

# 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

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

BREAK						
8:05 PM	41	5A	CO-ED	DANCE	MAPLE MOUNTAIN	B
8:08 PM	42	5A	ALL GIRL	DANCE	SPRINGVILLE	A
8:13 PM	43	5A	ALL GIRL	DANCE	ROY	A
8:16 PM	44	5A	CO-ED	DANCE	HILLCREST	B
8:19 PM	45	5A	ALL GIRL	DANCE	VIEWMONT	A
8:24 PM	46	5A	ALL GIRL	DANCE	BONNEVILLE	A
8:27 PM	47	5A	CO-ED	DANCE	CYPRUS	B
8:30 PM	48	5A	ALL GIRL	DANCE	BOUNTIFUL	A
8:35 PM	49	5A	ALL GIRL	DANCE	TIMPVIEW	A
8:38 PM	50	5A	CO-ED	DANCE	SKYLINE	B
8:41 PM	51	5A	ALL GIRL	DANCE	OLYMPUS	A
8:46 PM	52	5A	ALL GIRL	DANCE	PAYSON	A
8:49 PM	53	5A	CO-ED	DANCE	BOX ELDER	B
8:52 PM	54	5A	ALL GIRL	DANCE	WOODS CROSS	A
8:57 PM	55	5A	ALL GIRL	DANCE	WASATCH	A
9:00 PM	56	5A	CO-ED	DANCE	SPANISH FORK	B
9:03 PM	57	5A	ALL GIRL	DANCE	FREMONT	A
9:08 PM	58	5A	ALL GIRL	DANCE	SALEM HILLS	A
9:11 PM	59	5A	CO-ED	DANCE	NORTHRIDGE	B
9:14 PM	60	5A	ALL GIRL	DANCE	WEST FIELD	A
PERFORMANCE					SLCC CHEER	
5A JUMP OFF						
All State & Coach of the Year Awards						
AWARDS						

# 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.