

Asheville Xpress Regional - January 25th - Clyde A. Erwin High School

UPDATED & FINAL Schedule-still subject to change. No early entry. Admission: \$15-adults
 Spectators should be prepared to watch their teams & see awards 20 minutes prior to the scheduled time.
NO FOOD OR DRINK ALLOWED IN THE GYM - ALL SOUND CHECKS ARE DURING OPEN TUMBLE

Registration begins / Doors open / Coaches must wear wristbands for entry **8:00am**
Open Tumbling on main floor & Music check 8:15-8:45am National Anthem 8:45am

Participants should report to the warm up area 5 minutes prior to their "warm-up #1" time to check in.

Session 1 teams have 3 minutes at each station, all other teams have 4 minutes at each warm up station

First Session - Prep Divisions

Warm Ups

Program Name	Team Name	Division	#1	#2	#3	main
Upstate Spirit Starz	Shimmering STARZ	L1.1 Tiny PREP	8:42	8:45	8:48	9:00
Top Gun Cheerleading Academy	Thunder birds	L1.1 Youth PREP	8:45	8:48	8:51	9:03
OPEN						
Legends Cheer Elite	Chaos	L2.2 Youth PREP	8:48	8:51	8:54	9:06
McDowell Cheer Masters	Aces	L1.1 Youth PREP	8:51	8:54	8:57	9:09
Carolina Crossfire Cheer		L2.1 Senior PREP	8:54	8:57	9:00	9:12
Legends Cheer Elite	Nemesis	L1.1 Youth PREP	8:57	9:00	9:03	9:15
Charlotte Allstar Cheerleading	Ice	L2.1 Senior PREP	9:00	9:03	9:06	9:18
Trinity Force All-Stars		L1.1 Youth PREP	9:03	9:06	9:09	9:21
OPEN						
Top Gun Cheerleading Academy	Kitty Hawks	Exhibition	9:06	9:09	9:12	9:24
Carolina Crossfire Cheer		L1.1 Youth PREP	9:09	9:12	9:15	9:27
Upstate Spirit Starz	Soaring STARZ	L1.1 Mini PREP	9:12	9:15	9:18	9:30
Legends Cheer Elite	Athena	L3.2 Senior PREP	9:15	9:18	9:21	9:33
McDowell Cheer Masters	Jackpot	L2.2 Junior PREP	9:18	9:21	9:24	9:36
OPEN						
McDowell Cheer Masters	Lady Luck	L3.2 Senior PREP	9:21	9:24	9:27	9:39
Upstate Spirit Starz	Glittering STARZ	L1.1 Junior PREP	9:24	9:27	9:30	9:42
OPEN						
			9:27	9:30	9:33	9:45
			9:30	9:33	9:36	9:48
			9:33	9:36	9:39	9:51

OPEN TUMBLE Athletes for next session may tumble on main floor (report to warm up room @ 9:45) 10:00

"Tumble-Time" for St Jude's Children's Research Hospital- \$5/pass - throw your best tumbling pass! 10:20

First Session Awards

10:35

Top Gun Cheerleading Academy	Tomcats	L1 Tiny - Novice	10:30	10:34	10:38	10:54
NC Elite	Shimmer	L1 Tiny	10:34	10:38	10:42	10:58
Fearless Athletics	Tantrums	L1 Tiny - Novice	10:38	10:42	10:46	11:02
Upstate Spirit Starz	Blazing STARZ	L1 Youth - Novice	10:42	10:46	10:50	11:06
Upstate Spirit Starz	Twinkling STARZ	L1 Tiny - Novice	10:46	10:50	10:54	11:10
OPEN						
Tumblemania Elite All Stars	Hurricanes	L1 Youth	10:50	10:54	10:58	11:14
Fearless Athletics	Maniacs	L1 Mini	10:54	10:58	11:02	11:18
OPEN						
Aero All Star Cheerleading	Havoc	L1 Junior	10:58	11:02	11:06	11:22
Tri County Elite		L1 Youth	11:02	11:06	11:10	11:26
Carolina Elite	Bombshells	L1 Junior	11:06	11:10	11:14	11:30
OPEN						
OPEN						
Fearless Athletics	Chaos	L1 Youth	11:14	11:18	11:22	11:38
Xtreme Carolina Athletics	Rain	L1 Junior	11:18	11:22	11:26	11:42
NC Elite	Glam	L1 Youth	11:22	11:26	11:30	11:46
Upstate Spirit Starz	Dazzling STARZ	L1 Junior	11:26	11:30	11:34	11:50
Xtreme Heat All Stars	Firestorm	L1 Youth	11:30	11:34	11:38	11:54
Dynamic Dance & Cheer	Junior Black Diamonds	L1 Junior	11:34	11:38	11:42	11:58
Omni Elite Athletix	Blue Lightning	L1 Youth	11:38	11:42	11:46	12:02
Upstate Storm Allstars	Category 5	L1 Junior	11:42	11:46	11:50	12:06
OPEN						
			11:46	11:50	11:54	12:10
			11:50	11:54	11:58	12:14
			11:54	11:58	12:02	12:18
			11:58	12:02	12:06	12:22

LEVEL 2 - OPEN TUMBLE Athletes for next session may tumble on main floor (report to warm up room @ 12:10) 12:25

"Tumble-Time" for St Jude's Children's Research Hospital- \$5/pass - throw your best tumbling pass! 12:45

Second Session Awards

1:00

Third Session

<u>Program Name</u>	<u>Team Name</u>	<u>Division</u>	<u>#1</u>	<u>#2</u>	<u>#3</u>	<u>main</u>
Cheer Energy All Stars	Fusion	L2 Youth	12:54	12:58	1:02	1:18
Trinity Force All-Stars		L2 Junior	12:58	1:02	1:06	1:22
Carolina Fierce Gems	Precious Pearls	L2 Youth	1:02	1:06	1:10	1:26
Tri County Elite		L2 Junior	1:06	1:10	1:14	1:30
OPEN			1:10	1:14	1:18	1:34
Upstate Spirit Starz	Shining STARZ	L2 Junior	1:14	1:18	1:22	1:38
OPEN			1:18	1:22	1:26	1:42
Cheer Energy All Stars	Voltage	L2 Junior	1:22	1:26	1:30	1:46
Aero All Star Cheerleading	Typhoon	L2 Senior	1:26	1:30	1:34	1:50
Fearless Athletics Myrtle Beach		L2 Junior	1:30	1:34	1:38	1:54
LEVEL 3 OPEN TUMBLE			1:34	1:38	1:42	1:58
OPEN			1:38	1:42	1:46	2:02
Fearless Athletics	Rebels	L2 Senior	1:42	1:46	1:50	2:06
Xtreme Heat All Stars	Regulators	L2 Junior	1:46	1:50	1:54	2:10
Cheer Energy All Stars	Ignite	L2 Senior	1:50	1:54	1:58	2:14
NC Elite	Royals	L2 Junior	1:54	1:58	2:02	2:18
Tumblemania Elite All Stars	Twisters	L3 Youth	1:58	2:02	2:06	2:22
Top Gun Cheerleading Academy	Raptors	L2 Junior	2:02	2:06	2:10	2:26
Fearless Athletics Myrtle Beach		L3 Youth	2:06	2:10	2:14	2:30
Omni Elite Athletix	Royal Rage	L2 Junior	2:10	2:14	2:18	2:34

Level 3 OPEN TUMBLE *L3 athletes may tumble on main floor (report to warm up room @ 2:25)* **2:40**

Level 4-6 OPEN TUMBLE *L4-6 athletes may tumble on main floor (report to warm up room @ 2:40)* **2:55**

Third Session Awards, Level 1 & 2 Gold Bid **3:15**

Fourth Session

<u>Program Name</u>	<u>Team Name</u>	<u>Division</u>	<u>#1</u>	<u>#2</u>	<u>#3</u>	<u>main</u>
OPEN			3:06	3:10	3:14	3:30
Top Gun Cheerleading Academy	Mavericks	L5 Junior	3:10	3:14	3:18	3:34
Carolina Elite	Snipers	L3 Junior	3:14	3:18	3:22	3:38
Omni Elite Athletix	Lady Reign	L4.2 Senior	3:18	3:22	3:26	3:42
Fearless Athletics	Daredevils	L3 Junior	3:22	3:26	3:30	3:46
Legends Cheer Elite	Poseidon	L4.2 Senior	3:26	3:30	3:34	3:50
Carolina Fierce Gems	Black diamonds	L3 Junior	3:30	3:34	3:38	3:54
Cheer Energy All Stars	Blackout	L4 Senior	3:34	3:38	3:42	3:58
NC Elite	Blush	L3 Senior	3:38	3:42	3:46	4:02
OPEN			3:42	3:46	3:50	4:06
Tumblemania Elite All Stars	Perfect Storm	L4 Senior	3:46	3:50	3:54	4:10
Top Gun Cheerleading Academy	Ghostriders	L3 Senior	3:50	3:54	3:58	4:14
Fearless Athletics	Adrenaline	L4 Senior	3:54	3:58	4:02	4:18
Fearless Athletics Myrtle Beach		L3 Senior	3:58	4:02	4:06	4:22
OPEN			4:02	4:06	4:10	4:26
Xtreme Carolina Athletics	Cyclones	L3 Senior	4:06	4:10	4:14	4:30
NC Elite	4ce	L4 Senior	4:10	4:14	4:18	4:34
Cheer Energy All Stars	Impulse	L3 Senior	4:14	4:18	4:22	4:38
OPEN			4:18	4:22	4:26	4:42
Legends Cheer Elite	Hyperion	L6 Senior Coed - XSmall	4:22	4:26	4:30	4:46
Fearless Athletics	Rush	L5 Senior	4:26	4:30	4:34	4:50
Omni Elite Athletix	Steel	L4 Junior	4:30	4:34	4:38	4:54

FLOOR CHANGE **5:00**

Fourth Session Awards & Level 3-6 Gold Bids **6:00**

Fifth Session

Program Name	Team Name	Division	#1	#2	#3	main
Smoky Mountain	Senior Sapphires	L3.1 Performance Rec	5:50	5:54	5:58	6:14
Madison Middle School		Middle School	5:54	5:58	6:02	6:18
Erwin Middle School		Middle School - Non Tumble	5:58	6:02	6:06	6:22
West Forsyth High School		Game Day Varsity	6:02	6:06	6:10	6:26
North Buncombe MS		Middle School - Non Tumble	6:06	6:10	6:14	6:30
OPEN			6:10	6:14	6:18	6:34
Gaston Christian School		Varsity - Non Tumble	6:14	6:18	6:22	6:38
Smoky Mountain	Junior Diamonds	L1 Performance Rec	6:18	6:22	6:26	6:42
Charlotte Catholic		Varsity	6:22	6:26	6:30	6:46

Fifth Session Awards, Quest Bids & Gold Bids

7:00

Coaches who have scheduling issues should email us at mlyczkowski@varsity.com immediately.

At this time we will only be able to discuss your issues at the event.

Teams with crossovers may not get every warm up station. Our goal is to provide them with the final two stations.

Spirit Xpress can only guarantee 15 minutes between competition times for teams with PRE-REGISTERED crossovers.

THERE ARE MANY TEAMS WITH CROSSOVERS. DO NOT REQUEST MORE TIME FOR TEAMS HAVING FINAL TWO STATIONS.

This is the updated & final schedule yet still subject to change. Created 1/22 - 3pm

REMINDER - ONSITE ADMISSION IS CASH ONLY FOR THIS EVENT! THERE ARE NO ATM'S ON SITE.

PRE-SALE SPECTATOR TICKETS WILL BE ON SALE THE WEEK OF THE EVENT. AVOID THE LONG LINES!!!

As a Tier 3 USASF company, we are REQUIRED to combine/split divisions that fall under the guidelines on usasf.net