



Welcome...and good luck to all of our competitors, coaches and spectators. Please help the U.S. Spiritleaders staff make this a fun and on-time event. All seating rules must be followed.

**Participants and spectators must sit in assigned seating. There is no saving seats.**

Teams will receive penalties for unsportsmanlike conduct by coaches, fans or team members. All teams will receive trophies. All individuals and group divisions will receive medals. Medals will be awarded to teams as follows: 1st place medals for divisions with three or more teams. 2nd place medals for division with four or more teams. 3rd place medals with divisions with five or more teams.

**Warm Up Times are 30 minutes before performance time:**

**Cheer Warm Up: 4 minutes** **Mat Area: 4 minutes**

**Dance Warm Up: 4 minutes**

**Routine: 4 minutes**

Team Name	# of Performers	Warm Up Time	Performance Time
<b>JV Show Cheer Intermediate</b>			
Yorba Linda High School	17	12:30	1:00
<b>Varsity Show Cheer Intermediate</b>			
Yorba Linda High School	12	12:35	1:05
Sonora High School	22	12:40	1:10
Sierra Vista (Coed)	23	12:45	1:15
<b>Varsity Non Tumbling Int.</b>			
Katella High School	24	12:50	1:20
<b>BREAK</b>			
<b>Junior Pom</b>			
South Coast Freestyle	19	1:30	2:00
Onstage Dance Center - Candy	12	1:35	2:05
Onstage Dance Center - Shout	8	1:40	2:10
<b>Medium Varsity Pom Intermediate</b>			
Capo Valley High School	10	1:45	2:15
<b>Freshman Pom Advanced</b>			
Yorba Linda High School	5	1:50	2:20
<b>JV Pom Advanced</b>			
Foothill High School	11+3	1:55	2:25
Mater Dei High School	10	2:00	2:30
Los Alamitos High School	9+2	2:05	2:35
<b>Small Varsity Pom Intermediate</b>			
Segerstrom High School	7	2:10	2:40
<b>JV Pom Intermediate</b>			
Segerstrom High School	10	2:15	2:45
Orange Lutheran High School	6	2:20	2:50
La Mirada High School	6	2:25	2:55
<b>Mini Prep Pom</b>			
OC All Stars - Sparkle	5	2:30	3:00
<b>JV Hip Hop</b>			
La Mirada High School	11	2:35	3:05
<b>Youth Hip Hop</b>			
OC All Stars - Youth Hype	7	2:40	3:10
<b>JV Pom Novice</b>			
Capo Valley	7	2:45	3:15
<b>Medium Varsity Pom Advanced</b>			
Los Alamitos High School	11+3	2:50	3:20
Foothill High School	10+3	2:55	3:25
Mater Dei High School	10	3:00	3:30
<b>Large Varsity Pom Intermediate</b>			
Orange Lutheran High School	12	3:05	3:35
<b>Junior Jazz</b>			
Onstage Dance Center	11	3:10	3:40
<b>Youth Pom</b>			
Onstage Dance Center	10	3:15	3:45
<b>Large Varsity Pom Advanced</b>			
Trabuco Hills High School	18	3:20	3:50

Sonora High School	12	3:25	3:55
Yorba Linda High School	21	3:30	4:00
<b>JV Jazz</b>			
Foothill High School	11	3:35	4:05
<b>Mini Pom</b>			
OC All Stars - Mini Shine	8	3:40	4:10
<b>Medium Varsity Jazz</b>			
Mater Dei High School	10	3:45	4:15
Los Alamitos High School	11+3	3:50	4:20
<b>Large Varsity Jazz</b>			
Orange Lutheran High School	12	3:55	4:25
Foothill High School	13	4:00	4:30
Sonora High School	12	4:05	4:35
Yorba Linda High School	18	4:10	4:40
<b>Tiny Pom</b>			
OC All Stars - Mini Diamonds	7	4:15	4:45
<b>Small Senior Pom</b>			
Legacy Academy of Dance	9	4:20	4:50
<b>Varsity Team Performance</b>			
Foothill High School	13	4:25	4:55
<b>Mini Hip Hop</b>			
OC All Stars - Mini Savage	10	4:30	5:00
<b>Varsity Game Time</b>			
Mater Dei High School	10	4:35	5:05
<b>AWARDS Ceremony</b>			<b>5:30</b>