

2024 USA Spirit Nationals -- Practice Schedule for Friday Hall D -- East Stage (Red Backdrop)

Friday, February 16th (Rev. 2/13/24)

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 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/Photo Time	Practice Time	Performance Time	JV Show Cheer Novice -- Small (5-15)	Check-In/Photo Time	Practice Time	Performance Time	Varsity Show Cheer Novice -- Small (5-15)	Check-In/Photo Time	Practice Time	Performance Time	JV Show Cheer Non-Tumbling Novice -- Large (20-36)
(Awards -- Hall E -- 11:30 AM)				(Awards -- Hall C -- 3:00 PM)				(Awards -- Hall E -- 11:00 AM)			
7:15 AM	7:35 AM	8:00 AM	Alta High School	7:15 AM	7:35 AM	8:03 AM	Branham High School	7:15 AM	7:35 AM	8:07 AM	Orange Vista High School
7:25	7:45	8:10	Whittier High School	7:25	7:45	8:13	Santa Rosa High School	7:25	7:45	8:17	Newport Harbor High School
7:35	7:55	8:20	Casteel High School	7:35	7:55	8:23	Odyssey Institute	7:35	7:55	8:27	Crescenta Valley High School
7:45	8:05	8:30	Victor Valley High School	7:45	8:05	8:33	Gilbert Christian High School	7:45	8:05	8:37	Redlands High School
7:55	8:15	8:40	Chino Hills High School	7:55	8:15	8:43	Tucson High Magnet School	7:55	8:15	8:47	Warren High School
JV Show Cheer Novice -- Small (5-15) -- Cont.				Varsity Show Cheer Novice -- Small (5-15) -- Cont.				Varsity Show Cheer Non-Tumbling Novice -- Large (20-23)			
								(Awards -- Hall E -- 12:45 PM)			
8:05	8:25	8:50	Aliso Niguel High School	8:05	8:25	8:53	Rogers High School	8:05	8:25	8:57	Dos Pueblos High School
8:15 AM	8:35 AM	9:00 AM	Cactus Shadows High School	8:15 AM	8:35 AM	9:03 AM	American Leadership Academy Queen Creek	8:15 AM	8:35 AM	9:07 AM	Redlands East Valley High School
8:25	8:45	9:10	J Serra High School	8:25	8:45	9:13	Mountain View High School (CA)	8:25	8:45	9:17	Grand Terrace High School
8:35	8:55	9:20	Lodi High School	8:35	8:55	9:23	Imagine Prep	8:35	8:55	9:27	San Marin High School
8:45	9:05	9:30	Timpview High School	8:45	9:05	9:33	Carlsbad High School	8:45	9:05	9:37	Redlands High School
8:55	9:15	9:40	Sandra Day O'Connor High School	8:55	9:15	9:43	Bishop Manogue High School	8:55	9:15	9:47	Sanger High West High School
JV Show Cheer Novice -- Medium (16-19)				Varsity Show Cheer Novice -- Small (5-15) -- Cont.				Varsity Show Cheer Non-Tumbling Novice -- Large (20-23) -- Cont.			
(Awards -- Hall E -- 1:00 PM)											
9:05	9:25	9:50	Martin Luther King High School	9:05	9:25	9:53	Woodland Park High School	9:05	9:25	9:57	Cajon High School
9:15 AM	9:35 AM	10:00 AM	El Dorado High School	9:15 AM	9:35 AM	10:03 AM	Crean Lutheran High School	9:15 AM	9:35 AM	10:07 AM	Campolindo High School
9:25	9:45	10:10	Beckman High School	9:25	9:45	10:13	Cupertino High School	9:25	9:45	10:17	Bellflower High School
9:35	9:55	10:20	Foothill High School (North Tustin)	9:35	9:55	10:23	Orange Lutheran High School	9:35	9:55	10:27	Channel Islands High School
9:45	10:05	10:30	Huntington Beach High School	9:45	10:05	10:33	Betty Fairfax High School	9:45	10:05	10:37	Claremont High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>JV Show Cheer Novice -- Medium (16-19) -- Cont.</u>
9:55	10:15	10:40	Temescal Canyon High School
10:05	10:25	10:50	Yorba Linda High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Novice -- Small (5-15) -- Cont.</u>
9:55	10:15	10:43	Mayfair High School
10:05	10:25	10:53	Rancho Cotate High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Non-Tumbling Novice -- Large (20-23) -- Cont.</u>
9:55	10:15	10:46	Paloma Valley High School

JUDGES BREAK

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>JV Show Cheer Novice -- Large (20-36)</u>
(Awards -- Hall E -- 2:00 PM)			
10:15 AM	10:35 AM	11:00 AM	Mountain Ridge High School
10:25	10:45	11:10	Santiago High School (Corona)
10:35	10:55	11:20	Santa Fe High School
10:45	11:05	11:30	Canyon High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Novice -- Small (5-15) -- Cont.</u>
10:15 AM	10:35 AM	11:03 AM	Campo Verde High School
10:25	10:45	11:13	El Rancho High School
10:35	10:55	11:23	Elsinore High School
10:45	11:05	11:33	Faith Lutheran High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Non-Tumbling Novice -- Super (24-36)</u>
(Awards -- Hall E -- 1:30 PM)			
10:15 AM	10:35 AM	11:07 AM	Corona High School
10:25	10:45	11:17	Sierra Vista High School
10:35	10:55	11:27	Pioneer High School (San Jose)
10:45	11:05	11:37	Windsor High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>JV Show Cheer Novice -- Large (20-36) -- Cont.</u>
10:55	11:15	11:40	Summit High School
11:05	11:25	11:50	Clovis East High School
11:15 AM	11:35 AM	12:00 PM	Corona Del Sol High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Novice -- Small (5-15) -- Cont.</u>
10:55	11:15	11:43	Jordan High School
11:05	11:25	11:53	Mesa High School
11:15 AM	11:35 AM	12:03 PM	Mountainside High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Non-Tumbling Novice -- Medium (16-19) -- Cont.</u>
(Awards -- Hall E -- 3:15 PM)			
10:55	11:15	11:47	Arlington High School
11:05	11:25	11:57	Gladstone High School
11:15 AM	11:35 AM	12:07 PM	Victor Valley High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Co-Ed Varsity Show Cheer Novice</u>
(Awards -- Hall E -- 2:45 PM)			
11:25	11:45	12:10	Aragon High School
11:35	11:55	12:20	Thunderbird High School
11:45	12:05	12:30	Leadership Academy West Foothills
11:55	12:15	12:40	Sultana High School
12:05	12:25	12:50	Santa Ana High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Novice -- Small (5-15) -- Cont.</u>
11:25	11:45	12:13	Portola High School
11:35	11:55	12:23	Scottsdale Christian Academy
11:45	12:05	12:33	Seton Catholic High School
11:55	12:15	12:43	Verrado High School
12:05	12:25	12:53	Villa Park High School
12:15	12:35	1:02	Youngker High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Non-Tumbling Novice -- Medium (16-19) -- Cont.</u>
11:25	11:45	12:17	Live Oak High School
11:35	11:55	12:27	Sunny Hills High School
11:45	12:05	12:37	Cerritos High School
11:55	12:15	12:47	Sanger High School
12:05	12:25	12:57	Fremont High School (CA)
12:15	12:35	1:07	Kennedy High School
12:15	12:35	1:12	Moon Valley High School
12:25	12:45	1:17	San Joaquin Memorial High School

LUNCH BREAK

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>JV Show Cheer Non-Tumbling Novice -- Small (5-15)</u>
(Awards -- Hall E -- 7:45 PM)			
1:15 PM	1:35 PM	2:00 PM	Westmont High School
1:25	1:45	2:10	Marina High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Non-Tumbling Novice -- Small (5-15)</u>
(Awards -- Hall E -- 8:15 PM)			
1:15 PM	1:35 PM	2:03 PM	Fowler High School
1:25	1:45	2:13	Canyon High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Co-Ed Varsity Show Cheer Non-Tumbling Novice</u>
(Awards -- Hall E -- 5:00 PM)			
1:15 PM	1:35 PM	2:07 PM	Colton High School
1:25	1:45	2:17	San Bernardino High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>JV Show Cheer Non-Tumbling Novice -- Small (5-15) -- Cont.</u>	<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Non-Tumbling Novice -- Small (5-15) -- Cont.</u>	<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Co-Ed Varsity Show Cheer Non-Tumbling Novice -- Cont.</u>
1:35	1:55	2:20	Woodbridge High School	1:35	1:55	2:23	Aptos High School	1:35	1:55	2:27	Leigh High School
1:45	2:05	2:30	Benjamin Franklin High School	1:45	2:05	2:33	James Logan High School	1:45	2:05	2:37	Reseda High School
1:55	2:15	2:40	Millennium High School	1:55	2:15	2:43	Washington High School	1:55	2:15	2:47	La Habra High School
			<u>JV Show Cheer Non-Tumbling Novice -- Small (5-15) -- Cont.</u>				<u>Varsity Show Cheer Non-Tumbling Novice -- Small (5-15) -- Cont.</u>				<u>Varsity Show Cheer Novice -- Large (20-23)</u>
											(Awards -- Hall D East Red -- 6:15 PM)
2:05	2:25	2:50	Valencia High School (Placentia)	2:05	2:25	2:53	Redwood High School	2:05	2:25	2:57	Madera High School
2:15 PM	2:35 PM	3:00	Thunderbird High School	2:15 PM	2:35 PM	3:03 PM	Irvington High School	2:15 PM	2:35 PM	3:07 PM	Yucaipa High School
2:25	2:45	3:10	Shadow Ridge High School (NV)	2:25	2:45	3:13	Tustin High School	2:25	2:45	3:17	Charter Oak High School
2:35	2:55	3:20	University High School	2:35	2:55	3:23	Rio Linda High School	2:35	2:55	3:27	Lodi High School
2:45	3:05	3:30	Capistrano Valley High School	2:45	3:05	3:33	Lynbrook High School	2:45	3:05	3:37	Notre Dame High School (Belmont)
2:55	3:15	3:40	Mayfair High School	2:55	3:15	3:43	Robert F. Kennedy High School	2:55	3:15	3:47	Pacifica High School
3:05	3:25	3:50	Cypress High School	3:05	3:25	3:53	Bolsa Grande High School	3:05	3:25	3:57	Notre Dame High School (Sherman Oaks)
			<u>JV Show Cheer Non-Tumbling Novice -- Small (5-15) -- Cont.</u>				<u>Varsity Show Cheer Non-Tumbling Novice -- Small (5-15) -- Cont.</u>				<u>Varsity Show Cheer Novice -- Medium (16-19)</u>
											(Awards -- Hall D East Red -- 6:15 PM)
3:15 PM	3:35 PM	4:00 AM	Paramount High School	3:15 PM	3:35 PM	4:03 PM	Monte Vista Christian High School	3:15 PM	3:35 PM	4:07 PM	Northview High School
3:25	3:45	4:10	Damonte Ranch High School	3:25	3:45	4:13	Bullard High School	3:25	3:45	4:17	Eastmark High School
3:35	3:55	4:20	El Modena High School	3:35	3:55	4:23	Madera South High School	3:35	3:55	4:27	Marin Catholic High School
3:45	4:05	4:30	Kennedy High School	3:45	4:05	4:33	American High School	3:45	4:05	4:37	Rosary Academy
3:55	4:15	4:40	La Mirada High School	3:55	4:15	4:43	Ayala High School	3:55	4:15	4:47	Westview High School
			<u>JV Show Cheer Non-Tumbling Novice -- Small (5-15) -- Cont.</u>				<u>Varsity Show Cheer Non-Tumbling Novice -- Small (5-15) -- Cont.</u>				<u>Varsity Show Cheer Novice -- Super (24-36)</u>
											(Awards -- Hall E -- 7:30 PM)
4:05	4:25	4:50	Mesa High School	4:05	4:25	4:53	Bella Vista High School	4:05	4:25	4:57	Citrus Valley High School
4:15 PM	4:35 PM	5:00 PM	Ayala High School	4:15 PM	4:35 PM	5:03 PM	Edgewood High School	4:15 PM	4:35 PM	5:07 PM	Carlmont High School
4:25	4:45	5:10	Paloma Valley High School	4:25	4:45	5:13	El Modena High School	4:25	4:45	5:17	Mater Dei Catholic High School
4:35	4:55	5:20	Salpointe Catholic High School	4:35	4:55	5:23	Fairmont Preparatory	4:35	4:55	5:27	Reed High School
4:45	5:05	5:30	San Rafael High School	4:45	5:05	5:33	Hoover High School	4:45	5:05	5:37	Western Christian High School
4:55	5:15	5:40	Verrado High School	4:55	5:15	5:43	Marshall Fundamental				
5:05	5:25	5:47	Youngker High School	5:05	5:25	5:51	Saint Paul High School				

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Freshman Show Cheer Novice</u>
			(Awards -- Hall E -- 7:30 PM)
5:05	5:25	5:55	Crescenta Valley High School
5:15 PM	5:35 PM	6:03 PM	Summit High School
			<u>Freshman Show Cheer Novice -- Cont.</u>
5:25	5:45	6:11	Santa Margarita Catholic High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Non-Tumbling Novice -- Small (5-15) -- Cont.</u>
5:15	5:35	5:59	Schurr High School
5:15 PM	5:35 PM	6:07 PM	Shadow Hills High School
			<u>Freshman Show Cheer Intermediate</u>
			(Awards -- Hall D East Red -- 6:20 PM)
5:25	5:45	6:15	Huntington Beach High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>JV Show Cheer Non-Tumbling Novice -- Medium (16-19)</u>
			(Awards -- Hall D East Red --10:30 PM)
6:15 PM	6:35 PM	7:00 PM	El Capitan High School
6:25	6:45	7:10	Stockdale High School
6:35	6:55	7:20	Arlington High School
6:45	7:05	7:30	Grand Terrace High School
6:55	7:15	7:40	Campolindo High School
7:05	7:25	7:50	Sonora High School
7:15 PM	7:35 PM	8:00 PM	Kearns High School
7:25	7:45	8:10	Citrus Valley High School
7:35	7:55	8:20	La Habra High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>DINNER BREAK Crowdleader Teams™ -- Super (24+)</u>
			(Awards -- Hall D East Red --11:00 PM)
6:15 PM	6:35 PM	7:05 PM	Fresno Christian High School
6:25	6:45	7:15	West Linn High School
6:35	6:55	7:25	Newport Harbor High School
6:45	7:05	7:35	W.F. West High School
6:55	7:15	7:45	Pleasant Grove High School
7:05	7:25	7:55	Beaumont High School
7:15 PM	7:35 PM	8:05 PM	Sandra Day O'Connor High School
7:25	7:45	8:15	Maria Carrillo High School
7:35	7:55	8:25	Fremont High School (UT)

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>JV Show Cheer Intermediate</u>
			(Awards -- Hall D East Red --11:00 PM)
7:45	8:05	8:30	Olympus High School
7:55	8:15	8:40	Leland High School
8:05	8:25	8:50	Westlake High School
8:15 PM	8:35 PM	9:00 PM	Skyridge High School
8:25	8:45	9:10	Downey High School
8:35	8:55	9:20	Edison High School
8:45	9:05	9:30	La Serna High School
8:55	9:15	9:40	Farmington High School
9:05	9:25	9:50	Queen Creek High School
9:15 PM	9:35 PM	10:00 PM	Tesoro High School

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Crowdleader Teams™ -- Super (24+) -- Cont.</u>
7:45	8:05	8:35	Xavier College Preparatory High School
7:55	8:15	8:45	Carson High School
8:05	8:25	8:55	Martin Luther King High School
8:15 PM	8:35 PM	9:05 PM	Cathedral Catholic High School
8:25	8:45	9:15	Arcadia High School
8:35	8:55	9:25	Beckman High School
8:45	9:05	9:35	Bellevue High School
8:55	9:15	9:45	Bothell High School
9:05	9:25	9:55	Cactus Shadows High School
9:15 PM	9:35 PM	10:05 PM	Aloha High School
9:25	9:45	10:11	Mater Dei High School
9:25	9:45	10:17	Mira Costa High School
9:35	9:55	10:23	Pinnacle High School
9:35	9:55	10:29	West Ranch High School