Hall											
Division	Program	Team Name	City	State	Check-In	Stretch Mat	Spring Strip	Full Foam Floor	Walk	Compete	
CC: L1 - U6 Prep	Cheer United	Starbeam	Welland	ON	8:30 AM	8:36 AM	8:42 AM	8:48 AM	8:54 AM	9:00 AM	
U6 Novice	Cheer United	Twinkle Stars	Welland	ON	8:33 AM	8:39 AM	8:45 AM	8:51 AM	8:57 AM	9:03 AM	
CC: L1 - U6 Prep	PCT	Little Hiss	Mississauga	ON	8:37 AM	8:43 AM	8:49 AM	8:55 AM	9:01 AM	9:07 AM	
U6 Novice	Cheer United	Little Dippers	Welland	ON	8:40 AM	8:46 AM	8:52 AM	8:58 AM	9:04 AM	9:10 AM	
CC: L1 - U8 Prep	Beach Cheer Athletics	Waves	Scarborough	ON	8:44 AM	8:50 AM	8:56 AM	9:02 AM	9:08 AM	9:14 AM	
U6 Novice	Cheer Sport Sharks - Toronto	Pup Sharks	Scarborough	ON	8:47 AM	8:53 AM	8:59 AM	9:05 AM	9:11 AM	9:17 AM	
CC: L1 - U8 Prep	Cheer United	Twilight	Welland	ON	8:51 AM	8:57 AM	9:03 AM	9:09 AM	9:15 AM	9:21 AM	
U6 Novice	PCT	Paradise	Mississauga	ON	8:54 AM	9:00 AM	9:06 AM	9:12 AM	9:18 AM	9:24 AM	
CC: L1 - U8 Prep	Cheer United	Cosmic Rays	Welland	ON	8:58 AM	9:04 AM	9:10 AM	9:16 AM	9:22 AM	9:28 AM	
U8 Novice	Cheer Sport Sharks - Toronto	Tropical Sharks	Scarborough	ON	9:01 AM	9:07 AM	9:13 AM	9:19 AM	9:25 AM	9:31 AM	
CC: L1 - U8 Prep	Air Force Mavericks Cheerleading	Aviators	Uxbridge	ON	9:05 AM	9:11 AM	9:17 AM	9:23 AM	9:29 AM	9:35 AM	
	<b>BREAK</b>	<b>Break</b>			<b>9:08 AM</b>	<b>9:14 AM</b>	<b>9:20 AM</b>	<b>9:26 AM</b>	<b>9:32 AM</b>	<b>9:38 AM</b>	
CC: L1 - U8 Prep	PCT	Enchanted	Mississauga	ON	9:20 AM	9:26 AM	9:32 AM	9:38 AM	9:44 AM	9:50 AM	
U8 Novice	PCT	Eden	Mississauga	ON	9:24 AM	9:30 AM	9:36 AM	9:42 AM	9:48 AM	9:54 AM	
CC: L1 - U12 Prep	Cheer United	Starstruck	Welland	ON	9:27 AM	9:33 AM	9:39 AM	9:45 AM	9:51 AM	9:57 AM	
U12 Novice	Cheer Sport Sharks - Toronto	Boa Sharks	Scarborough	ON	9:31 AM	9:37 AM	9:43 AM	9:49 AM	9:55 AM	10:01 AM	
CC: L1 - U12 Prep	Beach Cheer Athletics	Splash	Scarborough	ON	9:34 AM	9:40 AM	9:46 AM	9:52 AM	9:58 AM	10:04 AM	
U12 Novice	PCT	Charmed	Mississauga	ON	9:38 AM	9:44 AM	9:50 AM	9:56 AM	10:02 AM	10:08 AM	
	<b>BREAK</b>	<b>Break</b>			<b>9:41 AM</b>	<b>9:47 AM</b>	<b>9:53 AM</b>	<b>9:59 AM</b>	<b>10:05 AM</b>	<b>10:11 AM</b>	
CC: L1 - U12 Prep	Air Force Mavericks Cheerleading	Corporals	Uxbridge	ON	9:53 AM	9:59 AM	10:05 AM	10:11 AM	10:17 AM	10:23 AM	
U18 Novice	Cheer Sport Sharks - Toronto	Broadfin Sharks	Scarborough	ON	9:57 AM	10:03 AM	10:09 AM	10:15 AM	10:21 AM	10:27 AM	
CC: L1 - U12 Prep	PCT	Fury	Mississauga	ON	10:00 AM	10:06 AM	10:12 AM	10:18 AM	10:24 AM	10:30 AM	
CC: L2 - U12 Prep	Cheer Sport Sharks - Kitchener	Megamouth	Kitchener	ON	10:04 AM	10:10 AM	10:16 AM	10:22 AM	10:28 AM	10:34 AM	
CC: L1 - U12 Prep	Beach Cheer Athletics	Swish	Scarborough	ON	10:07 AM	10:13 AM	10:19 AM	10:25 AM	10:31 AM	10:37 AM	
CC: L2 - U12 Prep	Beach Cheer Athletics	Swoosh	Scarborough	ON	10:11 AM	10:17 AM	10:23 AM	10:29 AM	10:35 AM	10:41 AM	
CC: L1 - U16 Prep	Air Force Mavericks Cheerleading	Officers	Uxbridge	ON	10:14 AM	10:20 AM	10:26 AM	10:32 AM	10:38 AM	10:44 AM	
	<b>BREAK</b>	<b>Break</b>			<b>10:18 AM</b>	<b>10:24 AM</b>	<b>10:30 AM</b>	<b>10:36 AM</b>	<b>10:42 AM</b>	<b>10:48 AM</b>	
CC: L1 - U16 Prep	PCT	Forbidden	Mississauga	ON	10:22 AM	10:28 AM	10:34 AM	10:40 AM	10:46 AM	10:52 AM	
	<b>BREAK</b>	<b>Break</b>			<b>10:25 AM</b>	<b>10:31 AM</b>	<b>10:37 AM</b>	<b>10:43 AM</b>	<b>10:49 AM</b>	<b>10:55 AM</b>	
	<b>BREAK</b>	<b>Awards</b>			<b>11:00 AM</b>	<b>11:06 AM</b>	<b>11:12 AM</b>	<b>11:18 AM</b>	<b>11:24 AM</b>	<b>11:30 AM</b>	
U6 Level 1	Cheer Sport Sharks - Kitchener	Polkadot Sharks	Kitchener	ON	11:30 AM	11:36 AM	11:42 AM	11:48 AM	11:54 AM	12:00 PM	
CheerABILITIES	PCT	Universe	Mississauga	ON	11:34 AM	11:40 AM	11:46 AM	11:52 AM	11:58 AM	12:04 PM	
U8 Level 1	PCT	Magic	Mississauga	ON	11:37 AM	11:43 AM	11:49 AM	11:55 AM	12:01 PM	12:07 PM	
CheerABILITIES	PCT	Eternity	Mississauga	ON	11:41 AM	11:47 AM	11:53 AM	11:59 AM	12:05 PM	12:11 PM	
U8 Level 1	Cheer Sport Sharks - Ancaster	Leopard	Ancaster	ON	11:44 AM	11:50 AM	11:56 AM	12:02 PM	12:08 PM	12:14 PM	
U18 Level 5	Cheer Sport Sharks - Kitchener	Smallfin Sharks	Kitchener	ON	11:48 AM	11:54 AM	12:00 PM	12:06 PM	12:12 PM	12:18 PM	
U8 Level 1	Cheer Sport Sharks - Kitchener	Smalltooth Sharks	Kitchener	ON	11:51 AM	11:57 AM	12:03 PM	12:09 PM	12:15 PM	12:21 PM	
U18 Level 5	Cheer Sport Sharks - Kitchener	Queensland Sharks	Kitchener	ON	11:55 AM	12:01 PM	12:07 PM	12:13 PM	12:19 PM	12:25 PM	
U12 Level 1	Cheer Sport Sharks - Kitchener	Lantern Sharks	Kitchener	ON	11:58 AM	12:04 PM	12:10 PM	12:16 PM	12:22 PM	12:28 PM	
U18 Level 5	London Heat Cheerleading	5 alarm	London, ON	NA	12:02 PM	12:08 PM	12:14 PM	12:20 PM	12:26 PM	12:32 PM	
U12 Level 1	Cheer Sport Sharks - Ancaster	Ruby	Ancaster	ON	12:05 PM	12:11 PM	12:17 PM	12:23 PM	12:29 PM	12:35 PM	

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January 21 - Performance Hall										
Division	Program	Team Name	City	State	Check-In	Stretch Mat	Spring Strip	Full Foam Floor	Walk	Compete
	<b>BREAK</b>	<b>Break</b>			<b>12:09 PM</b>	<b>12:15 PM</b>	<b>12:21 PM</b>	<b>12:27 PM</b>	<b>12:33 PM</b>	<b>12:39 PM</b>
U18 Level 5 Coed 5	PCT	Odyssey	Mississauga	ON	12:21 PM	12:27 PM	12:33 PM	12:39 PM	12:45 PM	12:51 PM
U12 Level 1	Cheer Sport Sharks - Ancaster	Shortfin	Ancaster	ON	12:24 PM	12:30 PM	12:36 PM	12:42 PM	12:48 PM	12:54 PM
Open Level 5	Cheer Sport Sharks - Ancaster	Sailfin	Ancaster	ON	12:28 PM	12:34 PM	12:40 PM	12:46 PM	12:52 PM	12:58 PM
U12 Level 1	Beach Cheer Athletics	Swirl	Scarborough	ON	12:31 PM	12:37 PM	12:43 PM	12:49 PM	12:55 PM	1:01 PM
Open Level 5	Air Force Mavericks Cheerleading	Blackbirds	Uxbridge	ON	12:35 PM	12:41 PM	12:47 PM	12:53 PM	12:59 PM	1:05 PM
U12 Level 1	Lightning Cheer	Rain	North Bay	ON	12:38 PM	12:44 PM	12:50 PM	12:56 PM	1:02 PM	1:08 PM
Open Level 5	PCT	Vengeance	Mississauga	ON	12:42 PM	12:48 PM	12:54 PM	1:00 PM	1:06 PM	1:12 PM
U12 Level 1	Cheer United	Infinity	Welland	ON	12:45 PM	12:51 PM	12:57 PM	1:03 PM	1:09 PM	1:15 PM
Open Level 5 Coed 4	Cheer Sport Sharks - Kitchener	Star Spotted Sharks	Kitchener	ON	12:49 PM	12:55 PM	1:01 PM	1:07 PM	1:13 PM	1:19 PM
U12 Level 1	Air Force Mavericks Cheerleading	Lieutenants	Uxbridge	ON	12:52 PM	12:58 PM	1:04 PM	1:10 PM	1:16 PM	1:22 PM
Open Level 5 Coed 4	Beach Cheer Athletics	RipTide	Scarborough	ON	12:56 PM	1:02 PM	1:08 PM	1:14 PM	1:20 PM	1:26 PM
U12 Level 1	CheerCore	Luxe	Collingwood	NA	12:59 PM	1:05 PM	1:11 PM	1:17 PM	1:23 PM	1:29 PM
	<b>BREAK</b>	<b>Break</b>			<b>1:03 PM</b>	<b>1:09 PM</b>	<b>1:15 PM</b>	<b>1:21 PM</b>	<b>1:27 PM</b>	<b>1:33 PM</b>
Open Level 5 Coed 4	Cheer Sport Sharks - Toronto	Finback Sharks	Scarborough	ON	1:15 PM	1:21 PM	1:27 PM	1:33 PM	1:39 PM	1:45 PM
U12 Level 1 Large	Cheer Sport Sharks - Kitchener	Blacktip Sharks	Kitchener	ON	1:18 PM	1:24 PM	1:30 PM	1:36 PM	1:42 PM	1:48 PM
U18 Level 6 NT	Cheer Sport Sharks - Ancaster	SWAT	Ancaster	ON	1:22 PM	1:28 PM	1:34 PM	1:40 PM	1:46 PM	1:52 PM
U12 Level 1 Large	PCT	Mystic	Mississauga	ON	1:25 PM	1:31 PM	1:37 PM	1:43 PM	1:49 PM	1:55 PM
Open Level 6 Coed 16	PCT	Temptation	Mississauga	ON	1:29 PM	1:35 PM	1:41 PM	1:47 PM	1:53 PM	1:59 PM
U16 Level 1	Pro Cheer Allstars	Quad Aces	St-Hyacinthe	QC	1:32 PM	1:38 PM	1:44 PM	1:50 PM	1:56 PM	2:02 PM
Open Level 6	Cheer Sport Sharks - Kitchener	Great White Sharks	Kitchener	ON	1:36 PM	1:42 PM	1:48 PM	1:54 PM	2:00 PM	2:06 PM
U16 Level 1	Cheer Sport Sharks - Kitchener	Cosmo Sharks	Kitchener	ON	1:39 PM	1:45 PM	1:51 PM	1:57 PM	2:03 PM	2:09 PM
Open Level 6 NT	Cheer Sport Sharks - Kitchener	Copper Sharks	Kitchener	ON	1:43 PM	1:49 PM	1:55 PM	2:01 PM	2:07 PM	2:13 PM
U16 Level 1	Cheer Sport Sharks - Ancaster	Whitespotted	Ancaster	ON	1:46 PM	1:52 PM	1:58 PM	2:04 PM	2:10 PM	2:16 PM
	<b>BREAK</b>	<b>Break</b>			<b>1:50 PM</b>	<b>1:56 PM</b>	<b>2:02 PM</b>	<b>2:08 PM</b>	<b>2:14 PM</b>	<b>2:20 PM</b>
U16 Level 1	Beach Cheer Athletics	Breakers	Scarborough	ON	2:02 PM	2:08 PM	2:14 PM	2:20 PM	2:26 PM	2:32 PM
Open Level 6 NT	Cheer United	Supernovas	Welland	ON	2:05 PM	2:11 PM	2:17 PM	2:23 PM	2:29 PM	2:35 PM
U16 Level 1	Cheer United	Ultraviolet	Welland	ON	2:09 PM	2:15 PM	2:21 PM	2:27 PM	2:33 PM	2:39 PM
Open Level 6 NT	PCT	Rebellion	Mississauga	ON	2:12 PM	2:18 PM	2:24 PM	2:30 PM	2:36 PM	2:42 PM
U16 Level 1	Air Force Mavericks Cheerleading	Generals	Uxbridge	ON	2:16 PM	2:22 PM	2:28 PM	2:34 PM	2:40 PM	2:46 PM
Open Level 7 NT Coed	PCT	Legendary	Mississauga	ON	2:19 PM	2:25 PM	2:31 PM	2:37 PM	2:43 PM	2:49 PM
U16 Level 1	Cheer Sport Sharks - Toronto	Cryptic Sharks	Scarborough	ON	2:23 PM	2:29 PM	2:35 PM	2:41 PM	2:47 PM	2:53 PM
Open Level 7	Cheer Sport Sharks - Kitchener	Grey Reef Sharks	Kitchener	ON	2:26 PM	2:32 PM	2:38 PM	2:44 PM	2:50 PM	2:56 PM
U16 Level 1	PCT	Lethal	Mississauga	ON	2:30 PM	2:36 PM	2:42 PM	2:48 PM	2:54 PM	3:00 PM
	<b>BREAK</b>	<b>Dinner Break</b>			<b>2:33 PM</b>	<b>2:39 PM</b>	<b>2:45 PM</b>	<b>2:51 PM</b>	<b>2:57 PM</b>	<b>3:03 PM</b>
U16 Level 4 Coed	Beach Cheer Athletics	JetStream	Scarborough	ON	3:33 PM	3:39 PM	3:45 PM	3:51 PM	3:57 PM	4:03 PM
CC - L2 Open NT	Limelight Allstars	Moonstone	Vaughan	NA	3:37 PM	3:43 PM	3:49 PM	3:55 PM	4:01 PM	4:07 PM
U16 Level 4 Large	Cheer Sport Sharks - Kitchener	White Fin Sharks	Kitchener	ON	3:40 PM	3:46 PM	3:52 PM	3:58 PM	4:04 PM	4:10 PM
U12 Level 2	Cheer Sport Sharks - Ancaster	Harlequin	Ancaster	ON	3:44 PM	3:50 PM	3:56 PM	4:02 PM	4:08 PM	4:14 PM
U16 Level 4	Cheer Sport Sharks - Toronto	Royal Sharks	Scarborough	ON	3:47 PM	3:53 PM	3:59 PM	4:05 PM	4:11 PM	4:17 PM
U12 Level 2	Beach Cheer Athletics	Sonic	Scarborough	ON	3:51 PM	3:57 PM	4:03 PM	4:09 PM	4:15 PM	4:21 PM
U16 Level 4	PCT	Wicked	Mississauga	ON	3:54 PM	4:00 PM	4:06 PM	4:12 PM	4:18 PM	4:24 PM

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January 21 - Performance Hall										
Division	Program	Team Name	City	State	Check-In	Stretch Mat	Spring Strip	Full Foam Floor	Walk	Compete
U12 Level 2	Lightning Cheer	Voltage	North Bay	ON	3:58 PM	4:04 PM	4:10 PM	4:16 PM	4:22 PM	4:28 PM
U18 Level 4	Cheer Sport Sharks - Kitchener	Caribbean Sharks	Kitchener	ON	4:01 PM	4:07 PM	4:13 PM	4:19 PM	4:25 PM	4:31 PM
	<b>BREAK</b>	<b>Break</b>			<b>4:05 PM</b>	<b>4:11 PM</b>	<b>4:17 PM</b>	<b>4:23 PM</b>	<b>4:29 PM</b>	<b>4:35 PM</b>
CC: L4.2 - U18	PCT	Stone Cold	Mississauga	ON	4:17 PM	4:23 PM	4:29 PM	4:35 PM	4:41 PM	4:47 PM
U12 Level 2	Air Force Mavericks Cheerleading	Sergeants	Uxbridge	ON	4:20 PM	4:26 PM	4:32 PM	4:38 PM	4:44 PM	4:50 PM
CC: L4.2 - U18	Beach Cheer Athletics	Bombora	Scarborough	ON	4:24 PM	4:30 PM	4:36 PM	4:42 PM	4:48 PM	4:54 PM
U12 Level 2	Limelight Allstars	Emerald	Vaughan	NA	4:27 PM	4:33 PM	4:39 PM	4:45 PM	4:51 PM	4:57 PM
CC: L4.2 - U18	Cheer Sport Sharks - Kitchener	Hammerhead Sharks	Kitchener	ON	4:31 PM	4:37 PM	4:43 PM	4:49 PM	4:55 PM	5:01 PM
U12 Level 2	PCT	Bliss	Mississauga	ON	4:34 PM	4:40 PM	4:46 PM	4:52 PM	4:58 PM	5:04 PM
U12 Level 3	Beach Cheer Athletics	Surge	Scarborough	ON	4:38 PM	4:44 PM	4:50 PM	4:56 PM	5:02 PM	5:08 PM
U12 Level 2 Large	Cheer Sport Sharks - Kitchener	Wobbegong Sharks	Kitchener	ON	4:41 PM	4:47 PM	4:53 PM	4:59 PM	5:05 PM	5:11 PM
U12 Level 3	Cheer Sport Sharks - Kitchener	White Cheek Sharks	Kitchener	ON	4:45 PM	4:51 PM	4:57 PM	5:03 PM	5:09 PM	5:15 PM
U16 Level 2	London Heat Cheerleading	Red Hot	London, ON	NA	4:48 PM	4:54 PM	5:00 PM	5:06 PM	5:12 PM	5:18 PM
U16 Level 3	Air Force Mavericks Cheerleading	Commanders	Uxbridge	ON	4:52 PM	4:58 PM	5:04 PM	5:10 PM	5:16 PM	5:22 PM
	<b>BREAK</b>	<b>Break</b>			<b>4:55 PM</b>	<b>5:01 PM</b>	<b>5:07 PM</b>	<b>5:13 PM</b>	<b>5:19 PM</b>	<b>5:25 PM</b>
U16 Level 2	Cheer Sport Sharks - Kitchener	Crown Sharks	Kitchener	ON	5:07 PM	5:13 PM	5:19 PM	5:25 PM	5:31 PM	5:37 PM
U16 Level 3	Electric City Cheer	Element	Peterborough	ON	5:11 PM	5:17 PM	5:23 PM	5:29 PM	5:35 PM	5:41 PM
U16 Level 2	Air Force Mavericks Cheerleading	ACES	Uxbridge	ON	5:14 PM	5:20 PM	5:26 PM	5:32 PM	5:38 PM	5:44 PM
U16 Level 3	Cheer Sport Sharks - Ancaster	Bahama	Ancaster	ON	5:18 PM	5:24 PM	5:30 PM	5:36 PM	5:42 PM	5:48 PM
U16 Level 2	Cheer Sport Sharks - Ottawa	Silvertip Sharks	Stittsville	NA	5:21 PM	5:27 PM	5:33 PM	5:39 PM	5:45 PM	5:51 PM
U16 Level 3	Beach Cheer Athletics	Tidalwave	Scarborough	ON	5:25 PM	5:31 PM	5:37 PM	5:43 PM	5:49 PM	5:55 PM
U16 Level 2	CheerCore	Crown	Collingwood	NA	5:28 PM	5:34 PM	5:40 PM	5:46 PM	5:52 PM	5:58 PM
U16 Level 3	London Heat Cheerleading	Code Black	London, ON	NA	5:32 PM	5:38 PM	5:44 PM	5:50 PM	5:56 PM	6:02 PM
U16 Level 2	Cheer Pride All Stars	Steel	Barrie	ON	5:35 PM	5:41 PM	5:47 PM	5:53 PM	5:59 PM	6:05 PM
U16 Level 3	Lightning Cheer	Blackout	North Bay	ON	5:39 PM	5:45 PM	5:51 PM	5:57 PM	6:03 PM	6:09 PM
U16 Level 2	Cheer Sport Sharks - Toronto	Smooth Sharks	Scarborough	ON	5:42 PM	5:48 PM	5:54 PM	6:00 PM	6:06 PM	6:12 PM
U16 Level 3	Cheer Sport Sharks - Kitchener	Zebra Sharks	Kitchener	ON	5:46 PM	5:52 PM	5:58 PM	6:04 PM	6:10 PM	6:16 PM
	<b>BREAK</b>	<b>Break</b>			<b>5:49 PM</b>	<b>5:55 PM</b>	<b>6:01 PM</b>	<b>6:07 PM</b>	<b>6:13 PM</b>	<b>6:19 PM</b>
U16 Level 2	Air Force Mavericks Cheerleading	Captains	Uxbridge	ON	6:01 PM	6:07 PM	6:13 PM	6:19 PM	6:25 PM	6:31 PM
U16 Level 3	Limelight Allstars	Sapphire	Vaughan	NA	6:05 PM	6:11 PM	6:17 PM	6:23 PM	6:29 PM	6:35 PM
U16 Level 2	Beach Cheer Athletics	Waverunners	Scarborough	ON	6:08 PM	6:14 PM	6:20 PM	6:26 PM	6:32 PM	6:38 PM
U16 Level 3	PCT	Venom	Mississauga	ON	6:12 PM	6:18 PM	6:24 PM	6:30 PM	6:36 PM	6:42 PM
U16 Level 2	Cheer Sport Sharks - Kitchener	Pearl	Kitchener	ON	6:15 PM	6:21 PM	6:27 PM	6:33 PM	6:39 PM	6:45 PM
U18 Level 3NT	Cheer Sport Sharks - Kitchener	Aqua Sharks	Kitchener	ON	6:19 PM	6:25 PM	6:31 PM	6:37 PM	6:43 PM	6:49 PM
U16 Level 2NT	Cheer Sport Sharks - Kitchener	Australian Sharks	Kitchener	ON	6:22 PM	6:28 PM	6:34 PM	6:40 PM	6:46 PM	6:52 PM
U18 Level 3	Flames Cheerleading	Outblast	St-Bruno-Montarville	QC	6:26 PM	6:32 PM	6:38 PM	6:44 PM	6:50 PM	6:56 PM
U16 Level 2NT	Lightning Cheer	Inferno	North Bay	ON	6:29 PM	6:35 PM	6:41 PM	6:47 PM	6:53 PM	6:59 PM
U18 Level 3	Air Force Mavericks Cheerleading	Marshals	Uxbridge	ON	6:33 PM	6:39 PM	6:45 PM	6:51 PM	6:57 PM	7:03 PM
U18 Level 2	Air Force Mavericks Cheerleading	Admirals	Uxbridge	ON	6:36 PM	6:42 PM	6:48 PM	6:54 PM	7:00 PM	7:06 PM
Open Level 3 NT	Cheer United	Eclipse	Welland	ON	6:40 PM	6:46 PM	6:52 PM	6:58 PM	7:04 PM	7:10 PM
U18 Level 2	PCT	Wrath	Mississauga	ON	6:43 PM	6:49 PM	6:55 PM	7:01 PM	7:07 PM	7:13 PM
U18 Level 3 Coed	Limelight Allstars	Onyx	Vaughan	NA	6:47 PM	6:53 PM	6:59 PM	7:05 PM	7:11 PM	7:17 PM

## FTP - Feel The Power - East

January 22 - Performance Hall											
Division	Program	Team Name	City	State	Check-In	Stretch Mat	Spring Strip	Full Foam Floor	Walk	Compete	
U6 Level 1	Cheer Sport Sharks - Kitchener	Polkadot Sharks	Kitchener	ON	8:30 AM	8:36 AM	8:42 AM	8:48 AM	8:54 AM	9:00 AM	
CheerABILITIES	PCT	Universe	Mississauga	ON	8:33 AM	8:39 AM	8:45 AM	8:51 AM	8:57 AM	9:03 AM	
U8 Level 1	PCT	Magic	Mississauga	ON	8:37 AM	8:43 AM	8:49 AM	8:55 AM	9:01 AM	9:07 AM	
CheerABILITIES	PCT	Eternity	Mississauga	ON	8:40 AM	8:46 AM	8:52 AM	8:58 AM	9:04 AM	9:10 AM	
U8 Level 1	Cheer Sport Sharks - Ancaster	Leopard	Ancaster	ON	8:44 AM	8:50 AM	8:56 AM	9:02 AM	9:08 AM	9:14 AM	
U18 Level 5	Cheer Sport Sharks - Kitchener	Smallfin Sharks	Kitchener	ON	8:47 AM	8:53 AM	8:59 AM	9:05 AM	9:11 AM	9:17 AM	
U8 Level 1	Cheer Sport Sharks - Kitchener	Smalltooth Sharks	Kitchener	ON	8:51 AM	8:57 AM	9:03 AM	9:09 AM	9:15 AM	9:21 AM	
U18 Level 5	Cheer Sport Sharks - Kitchener	Queensland Sharks	Kitchener	ON	8:54 AM	9:00 AM	9:06 AM	9:12 AM	9:18 AM	9:24 AM	
U12 Level 1	Cheer Sport Sharks - Kitchener	Lantern Sharks	Kitchener	ON	8:58 AM	9:04 AM	9:10 AM	9:16 AM	9:22 AM	9:28 AM	
U18 Level 5	London Heat Cheerleading	5 alarm	London, ON	NA	9:01 AM	9:07 AM	9:13 AM	9:19 AM	9:25 AM	9:31 AM	
U12 Level 1	Cheer Sport Sharks - Ancaster	Ruby	Ancaster	ON	9:05 AM	9:11 AM	9:17 AM	9:23 AM	9:29 AM	9:35 AM	
	<b>BREAK</b>	<b>Break</b>			<b>9:08 AM</b>	<b>9:14 AM</b>	<b>9:20 AM</b>	<b>9:26 AM</b>	<b>9:32 AM</b>	<b>9:38 AM</b>	
U18 Level 5 Coed 5	PCT	Odyssey	Mississauga	ON	9:20 AM	9:26 AM	9:32 AM	9:38 AM	9:44 AM	9:50 AM	
U12 Level 1	Cheer Sport Sharks - Ancaster	Shortfin	Ancaster	ON	9:24 AM	9:30 AM	9:36 AM	9:42 AM	9:48 AM	9:54 AM	
Open Level 5	Cheer Sport Sharks - Ancaster	Saifin	Ancaster	ON	9:27 AM	9:33 AM	9:39 AM	9:45 AM	9:51 AM	9:57 AM	
U12 Level 1	Beach Cheer Athletics	Swirl	Scarborough	ON	9:31 AM	9:37 AM	9:43 AM	9:49 AM	9:55 AM	10:01 AM	
Open Level 5	Air Force Mavericks Cheerleading	Blackbirds	Uxbridge	ON	9:34 AM	9:40 AM	9:46 AM	9:52 AM	9:58 AM	10:04 AM	
U12 Level 1	Lightning Cheer	Rain	North Bay	ON	9:38 AM	9:44 AM	9:50 AM	9:56 AM	10:02 AM	10:08 AM	
Open Level 5	PCT	Vengeance	Mississauga	ON	9:41 AM	9:47 AM	9:53 AM	9:59 AM	10:05 AM	10:11 AM	
U12 Level 1	Cheer United	Infinity	Welland	ON	9:45 AM	9:51 AM	9:57 AM	10:03 AM	10:09 AM	10:15 AM	
Open Level 5 Coed 4	Cheer Sport Sharks - Kitchener	Star Spotted Sharks	Kitchener	ON	9:48 AM	9:54 AM	10:00 AM	10:06 AM	10:12 AM	10:18 AM	
U12 Level 1	Air Force Mavericks Cheerleading	Lieutenants	Uxbridge	ON	9:52 AM	9:58 AM	10:04 AM	10:10 AM	10:16 AM	10:22 AM	
Open Level 5 Coed 4	Beach Cheer Athletics	RipTide	Scarborough	ON	9:55 AM	10:01 AM	10:07 AM	10:13 AM	10:19 AM	10:25 AM	
U12 Level 1	CheerCore	Luxe	Collingwood	NA	9:59 AM	10:05 AM	10:11 AM	10:17 AM	10:23 AM	10:29 AM	
	<b>BREAK</b>	<b>Break</b>			<b>10:02 AM</b>	<b>10:08 AM</b>	<b>10:14 AM</b>	<b>10:20 AM</b>	<b>10:26 AM</b>	<b>10:32 AM</b>	
Open Level 5 Coed 4	Cheer Sport Sharks - Toronto	Finback Sharks	Scarborough	ON	10:14 AM	10:20 AM	10:26 AM	10:32 AM	10:38 AM	10:44 AM	
U12 Level 1 Large	Cheer Sport Sharks - Kitchener	Blacktip Sharks	Kitchener	ON	10:18 AM	10:24 AM	10:30 AM	10:36 AM	10:42 AM	10:48 AM	
U18 Level 6 NT	Cheer Sport Sharks - Ancaster	SWAT	Ancaster	ON	10:21 AM	10:27 AM	10:33 AM	10:39 AM	10:45 AM	10:51 AM	
U12 Level 1 Large	PCT	Mystic	Mississauga	ON	10:25 AM	10:31 AM	10:37 AM	10:43 AM	10:49 AM	10:55 AM	
Open Level 6 Coed 16	PCT	Temptation	Mississauga	ON	10:28 AM	10:34 AM	10:40 AM	10:46 AM	10:52 AM	10:58 AM	
U16 Level 1	Pro Cheer Allstars	Quad Aces	St-Hyacinthe	QC	10:32 AM	10:38 AM	10:44 AM	10:50 AM	10:56 AM	11:02 AM	
Open Level 6	Cheer Sport Sharks - Kitchener	Great White Sharks	Kitchener	ON	10:35 AM	10:41 AM	10:47 AM	10:53 AM	10:59 AM	11:05 AM	
U16 Level 1	Cheer Sport Sharks - Kitchener	Cosmo Sharks	Kitchener	ON	10:39 AM	10:45 AM	10:51 AM	10:57 AM	11:03 AM	11:09 AM	
Open Level 6 NT	Cheer Sport Sharks - Kitchener	Copper Sharks	Kitchener	ON	10:42 AM	10:48 AM	10:54 AM	11:00 AM	11:06 AM	11:12 AM	
U16 Level 1	Cheer Sport Sharks - Ancaster	Whitespotted	Ancaster	ON	10:46 AM	10:52 AM	10:58 AM	11:04 AM	11:10 AM	11:16 AM	
	<b>BREAK</b>	<b>Break</b>			<b>10:49 AM</b>	<b>10:55 AM</b>	<b>11:01 AM</b>	<b>11:07 AM</b>	<b>11:13 AM</b>	<b>11:19 AM</b>	
U16 Level 1	Beach Cheer Athletics	Breakers	Scarborough	ON	11:01 AM	11:07 AM	11:13 AM	11:19 AM	11:25 AM	11:31 AM	
Open Level 6 NT	Cheer United	Supernovas	Welland	ON	11:05 AM	11:11 AM	11:17 AM	11:23 AM	11:29 AM	11:35 AM	
U16 Level 1	Cheer United	Ultraviolet	Welland	ON	11:08 AM	11:14 AM	11:20 AM	11:26 AM	11:32 AM	11:38 AM	
Open Level 6 NT	PCT	Rebellion	Mississauga	ON	11:12 AM	11:18 AM	11:24 AM	11:30 AM	11:36 AM	11:42 AM	
U16 Level 1	Air Force Mavericks Cheerleading	Generals	Uxbridge	ON	11:15 AM	11:21 AM	11:27 AM	11:33 AM	11:39 AM	11:45 AM	
Open Level 7 NT Coed	PCT	Legendary	Mississauga	ON	11:19 AM	11:25 AM	11:31 AM	11:37 AM	11:43 AM	11:49 AM	

## FTP - Feel The Power - East

January 22 - Performance Hall										
Division	Program	Team Name	City	State	Check-In	Stretch Mat	Spring Strip	Full Foam Floor	Walk	Compete
U16 Level 1	Cheer Sport Sharks - Toronto	Cryptic Sharks	Scarborough	ON	11:22 AM	11:28 AM	11:34 AM	11:40 AM	11:46 AM	11:52 AM
Open Level 7	Cheer Sport Sharks - Kitchener	Grey Reef Sharks	Kitchener	ON	11:26 AM	11:32 AM	11:38 AM	11:44 AM	11:50 AM	11:56 AM
U16 Level 1	PCT	Lethal	Mississauga	ON	11:29 AM	11:35 AM	11:41 AM	11:47 AM	11:53 AM	11:59 AM
	<b>BREAK</b>	<b>Break</b>			<b>11:33 AM</b>	<b>11:39 AM</b>	<b>11:45 AM</b>	<b>11:51 AM</b>	<b>11:57 AM</b>	<b>12:03 PM</b>
	<b>BREAK</b>	<b>Awards</b>			<b>12:03 PM</b>	<b>12:09 PM</b>	<b>12:15 PM</b>	<b>12:21 PM</b>	<b>12:27 PM</b>	<b>12:33 PM</b>
U16 Level 4 Coed	Beach Cheer Athletics	JetStream	Scarborough	ON	12:33 PM	12:39 PM	12:45 PM	12:51 PM	12:57 PM	1:03 PM
CC - L2 Open NT	Limelight Allstars	Moonstone	Vaughan	NA	12:36 PM	12:42 PM	12:48 PM	12:54 PM	1:00 PM	1:06 PM
U16 Level 4 Large	Cheer Sport Sharks - Kitchener	White Fin Sharks	Kitchener	ON	12:40 PM	12:46 PM	12:52 PM	12:58 PM	1:04 PM	1:10 PM
U12 Level 2	Cheer Sport Sharks - Ancaster	Harlequin	Ancaster	ON	12:43 PM	12:49 PM	12:55 PM	1:01 PM	1:07 PM	1:13 PM
U16 Level 4	Cheer Sport Sharks - Toronto	Royal Sharks	Scarborough	ON	12:47 PM	12:53 PM	12:59 PM	1:05 PM	1:11 PM	1:17 PM
U12 Level 2	Beach Cheer Athletics	Sonic	Scarborough	ON	12:50 PM	12:56 PM	1:02 PM	1:08 PM	1:14 PM	1:20 PM
U16 Level 4	PCT	Wicked	Mississauga	ON	12:54 PM	1:00 PM	1:06 PM	1:12 PM	1:18 PM	1:24 PM
U12 Level 2	Lightning Cheer	Voltage	North Bay	ON	12:57 PM	1:03 PM	1:09 PM	1:15 PM	1:21 PM	1:27 PM
U18 Level 4	Cheer Sport Sharks - Kitchener	Caribbean Sharks	Kitchener	ON	1:01 PM	1:07 PM	1:13 PM	1:19 PM	1:25 PM	1:31 PM
	<b>BREAK</b>	<b>Break</b>			<b>1:04 PM</b>	<b>1:10 PM</b>	<b>1:16 PM</b>	<b>1:22 PM</b>	<b>1:28 PM</b>	<b>1:34 PM</b>
CC: L4.2 - U18	PCT	Stone Cold	Mississauga	ON	1:16 PM	1:22 PM	1:28 PM	1:34 PM	1:40 PM	1:46 PM
U12 Level 2	Air Force Mavericks Cheerleading	Sergeants	Uxbridge	ON	1:20 PM	1:26 PM	1:32 PM	1:38 PM	1:44 PM	1:50 PM
CC: L4.2 - U18	Beach Cheer Athletics	Bombora	Scarborough	ON	1:23 PM	1:29 PM	1:35 PM	1:41 PM	1:47 PM	1:53 PM
U12 Level 2	Limelight Allstars	Emerald	Vaughan	NA	1:27 PM	1:33 PM	1:39 PM	1:45 PM	1:51 PM	1:57 PM
CC: L4.2 - U18	Cheer Sport Sharks - Kitchener	Hammerhead Sharks	Kitchener	ON	1:30 PM	1:36 PM	1:42 PM	1:48 PM	1:54 PM	2:00 PM
U12 Level 2	PCT	Bliss	Mississauga	ON	1:34 PM	1:40 PM	1:46 PM	1:52 PM	1:58 PM	2:04 PM
U12 Level 3	Beach Cheer Athletics	Surge	Scarborough	ON	1:37 PM	1:43 PM	1:49 PM	1:55 PM	2:01 PM	2:07 PM
U12 Level 2 Large	Cheer Sport Sharks - Kitchener	Wobbegong Sharks	Kitchener	ON	1:41 PM	1:47 PM	1:53 PM	1:59 PM	2:05 PM	2:11 PM
U12 Level 3	Cheer Sport Sharks - Kitchener	White Cheek Sharks	Kitchener	ON	1:44 PM	1:50 PM	1:56 PM	2:02 PM	2:08 PM	2:14 PM
U16 Level 2	London Heat Cheerleading	Red Hot	London, ON	NA	1:48 PM	1:54 PM	2:00 PM	2:06 PM	2:12 PM	2:18 PM
U16 Level 3	Air Force Mavericks Cheerleading	Commanders	Uxbridge	ON	1:51 PM	1:57 PM	2:03 PM	2:09 PM	2:15 PM	2:21 PM
	<b>BREAK</b>	<b>Break</b>			<b>1:55 PM</b>	<b>2:01 PM</b>	<b>2:07 PM</b>	<b>2:13 PM</b>	<b>2:19 PM</b>	<b>2:25 PM</b>
U16 Level 2	Cheer Sport Sharks - Kitchener	Crown Sharks	Kitchener	ON	2:07 PM	2:13 PM	2:19 PM	2:25 PM	2:31 PM	2:37 PM
U16 Level 3	Electric City Cheer	Element	Peterborough	ON	2:10 PM	2:16 PM	2:22 PM	2:28 PM	2:34 PM	2:40 PM
U16 Level 2	Air Force Mavericks Cheerleading	ACES	Uxbridge	ON	2:14 PM	2:20 PM	2:26 PM	2:32 PM	2:38 PM	2:44 PM
U16 Level 3	Cheer Sport Sharks - Ancaster	Bahama	Ancaster	ON	2:17 PM	2:23 PM	2:29 PM	2:35 PM	2:41 PM	2:47 PM
U16 Level 2	Cheer Sport Sharks - Ottawa	Silvertip Sharks	Stittsville	NA	2:21 PM	2:27 PM	2:33 PM	2:39 PM	2:45 PM	2:51 PM
U16 Level 3	Beach Cheer Athletics	Tidalwave	Scarborough	ON	2:24 PM	2:30 PM	2:36 PM	2:42 PM	2:48 PM	2:54 PM
U16 Level 2	CheerCore	Crown	Collingwood	NA	2:28 PM	2:34 PM	2:40 PM	2:46 PM	2:52 PM	2:58 PM
U16 Level 3	London Heat Cheerleading	Code Black	London, ON	NA	2:31 PM	2:37 PM	2:43 PM	2:49 PM	2:55 PM	3:01 PM
U16 Level 2	Cheer Pride All Stars	Steel	Barrie	ON	2:35 PM	2:41 PM	2:47 PM	2:53 PM	2:59 PM	3:05 PM
U16 Level 3	Lightning Cheer	Blackout	North Bay	ON	2:38 PM	2:44 PM	2:50 PM	2:56 PM	3:02 PM	3:08 PM
U16 Level 2	Cheer Sport Sharks - Toronto	Smooth Sharks	Scarborough	ON	2:42 PM	2:48 PM	2:54 PM	3:00 PM	3:06 PM	3:12 PM
U16 Level 3	Cheer Sport Sharks - Kitchener	Zebra Sharks	Kitchener	ON	2:45 PM	2:51 PM	2:57 PM	3:03 PM	3:09 PM	3:15 PM
	<b>BREAK</b>	<b>Break</b>			<b>2:49 PM</b>	<b>2:55 PM</b>	<b>3:01 PM</b>	<b>3:07 PM</b>	<b>3:13 PM</b>	<b>3:19 PM</b>
U16 Level 2	Air Force Mavericks Cheerleading	Captains	Uxbridge	ON	3:01 PM	3:07 PM	3:13 PM	3:19 PM	3:25 PM	3:31 PM
U16 Level 3	Limelight Allstars	Sapphire	Vaughan	NA	3:04 PM	3:10 PM	3:16 PM	3:22 PM	3:28 PM	3:34 PM



FTP - Feel The Power - East

January 22 - Performance Hall

Division	Program	Team Name	City	State	Check-In	Stretch Mat	Spring Strip	Full Foam Floor	Walk	Compete
U16 Level 2	Beach Cheer Athletics	Waverunners	Scarborough	ON	3:08 PM	3:14 PM	3:20 PM	3:26 PM	3:32 PM	3:38 PM
U16 Level 3	PCT	Venom	Mississauga	ON	3:11 PM	3:17 PM	3:23 PM	3:29 PM	3:35 PM	3:41 PM
U16 Level 2	Cheer Sport Sharks - Kitchener	Pearl	Kitchener	ON	3:15 PM	3:21 PM	3:27 PM	3:33 PM	3:39 PM	3:45 PM
U18 Level 3NT	Cheer Sport Sharks - Kitchener	Aqua Sharks	Kitchener	ON	3:18 PM	3:24 PM	3:30 PM	3:36 PM	3:42 PM	3:48 PM
U16 Level 2NT	Cheer Sport Sharks - Kitchener	Australian Sharks	Kitchener	ON	3:22 PM	3:28 PM	3:34 PM	3:40 PM	3:46 PM	3:52 PM
U18 Level 3	Flames Cheerleading	Outblast	St-Bruno-Montarville	QC	3:25 PM	3:31 PM	3:37 PM	3:43 PM	3:49 PM	3:55 PM
U16 Level 2NT	Lightning Cheer	Inferno	North Bay	ON	3:29 PM	3:35 PM	3:41 PM	3:47 PM	3:53 PM	3:59 PM
U18 Level 3	Air Force Mavericks Cheerleading	Marshals	Uxbridge	ON	3:32 PM	3:38 PM	3:44 PM	3:50 PM	3:56 PM	4:02 PM
U18 Level 2	Air Force Mavericks Cheerleading	Admirals	Uxbridge	ON	3:36 PM	3:42 PM	3:48 PM	3:54 PM	4:00 PM	4:06 PM
Open Level 3 NT	Cheer United	Eclipse	Welland	ON	3:39 PM	3:45 PM	3:51 PM	3:57 PM	4:03 PM	4:09 PM
U18 Level 2	PCT	Wrath	Mississauga	ON	3:43 PM	3:49 PM	3:55 PM	4:01 PM	4:07 PM	4:13 PM
U18 Level 3 Coed	Limelight Allstars	Onyx	Vaughan	NA	3:46 PM	3:52 PM	3:58 PM	4:04 PM	4:10 PM	4:16 PM
	<b>BREAK</b>	<b>Break</b>			<b>3:50 PM</b>	<b>3:56 PM</b>	<b>4:02 PM</b>	<b>4:08 PM</b>	<b>4:14 PM</b>	<b>4:20 PM</b>
	<b>BREAK</b>	<b>Awards</b>			<b>4:20 PM</b>	<b>4:26 PM</b>	<b>4:32 PM</b>	<b>4:38 PM</b>	<b>4:44 PM</b>	<b>4:50 PM</b>