

# 2026 UHSAA STATE CHEER DAY 1 - WARM UP GYM

WEDNESDAY - JANUARY 21, 2026

THERE WILL BE 2 PRACTICE FLOORS IN THE WARM UP GYM WITH A TEAM ON EACH FLOOR DURING THE SAME TIME

SHOW ROUTINES - 10 MINUTES ON THE FULL FLOOR WITH MUSIC / GAMETIME ROUTINES - 5 MINUTES ON THE FULL FLOOR WITH MUSIC (IF USING)  
BOTH FLOORS CAN RUN MUSIC AT THE SAME TIME

PLEASE BE TO THE PRACTICE ROOM 3-5 MINUTES BEFORE YOUR SCHEDULE WARMUP TIME

\*\* PLAN FOR WALKING TIME TO THE PRACTICE ROOM FROM HOLDING AREA

## SESSION 1 - 4A

WARM UP TIME	FLOOR	CATEGORY	SCHOOL	WARM UP TIME	FLOOR	CATEGORY	SCHOOL
8:40 AM	1	SHOW	JORDAN	11:25 AM	1	DANCE	TIMPANOGAS
8:40 AM	2	SHOW	HIGHLAND	11:25 AM	2	DANCE	OREM
8:51 AM	1	SHOW	BEAR RIVER	11:31 AM	1	DANCE	EAST
8:51 AM	2	SHOW	UINTAH	11:31 AM	2	DANCE	HIGHLAND
9:02 AM	1	SHOW	GREEN CANYON	11:37 AM	1	DANCE	JORDAN
9:02 AM	2	SHOW	OREM	11:37 AM	2	DANCE	UINTAH
9:13 AM	1	SHOW	TIMPANOGOS	11:43 AM	1	DANCE	STANSBURY
9:13 AM	2	SHOW	CEDAR	11:43 AM	2	DANCE	BEAR RIVER
9:24 AM	1	SHOW	MOUNTAIN VIEW	11:49 AM	1	DANCE	MOUNTAIN VIEW
9:24 AM	2	SHOW	EAST	11:49 AM	2	DANCE	CEDAR
9:35 AM	1	SHOW	STANSBURY	11:55 AM	1	DANCE	GREEN CANYON
9:35 AM	2	SHOW	DESERT HILLS	11:55 AM	2	DANCE	DESERT HILLS
9:46 AM	1	SHOW	SKY VIEW	12:01 PM	1	DANCE	RIDGELINE
9:46 AM	2	SHOW	RIDGELINE	12:01 PM	2	DANCE	SNOW CANYON
9:57 AM	1	SHOW	CRIMSON CLIFFS	12:07 PM	1	DANCE	CRIMSON CLIFFS
9:57 AM	2	SHOW	SNOW CANYON	12:07 PM	2	DANCE	SKY VIEW
10:15 AM	1	CHEER	BEAR RIVER				
10:15 AM	2	CHEER	JORDAN				
10:21 AM	1	CHEER	UINTAH				
10:21 AM	2	CHEER	CEDAR				
10:27 AM	1	CHEER	HIGHLAND				
10:27 AM	2	CHEER	STANSBURY				
10:33 AM	1	CHEER	MOUNTAIN VIEW				
10:33 AM	2	CHEER	TIMPANOGAS				
10:39 AM	1	CHEER	OREM				
10:39 AM	2	CHEER	EAST				
10:45 AM	1	CHEER	GREEN CANYON				
10:45 AM	2	CHEER	CRIMSON CLIFFS				
10:51 AM	1	CHEER	SKY VIEW				
10:51 AM	2	CHEER	DESERT HILLS				
10:57 AM	1	CHEER	SNOW CANYON				
10:57 AM	2	CHEER	RIDGELINE				

## SESSION 2 - 5A

WARM UP TIME	FLOOR	CATEGORY	SCHOOL	WARM UP TIME	FLOOR	CATEGORY	SCHOOL
4:10 PM	1	SHOW	VIEWMONT	7:15 PM	1	CHEER	WEST FIELD
4:10 PM	2	SHOW	SKYLINE	7:15 PM	2	CHEER	PAYSON

<b>4:21 PM</b>	1	SHOW	BONNEVILLE	<b>7:21 PM</b>	1	CHEER	HILLCREST
<b>4:21 PM</b>	2	SHOW	ROY	<b>7:21 PM</b>	2	CHEER	BOUNTIFUL
<b>4:32 PM</b>	1	SHOW	CYPRUS	<b>7:27 PM</b>	1	CHEER	WASATCH
<b>4:32 PM</b>	2	SHOW	SPRINGVILLE	<b>7:27 PM</b>	2	CHEER	NORTHRIDGE
<b>4:43 PM</b>	1	SHOW	TIMPVIEW	<b>7:33 PM</b>	1	CHEER	FREMONT
<b>4:43 PM</b>	2	SHOW	BOX ELDER	<b>7:33 PM</b>	2	CHEER	SALEM HILLS
<b>4:54 PM</b>	1	SHOW	PAYSON	<b>7:39 PM</b>	1	CHEER	MAPLE MOUNTAIN
<b>4:54 PM</b>	2	SHOW	WASATCH	<b>7:39 PM</b>	2	CHEER	BONNEVILLE
<b>5:05 PM</b>	1	SHOW	SPANISH FORK	<b>8:20 PM</b>	1	DANCE	MAPLE MOUNTAIN
<b>5:05 PM</b>	2	SHOW	WEST FIELD	<b>8:20 PM</b>	2	DANCE	SPRINGVILLE
<b>5:16 PM</b>	1	SHOW	BOUNTIFUL	<b>8:26 PM</b>	1	DANCE	ROY
<b>5:16 PM</b>	2	SHOW	HILLCREST	<b>8:26 PM</b>	2	DANCE	HILLCREST
<b>5:27 PM</b>	1	SHOW	WOOD SCROSS	<b>8:32 PM</b>	1	DANCE	VIEWMONT
<b>5:27 PM</b>	2	SHOW	SALEM HILLS	<b>8:32 PM</b>	2	DANCE	BONNEVILLE
<b>5:38 PM</b>	1	SHOW	NORTHRIDGE	<b>8:38 PM</b>	1	DANCE	CYPRUS
<b>5:38 PM</b>	2	SHOW	OLYMPUS	<b>8:38 PM</b>	2	DANCE	BOUNTIFUL
<b>5:49 PM</b>	1	SHOW	FREMONT	<b>8:44 PM</b>	1	DANCE	TIMPVIEW
<b>5:49 PM</b>	2	SHOW	MAPLE MOUNTAIN	<b>8:44 PM</b>	2	DANCE	SKYLINE
<b>6:45 PM</b>	1	CHEER	SKYLINE	<b>8:50 PM</b>	1	DANCE	OLYMPUS
<b>6:45 PM</b>	2	CHEER	SPRINGVILLE	<b>8:50 PM</b>	2	DANCE	PAYSON
<b>6:51 PM</b>	1	CHEER	ROY	<b>8:56 PM</b>	1	DANCE	BOX ELDER
<b>6:51 PM</b>	2	CHEER	CYPRUS	<b>8:56 PM</b>	2	DANCE	WOODS CROSS
<b>6:57 PM</b>	1	CHEER	TIMPVIEW	<b>9:02 PM</b>	1	DANCE	WASATCH
<b>6:57 PM</b>	2	CHEER	VIEWMONT	<b>9:02 PM</b>	2	DANCE	SPANISH FORK
<b>7:03 PM</b>	1	CHEER	BOX ELDER	<b>9:08 PM</b>	1	DANCE	FREMONT
<b>7:03 PM</b>	2	CHEER	WOODS CROSS	<b>9:08 PM</b>	2	DANCE	SALEM HILLS
<b>7:09 PM</b>	1	CHEER	OLYMPUS	<b>9:14 PM</b>	1	DANCE	NORTHRIDGE
<b>7:09 PM</b>	2	CHEER	SPANISH FORK	<b>9:14 PM</b>	2	DANCE	WEST FIELD

# 2026 UHSAA State Cheer - DAY 1

UCCU Center at UVU

Wednesday, January 21, 2026



These times are approximate and subject to change.

Time	#	Class	Designation	Category	Team	Panel
9:05 AM	1	4A	ALL GIRL	SHOW	JORDAN	A
9:10 AM	2	4A	CO ED	SHOW	HIGHLAND	B
9:15 AM	3	4A	ALL GIRL	SHOW	BEAR RIVER	A
9:20 AM	4	4A	CO ED	SHOW	UINTAH	B
9:25 AM	5	4A	ALL GIRL	SHOW	GREEN CANYON	A
9:30 AM	6	4A	CO ED	SHOW	OREM	B
9:35 AM	7	4A	ALL GIRL	SHOW	TIMPANOGOS	A
9:42 AM	8	4A	ALL GIRL	SHOW	CEDAR	A
9:47 AM	9	4A	CO ED	SHOW	MOUNTAIN VIEW	B
9:52 AM	10	4A	ALL GIRL	SHOW	EAST	A
9:59 AM	11	4A	ALL GIRL	SHOW	STANSBURY	A
10:04 AM	12	4A	CO ED	SHOW	DESERT HILLS	B
10:09 AM	13	4A	ALL GIRL	SHOW	SKY VIEW	A
10:16 AM	14	4A	ALL GIRL	SHOW	RIDGELINE	A
10:21 AM	15	4A	CO ED	SHOW	CRIMSON CLIFFS	B
10:26 AM	16	4A	ALL GIRL	SHOW	SNOW CANYON	A
10:33 AM	17	4A	ALL GIRL	CHEER	BEAR RIVER	A
10:38 AM	18	4A	ALL GIRL	CHEER	JORDAN	A
10:41 AM	19	4A	CO ED	CHEER	UINTAH	B
10:44 AM	20	4A	ALL GIRL	CHEER	CEDAR	A
10:47 AM	21	4A	CO ED	CHEER	HIGHLAND	B
10:51 AM	22	4A	ALL GIRL	CHEER	STANSBURY	A
10:54 AM	23	4A	CO-ED	CHEER	MOUNTAIN VIEW	B
10:57 AM	24	4A	ALL GIRL	CHEER	TIMPANOGOS	A
11:00 AM	25	4A	CO-ED	CHEER	OREM	B
11:03 AM	26	4A	ALL GIRL	CHEER	EAST	A
11:08 AM	27	4A	ALL GIRL	CHEER	GREEN CANYON	A
11:11 AM	28	4A	CO-ED	CHEER	CRIMSON CLIFFS	B
11:14 AM	29	4A	ALL GIRL	CHEER	SKY VIEW	A
11:17 AM	30	4A	CO-ED	CHEER	DESERT HILLS	B
11:20 AM	31	4A	ALL GIRL	CHEER	SNOW CANYON	A
11:25 AM	32	4A	ALL GIRL	CHEER	RIDGELINE	A
<b>BREAK</b>						
11:45 AM	33	4A	ALL GIRL	DANCE	TIMPANOGOS	A
11:48 AM	34	4A	CO ED	DANCE	OREM	B
11:51 AM	35	4A	ALL GIRL	DANCE	EAST	A
11:55 AM	36	4A	CO ED	DANCE	HIGHLAND	B
11:58 AM	37	4A	ALL GIRL	DANCE	JORDAN	A
12:01 PM	38	4A	CO ED	DANCE	UINTAH	B
12:04 PM	39	4A	ALL GIRL	DANCE	STANSBURY	A
12:09 PM	40	4A	ALL GIRL	DANCE	BEAR RIVER	A
12:12 PM	41	4A	CO ED	DANCE	MOUNTAIN VIEW	B
12:15 PM	42	4A	ALL GIRL	DANCE	CEDAR	A
12:20 PM	43	4A	ALL GIRL	DANCE	GREEN CANYON	A

SIDE A
BEAR RIVER
BONNEVILLE
BOUNTIFUL
CEDAR
EAST
FREMONT
GREEN CANYON
JORDAN
OLYMPUS
PAYSON
RIDGELINE
ROY
SALEM HILLS
SKY VIEW
SNOW CANYON
SPRINGVILLE
STANSBURY
TIMPANOGOS
TIMPVIEW
VIEWMONT
WASATCH
WEST FIELD
WOODS CROSS

SIDE B
BOX ELDER
CRIMSON CLIFFS
CYPRESS
DESERT HILLS
HIGHLAND
HILLCREST
MAPLE MOUNTAIN
MOUNTAIN VIEW
NORTHRIDGE
OREM
SKYLINE
SPANISH FORK
UINTAH

12:23 PM	44	4A	CO ED	DANCE	DESERT HILLS	B
12:26 PM	45	4A	ALL GIRL	DANCE	RIDGELINE	A
12:29 PM	46	4A	ALL GIRL	DANCE	SNOW CANYON	A
12:32 PM	47	4A	CO ED	DANCE	CRIMSON CLIFFS	B
12:35 PM	48	4A	ALL GIRL	DANCE	SKY VIEW	A

#### 4A JUMP OFF

##### All State & Coach of the Year Awards

##### AWARDS

Time	#	Class	Designation	Category	Team	Panel
4:00 PM	1	5A	ALL GIRL	SHOW	VIEWMONT	A
4:05 PM	2	5A	CO-ED	SHOW	SKYLINE	B
4:10 PM	3	5A	ALL GIRL	SHOW	BONNEVILLE	A
4:17 PM	4	5A	ALL GIRL	SHOW	ROY	A
4:22 PM	5	5A	CO-ED	SHOW	CYPRUS	B
4:27 PM	6	5A	ALL GIRL	SHOW	SPRINGVILLE	A
4:34 PM	7	5A	ALL GIRL	SHOW	TIMPVIEW	A
4:39 PM	8	5A	CO-ED	SHOW	BOX ELDER	B
4:44 PM	9	5A	ALL GIRL	SHOW	PAYSON	A
4:51 PM	10	5A	ALL GIRL	SHOW	WASATCH	A
4:56 PM	11	5A	CO-ED	SHOW	SPANISH FORK	B
5:01 PM	12	5A	ALL GIRL	SHOW	WEST FIELD	A
5:08 PM	13	5A	ALL GIRL	SHOW	BOUNTIFUL	A
5:13 PM	14	5A	CO-ED	SHOW	HILLCREST	B
5:18 PM	15	5A	ALL GIRL	SHOW	WOODS CROSS	A
5:25 PM	16	5A	ALL GIRL	SHOW	SALEM HILLS	A
5:30 PM	17	5A	CO-ED	SHOW	NORTHRIDGE	B
5:35 PM	18	5A	ALL GIRL	SHOW	OLYMPUS	A
5:42 PM	19	5A	ALL GIRL	SHOW	FREMONT	A
5:47 PM	20	5A	CO-ED	SHOW	MAPLE MOUNTAIN	B

##### BREAK

6:35 PM	21	5A	CO-ED	CHEER	SKYLINE	B
6:38 PM	22	5A	ALL GIRL	CHEER	SPRINGVILLE	A
6:43 PM	23	5A	ALL GIRL	CHEER	ROY	A
6:46 PM	24	5A	CO-ED	CHEER	CYPRUS	B
6:49 PM	25	5A	ALL GIRL	CHEER	TIMPVIEW	A
6:54 PM	26	5A	ALL GIRL	CHEER	VIEWMONT	A
6:57 PM	27	5A	CO-ED	CHEER	BOX ELDER	B
7:00 PM	28	5A	ALL GIRL	CHEER	WOODS CROSS	A
7:05 PM	29	5A	ALL GIRL	CHEER	OLYMPUS	A
7:08 PM	30	5A	CO-ED	CHEER	SPANISH FORK	B
7:11 PM	31	5A	ALL GIRL	CHEER	WEST FIELD	A
7:16 PM	32	5A	ALL GIRL	CHEER	PAYSON	A
7:19 PM	33	5A	CO-ED	CHEER	HILLCREST	B
7:22 PM	34	5A	ALL GIRL	CHEER	BOUNTIFUL	A
7:27 PM	35	5A	ALL GIRL	CHEER	WASATCH	A
7:30 PM	36	5A	CO-ED	CHEER	NORTHRIDGE	B
7:33 PM	37	5A	ALL GIRL	CHEER	FREMONT	A
7:38 PM	38	5A	ALL GIRL	CHEER	SALEM HILLS	A
7:41 PM	39	5A	CO-ED	CHEER	MAPLE MOUNTAIN	B
7:44 PM	40	5A	ALL GIRL	CHEER	BONNEVILLE	A



# **Competitive Cheer State Championships**

**STATE: THESE TIMES ARE APPROXIMATE BUT IT GIVES YOU A START AND STOP TIME TO PREPARE FOR TRAVEL ETC. IF YOU HAVE ANY QUESTIONS LET ME KNOW. Lori**

## **January 21st 4A**

Start at 9:00 am finish routines at approximately 2:30pm then approximately 1 hours for jump off and awards.

## **January 21st 5A**

Start at 4:00 pm finish routines at approximately 9 pm. Then 1 hour for jump off and awards.

## **January 23rd 1A and 2A Pod**

Start at 9:00 am finish routines at approximately 2:30pm then approximately 1.5 hours for jump off and awards.

## **January 23rd 6A and 3A Pod**

Start at 4:00 pm finish routines at approximately 8 pm. Then 1.5 hours for jump off and awards.