

## 2024 USA Spirit Nationals -- Practice Schedule for Friday Hall D -- West Stage (Blue 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.

Varsity Show Cheer Intermediate -- Small (5-15)				Varsity Show Cheer Intermediate -- Medium (16-19)				Varsity Show Cheer Intermediate -- Super (24-36)			
Check-In/Photo Time	Practice Time	Performance Time		Check-In/Photo Time	Practice Time	Performance Time		Check-In/Photo Time	Practice Time	Performance Time	
(Awards -- Hall C -- 5:00 PM)				(Awards -- Hall C -- 1:45 PM)				(Awards -- Hall E -- 11:30 AM)			
7:15 AM	7:35 AM	8:00 AM	Clovis High School	7:15 AM	7:35 AM	8:03 AM	Sunrise Mountain High School	7:15 AM	7:35 AM	8:07 AM	Olympus High School
7:25	7:45	8:10	Liberty High School (NV)	7:25	7:45	8:13	Provo High School	7:25	7:45	8:17	Bountiful High School
7:35	7:55	8:20	Arizona College Preparatory	7:35	7:55	8:23	West Linn High School	7:35	7:55	8:27	Alta High School
7:45	8:05	8:30	Cactus High School	7:45	8:05	8:33	O'Connor High School	7:45	8:05	8:37	Carson High School
7:55	8:15	8:40	Benjamin Franklin High School	7:55	8:15	8:43	Orem High School	7:55	8:15	8:47	Bonneville High School
8:05	8:25	8:50	Serrano High School	8:05	8:25	8:53	Wilson High School	8:05	8:25	8:57	Santiago High School (Corona)
Varsity Show Cheer Intermediate -- Small (5-15) -- Cont.				Varsity Show Cheer Intermediate -- Medium (16-19) -- Cont.				Varsity Show Cheer Intermediate -- Super (24-36) -- Cont.			
8:15 AM	8:35 AM	9:00 AM	Mountain Ridge High School	8:15 AM	8:35 AM	9:03 AM	Martin Luther King High School	8:15 AM	8:35 AM	9:07 AM	Maple Mountain High School
8:25	8:45	9:10	Millennium High School	8:25	8:45	9:13	West Jordan High School	8:25	8:45	9:17	Damonte Ranch High School
8:35	8:55	9:20	Santiam Christian High School	8:35	8:55	9:23	Shadow Ridge High School (NV)	8:35	8:55	9:27	Huntington Beach High School
8:45	9:05	9:30	Sam Barlow High School	8:45	9:05	9:33	Chino Hills High School	8:45	9:05	9:37	Temescal Canyon High School
8:55	9:15	9:40	Folsom High School	8:55	9:15	9:44	Arcadia High School				
9:05	9:25	9:48	Kearns High School	9:05	9:25	9:52	Aliso Niguel High School				
JUDGES BREAK											
Varsity Show Cheer Intermediate -- Small (5-15) -- Cont.				Varsity Show Cheer Intermediate -- Medium (16-19) -- Cont.				Co-Ed Varsity Show Cheer Intermediate			
Check-In/Photo Time	Practice Time	Performance Time		Check-In/Photo Time	Practice Time	Performance Time		Check-In/Photo Time	Practice Time	Performance Time	
								(Awards -- Hall C -- 2:15 PM)			
9:15 AM	9:35 AM	10:00 AM	Spanish Fork High School	9:15 AM	9:35 AM	10:03 AM	Capistrano Valley High School	9:15 AM	9:35 AM	10:07 AM	Taylorsville High School
9:25	9:45	10:10	Leadership Academy -- Gilbert North	9:25	9:45	10:13	Alhambra High School	9:25	9:45	10:17	Tooele High School
9:35	9:55	10:20	Denver North High School	9:35	9:55	10:23	Casa Grande Union High School	9:35	9:55	10:27	Ironwood High School
9:45	10:05	10:30	Lakewood High School	9:45	10:05	10:33	Clovis West High School	9:45	10:05	10:37	Tamapais 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>	<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Intermediate -- Medium (16-19) -- Cont.</u>	<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Co-Ed Varsity Show Cheer Intermediate -- Cont.</u>
9:55	10:15	10:40	Central East High School	9:55	10:15	10:43	Corona Del Sol High School	9:55	10:15	10:47	Wasatch High School
10:05 AM	10:25 AM	10:50 AM	Nelson High School	10:05 AM	10:25 AM	10:53 AM	Frederick High School	10:05 AM	10:25 AM	10:57 AM	Tollason Union High School
10:15	10:35	11:00	American Leadership Academy Ironwood	10:15	10:35	11:03	Niwot High School	10:15	10:35	11:07	Mountain View High School (UT)
10:25	10:45	11:10	Ampluss Academy	10:25	10:45	11:13	Notre Dame Preparatory High School	10:25	10:45	11:17	Summit High School
10:35	10:55	11:20	Ballard High School	10:35	10:55	11:23	Queen Creek High School	10:35	10:55	11:27	McMinnville High School
10:45	11:05	11:30	Bellevue High School	10:45	11:05	11:33	Timpview High School	10:45	11:05	11:37	Moses Lake High School
10:55	11:15	11:40	Bishop Amat High School	10:55	11:15	11:43	West Ranch High School	10:55	11:15	11:47	Paradise Honors High School
<u>Varsity Show Cheer Intermediate -- Small (5-15) -- Cont.</u>				<u>Varsity Show Cheer Intermediate -- Large (20-23) -- Cont.</u>				<u>Co-Ed Varsity Show Cheer Intermediate -- Cont.</u>			
(Awards -- Hall E -- 4:45 PM)											
11:05 AM	11:25 AM	11:50 AM	Centennial High School (AZ)	11:05 AM	11:25 AM	11:53 AM	Los Gatos High School	11:05 AM	11:25 AM	11:57 AM	Reno High School
11:15	11:35	12:00	Chandler High School	11:15	11:35	12:03	Newport Harbor High School	11:15	11:35	12:07	Skyline High School (UT)
11:25	11:45	12:10	Coconino High School	11:25	11:45	12:13	Beaumont High School	11:25	11:45	12:17	Horizon High School
								11:35	11:55	12:22	Union High School

LUNCH BREAK

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	Performance Time	<u>Varsity Show Cheer Intermediate -- Small (5-15) -- Cont.</u>	<u>Check-In/Photo Time</u>	<u>Practice Time</u>	Performance Time	<u>Varsity Show Cheer Intermediate -- Large (20-23) -- Cont.</u>	<u>Check-In/Photo Time</u>	<u>Practice Time</u>	Performance Time	<u>Varsity Show Cheer Advanced - Medium (16-19)</u>
(Awards -- Hall E -- 4:15 PM)											
12:25 PM	12:45 PM	1:10	Clovis East High School	12:25 PM	12:45 PM	1:13	Lake City High School	12:25 PM	12:45 PM	1:16	American Fork High School
12:35	12:55	1:20	Cypress High School	12:35	12:55	1:23	Eagle High School	12:35	12:55	1:26	Xavier College Preparatory High School
12:45	1:05	1:30	Foothill High School -- North Tustin	12:45	1:05	1:33	Basic Academy	12:45	1:05	1:36	Northridge High School
12:55	1:15	1:40	Mountain View High School -- Tucson	12:55	1:15	1:43	San Marcos High School	12:55	1:15	1:46	Boulder Creek High School
1:05	1:25	1:50	Pinnacle High School	1:05	1:25	1:53	Grantsville High School	1:05	1:25	1:56	Pleasant Grove High School (UT)
1:15	1:35	2:00	South Hills High School	1:15	1:35	2:03	Clovis North High School	1:15	1:35	2:06	Red Mountain High School
1:25	1:45	2:10	Sweet Home High School	1:25	1:45	2:13	Cathedral Catholic High School	1:25	1:45	2:16	Woods Cross High School
<u>Varsity Show Cheer Intermediate -- Small (5-15) -- Cont.</u>				<u>Varsity Show Cheer Intermediate -- Large (20-23) -- Cont.</u>				<u>Varsity Show Cheer Advanced - Large (20-23)</u>			
(Awards -- Hall E -- 4:45 PM)											
1:35	1:55	2:20	Trabuco Hills High School	1:35	1:55	2:23	Casa Grande High School	1:35	1:55	2:26	Herriman High School
1:45	2:05	2:30	Valencia High School (Valencia)	1:45	2:05	2:33	Springville High School	1:45	2:05	2:36	Edison High School
1:55	2:15	2:40	Westwood High School	1:55	2:15	2:43	Tesoro High School	1:55	2:15	2:46	San Juan Hills High School
2:05	2:20	2:50	Yorba Linda High School	2:05	2:20			2:05	2:20	2:55	Timpanogos High School

JUDGES BREAK

<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Advanced -- Small (5-15)</u>	<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>JV Show Cheer Advanced</u>	<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Small Co-Ed Varsity Show Cheer Advanced</u>
(Awards -- Hall E -- 7:30 PM)				(Awards -- Hall D East Red -- 6:15 PM)				(Awards -- Hall E -- 7:15 PM)			
2:30	2:50 PM	3:15	Davis High School	2:30	2:50 PM	3:18	Weber High School	2:30	2:50 PM	3:21	Ogden High School
2:40	3:00	3:25	Spring Valley High School	2:40	3:00	3:28	American Fork High School	2:40	3:00	3:31	Simi Valley High School
2:50	3:10	3:35	Mullen High School	2:50	3:10	3:38	Buchanan High School	2:50	3:10	3:41	Copper Hills High School
3:00	3:20	3:45	Graham Kapowsin High School	3:00	3:20	3:48	Los Alamitos High School	3:00	3:20	3:51	Skyridge High School
3:10	3:30	3:55	Sacred Hearts Academy	3:10	3:30	3:58	Mater Dei High School	3:10	3:30	4:01	Valley Vista High School
3:20	3:40	4:05	Iolani High School	3:20	3:40	4:08	Santa Margarita Catholic High School	3:20	3:40	4:11	Ferris High School
<u>Varsity Show Cheer Advanced -- Small (5-15) -- Cont.</u>				<u>Large Co-Ed Varsity Show Cheer Advanced</u>  (Awards -- Hall D East Red -- 6:15 PM)				<u>Small Co-Ed Varsity Show Cheer Advanced - - Cont.</u>			
3:30	3:50	4:15	San Tan Foothills High School	3:30	3:50	4:18	Albuquerque High School	3:30	3:50	4:21	Weber High School
3:40	4:00	4:25	Mesquite High School	3:40	4:00	4:28	Nogales High School	3:40	4:00	4:31	Payson High School
3:50	4:10	4:35	Desert Vista High School	3:50	4:10	4:38	Westlake High School	3:50	4:10	4:41	Granada Hills High School
4:00	4:20	4:45	Canyon High School	4:00	4:20	4:48	Downey High School	4:00	4:20	4:51	Paramount High School
4:10	4:30	4:55	Cactus Shadows High School	4:10	4:30	4:58	Cedar Valley High School	4:10	4:30	5:01	Riverton High School
<u>Varsity Show Cheer Advanced -- Small (5-15) -- Cont.</u>				<u>JV Show Cheer Non-Tumbling Advanced</u>  (Awards -- Hall E -- 8:00 PM)				<u>Small Co-Ed Varsity Show Cheer Advanced - - Cont.</u>			
4:20	4:40	5:05	El Segundo High School	4:20	4:40	5:08	Saugus High School	4:20	4:40	5:11	Shadow Ridge High School (AZ)
<u>Varsity Show Cheer Advanced -- Small (5-15) -- Cont.</u>				<u>JV Show Cheer Non-Tumbling Advanced -- Cont.</u>				<u>Varsity Show Cheer Advanced - - Super (24-36)</u>  (Awards -- Hall E -- 8:00 PM)			
4:30	4:40	5:15	Farmington High School	4:30	4:40	5:18	California High School	4:30	4:40	5:21	Rocky Mountain High School
4:40	4:50	5:25	La Serna High School	4:40	4:50	5:28	Garden Grove High School	4:40	4:50	5:31	Clearfield High School
4:50	5:00	5:35	Liberty High School (AZ)	4:50	5:00	5:38	Saint Joseph High School	4:50	5:00	5:41	Fremont High School (UT)
5:00	5:15	5:45	Viewmont High School	5:00	5:15	5:48	Tehachapi High School	5:00	5:15	5:51	Syracuse High School
								5:10	5:30	5:56	Desert Hills High School
								5:10	5:30	6:01	Salem Hills High School
								5:20	5:40	6:06	Lehi High School
								5:20	5:40	6:11	Lone Peak High School
DINNER BREAK											
<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Non-Tumbling Advanced -- Small (5-15)</u>	<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	<u>Varsity Show Cheer Non-Tumbling Advanced -- Large (20-23)</u>	<u>Check-In/Photo Time</u>	<u>Practice Time</u>	<u>Performance Time</u>	
(Awards -- Hall D West Blue -- 10:30 PM)				(Awards -- Hall E -- 9:15 PM)							
6:00 PM	6:20 PM	6:45 PM	Saugus High School	6:00 PM	6:20 PM	6:49 PM	University High School				
6:00	6:20	6:53	Valencia High School (Placentia)	6:10	6:30	6:57	Santiago High School (Garden Grove)				

<u>Varsity Show</u> <u>Cheer Non-</u> <u>Tumbling</u> <u>Advanced --</u> <u>Small (5-15) --</u> <u>Cont.</u>				<u>Varsity Show</u> <u>Cheer Non-</u> <u>Tumbling</u> <u>Advanced -- Large</u> <u>(20-23) -- Cont.</u>				<u>Co-Ed</u> <u>Crowdleader</u> <u>Teams™</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>	
(Awards -- Hall D West Blue -- 11:00 PM)											
6:15	6:35	7:00 PM	Kentwood High School	6:15	6:35	7:03 PM	Garden Grove High School	6:15	6:35	7:06 PM	Albuquerque High School
6:25	6:45	7:10	Castaic High School	6:25	6:45	7:13	Salinas High School	6:25	6:45	7:16	Juneau Douglas High School
6:35	6:55	7:20	Mission Oak High School	6:35	6:55	7:23	Rialto High School	6:35	6:55	7:26	Lake Washington High School
<u>Varsity Show</u> <u>Cheer Non-</u> <u>Tumbling</u> <u>Advanced --</u> <u>Small (5-15) --</u> <u>Cont.</u>				<u>Varsity Show</u> <u>Cheer Non-</u> <u>Tumbling</u> <u>Advanced -- Super</u> <u>(24-36)</u>				<u>Co-Ed</u> <u>Crowdleader</u> <u>Teams™ -- Cont.</u>			
(Awards -- Hall C -- 9:45 PM)											
6:45	7:05	7:30	Eureka High School	6:45	7:05	7:33	Orland High School	6:45	7:05	7:36	Monroe High School
6:55	7:15	7:45	California High School	6:55	7:15	7:48	Sonora High School	6:55	7:15	7:51	Oakmont High School
7:05	7:25	7:55	Ocean View High School	7:05	7:25	7:58	Crescenta Valley High School	7:05	7:25	8:01	Cascade High School
7:20	7:40	8:05 PM	Mead High School	7:20	7:40	8:08 PM	Beckman High School	7:20	7:40	8:11 PM	Agoura High School
<u>Varsity Show</u> <u>Cheer Non-</u> <u>Tumbling</u> <u>Advanced --</u> <u>Small (5-15) --</u> <u>Cont.</u>				<u>Varsity Show</u> <u>Cheer Non-</u> <u>Tumbling</u> <u>Advanced --</u> <u>Medium (16-19)</u>				<u>Co-Ed</u> <u>Crowdleader</u> <u>Teams™ -- Cont.</u>			
(Awards -- Hall D West Blue -- 11:00 PM)											
7:30	7:50	8:15	Newberg High School	7:30	7:50	8:18	Mira Mesa High School	7:30	7:50	8:21	Thunderbird High School
7:40	8:00	8:30	Saint Mary's High School	7:40	8:00	8:33	Aloha High School	7:40	8:00	8:36	Woodland Park High School
<u>Co-Ed Varsity</u> <u>Show Cheer</u> <u>Non-Tumbling</u> <u>Advanced</u>				<u>Varsity Show</u> <u>Cheer Non-</u> <u>Tumbling</u> <u>Advanced --</u> <u>Medium (16-19) --</u> <u>Cont.</u>				<u>Co-Ed</u> <u>Crowdleader</u> <u>Teams™ -- Cont.</u>			
(Awards -- Hall D West Blue -- 11:00 PM)											
7:50	8:10	8:40	Orange Vista High School	7:50	8:10	8:43	W.F. West High School	7:50	8:10	8:46	Downey High School
8:00	8:20	8:50	San Rafael High School	8:00	8:20	8:53	Exeter High School	8:00	8:20	8:56	Ferris High School
8:20 PM	8:40 PM	9:05 PM	Fresno High School	8:20 PM	8:40 PM	9:08 PM	Woodbridge High School	8:20 PM	8:40 PM	9:11 PM	Cedar Valley High School
8:30	8:50	9:15	Oakmont High School	8:30	8:50	9:18	Santa Fe High School	8:30	8:50	9:21	Horizon High School
8:40	9:00	9:25	Juneau Dougals High School	8:40	9:00	9:28	Arieta High School	8:40	9:00	9:31	Moses Lake High School
8:50	9:10	9:35	Central Union High School	8:50	9:10	9:38	Eastmont High School	8:50	9:10	9:41	Paradise Honors High School
9:00	9:20	9:45	Tualatin High School	9:00	9:20	9:48	Maria Carrillo High School	9:00	9:20	9:51	Paramount High School
9:10	9:30	10:00	University Preparatory School	9:10	9:30	10:03	Salpointe Catholic High School	9:10	9:30	10:06	Reno High School
								9:20	9:40	10:11	Shadow Ridge High School (AZ)
								9:20	9:40	10:16	San Rafael High School