

2024 CENTRAL DIVISIONAL WARM UP GYM

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

SHOW ROUTINES - 9 MINUTES ON THE FULL FLOOR WITH MUSIC / GAMETIME ROUTINES - 5 MINUTES ON THE FULL FLOOR WITH MUSIC (IF USING)

THIS FORMAT WORKS BEST WITH TEAMS FACING AWAY FROM THE SOUND TABLE

SESSION 1 - 1A, 3A, 4A / SESSION 2 - 5A

WARM UP TIME	FLOOR	CATEGORY	SCHOOL	WARM UP TIME	FLOOR	CATEGORY	SCHOOL
10:45 AM	1	SHOW	PROVIDENCE HALL	2:40 PM	1	SHOW	SPRINGVILLE
10:45 AM	2	SHOW	RICH	2:40 PM	2	SHOW	SKYLINE
10:55 AM	1	SHOW	GRANTSVILLE	2:50 PM	1	SHOW	WEST JORDAN
10:55 AM	2	SHOW	MOUNTAIN CREST	2:50 PM	2	SHOW	CEDAR VALLEY
11:05 AM	1	SHOW	BEN LOMOND	3:00 PM	1	SHOW	SALEM HILLS
11:05 AM	2	SHOW	COTTONWOOD	3:00 PM	2	SHOW	HIGHLAND
11:15 AM	1	SHOW	JUAB	3:10 PM	1	SHOW	WEST
11:15 AM	2	SHOW	OREM	3:10 PM	2	SHOW	BOUNTIFUL
11:25 AM	1	SHOW	TINTIC	3:20 PM	1	SHOW	BOX ELDER
11:25 AM	2	SHOW	STANSBURY	3:20 PM	2	SHOW	SPANISH FORK
11:35 AM	1	SHOW	WENDOVER	3:30 PM	1	SHOW	WOODS CROSS
11:35 AM	2	SHOW	MANILA	3:30 PM	2	SHOW	GRANGER
11:45 AM	1	CHEER	JUAB	3:40 PM	1	SHOW	ALTA
11:45 AM	2	CHEER	LOGAN	3:55 PM	1	CHEER	WEST JORDAN
11:50 AM	1	CHEER	BEN LOMOND	3:55 PM	2	CHEER	HIGHLAND
11:50 AM	2	CHEER	OREM	4:00 PM	1	CHEER	WOODS CROSS
11:55 AM	1	CHEER	MANILA	4:00 PM	2	CHEER	GRANGER
11:55 AM	2	CHEER	STANSBURY	4:05 PM	1	CHEER	BOUNTIFUL
12:00 PM	1	CHEER	TINTIC	4:05 PM	2	CHEER	SKYLINE
12:00 PM	2	CHEER	MOUNTAIN CREST	4:10 PM	1	CHEER	ALTA
12:05 PM	1	CHEER	WENDOVER	4:10 PM	2	CHEER	CEDAR VALLEY
12:05 PM	2	CHEER	GRANTSVILLE	4:15 PM	1	CHEER	SALEM HILLS
12:10 PM	1	CHEER	RICH	4:15 PM	2	CHEER	BOX ELDER
12:10 PM	2	CHEER	PROVIDENCE HALL	4:20 PM	1	CHEER	SPANISH FORK
12:30 PM	1	DANCE	WENDOVER	4:40 PM	1	DANCE	ALTA
12:30 PM	2	DANCE	STANSBURY	4:40 PM	2	DANCE	GRANGER
12:35 PM	1	DANCE	MANILA	4:45 PM	1	DANCE	SPANISH FORK
12:35 PM	2	DANCE	OREM	4:45 PM	2	DANCE	BOX ELDER
12:40 PM	1	DANCE	TINTIC	4:50 PM	1	DANCE	BOUNTIFUL
12:40 PM	2	DANCE	LOGAN	4:50 PM	2	DANCE	HIGHLAND
12:45 PM	1	DANCE	GRANTSVILLE	4:55 PM	1	DANCE	SALEM HILLS
12:45 PM	2	DANCE	MOUNTAIN CREST	4:55 PM	2	DANCE	CEDAR VALLEY
12:50 PM	1	DANCE	PROVIDENCE HALL	5:00 PM	1	DANCE	WOODS CROSS
12:50 PM	2	DANCE	COTTONWOOD	5:00 PM	2	DANCE	SKYLINE
12:55 PM	1	DANCE	BEN LOMOND				
12:55 PM	2	DANCE	RICH				
1:00 PM	1	DANCE	JUAB				

SESSION 3 - 6A

WARM UP TIME		CATEGORY	SCHOOL	WARM UP TIME		CATEGORY	SCHOOL
6:05 PM	1	SHOW	WEBER				
6:05 PM	2	SHOW	AMERICAN FORK				
6:15 PM	1	SHOW	MOUNTAIN RIDGE				
6:15 PM	2	SHOW	DAVIS				
6:25 PM	1	SHOW	COPPER HILLS				
6:25 PM	2	SHOW	SYRACUSE				
6:35 PM	1	SHOW	RIVERTON				
6:35 PM	2	SHOW	CORNER CANYON				
6:45 PM	1	SHOW	SKYRIDGE				
6:45 PM	2	SHOW	LEHI				
6:55 PM	1	SHOW	WESTLAKE				
7:05 PM	1	CHEER	RIVERTON				
7:05 PM	2	CHEER	SYRACUSE				
7:10 PM	1	CHEER	WESTLAKE				
7:10 PM	2	CHEER	CORNER CANYON				
7:15 PM	1	CHEER	SKYRIDGE				
7:15 PM	2	CHEER	DAVIS				
7:20 PM	1	CHEER	WEBER				
7:20 PM	2	CHEER	LEHI				
7:25 PM	1	CHEER	MOUNTAIN RIDGE				
7:25 PM	2	CHEER	AMERICAN FORK				
7:30 PM	1	CHEER	COPPER HILLS				
7:50 PM	1	DANCE	SKYRIDGE				
7:50 PM	2	DANCE	AMERICAN FORK				
7:55 PM	1	DANCE	WEBER				
7:55 PM	2	DANCE	LEHI				
8:00 PM	1	DANCE	COPPER HILLS				
8:00 PM	2	DANCE	CORNER CANYON				
8:05 PM	1	DANCE	MOUNTAIN RIDGE				
8:05 PM	2	DANCE	DAVIS				
8:10 PM	1	DANCE	WESTLAKE				
8:10 PM	2	DANCE	SYRACUSE				
8:15 PM	1	DANCE	RIVERTON				
8:15 PM	2	PERFORMANCE	SLCC CHEER				

2024 CENTRAL DIVISIONAL

SLCC

A Judges: 3A, 1A COED, 5A ALL GIRL, 6A ALL GIRL

January 12, 2024

B Judges: 4A, 1A ALL GIRL, 5A COED, 6A COED

11:00 AM OPENING/NATIONAL ANTHEM

FLOOR DOWN / JUDGES START ON SOUTH SIDE

Time	#	Class	Designation	Category	Team	Panel
11:05 AM	1	3A	ALL GIRL	SHOW	PROVIDENCE HALL	A
11:10 AM	2	1A	ALL GIRL	SHOW	RICH	B
11:15 AM	3	3A	ALL GIRL	SHOW	GRANTSVILLE	A
11:20 AM	4	4A	ALL GIRL	SHOW	MOUNTAIN CREST	B
11:25 AM	5	3A	CO ED	SHOW	BEN LOMOND	A
11:30 AM	6	4A	ALL GIRL	SHOW	COTTONWOOD	B
11:35 AM	7	3A	CO ED	SHOW	JUAB	A
11:40 AM	8	4A	ALL GIRL	SHOW	OREM	B
11:45 AM	9	1A	CO ED	SHOW	TINTIC	A
11:50 AM	10	4A	ALL GIRL	SHOW	STANSBURY	B
11:55 AM	11	1A	CO ED	SHOW	WENDOVER	A
12:02 PM	12	1A	CO ED	SHOW	MANILA	A
12:09 PM	13	3A	CO ED	CHEER	JUAB	A
12:11 PM	14	4A	ALL GIRL	CHEER	LOGAN	B
12:13 PM	15	3A	CO ED	CHEER	BEN LOMOND	A
12:15 PM	16	4A	ALL GIRL	CHEER	OREM	B
12:19 PM	17	1A	CO ED	CHEER	MANILA	A
12:21 PM	18	4A	ALL GIRL	CHEER	STANSBURY	B
12:23 PM	19	1A	CO ED	CHEER	TINTIC	A
12:25 PM	20	4A	ALL GIRL	CHEER	MOUNTAIN CREST	B
12:27 PM	21	1A	CO ED	CHEER	WENDOVER	A
12:31 PM	22	3A	ALL GIRL	CHEER	GRANTSVILLE	A
12:33 PM	23	1A	ALL GIRL	CHEER	RICH	B
12:35 PM	24	3A	ALL GIRL	CHEER	PROVIDENCE HALL	A
BREAK						
12:55 PM	25	1A	CO ED	DANCE	WENDOVER	A
12:57 PM	26	4A	ALL GIRL	DANCE	STANSBURY	B
12:59 PM	27	1A	CO ED	DANCE	MANILA	A
1:03 PM	28	4A	ALL GIRL	DANCE	OREM	B
1:05 PM	29	1A	CO ED	DANCE	TINTIC	A
1:07 PM	30	4A	ALL GIRL	DANCE	LOGAN	B
1:09 PM	31	3A	ALL GIRL	DANCE	GRANTSVILLE	A
1:13 PM	32	4A	ALL GIRL	DANCE	MOUNTAIN CREST	B
1:15 PM	33	3A	ALL GIRL	DANCE	PROVIDENCE HALL	A
1:17 PM	34	4A	ALL GIRL	DANCE	COTTONWOOD	B
1:19 PM	35	3A	CO ED	DANCE	BEN LOMOND	A
1:23 PM	36	1A	ALL GIRL	DANCE	RICH	B
1:27 PM	37	3A	CO ED	DANCE	JUAB	A
				JUMP OFF 1A,3A,4A		
				AWARDS		

3:00 PM	38	5A	ALL GIRL	SHOW	SPRINGVILLE	A
3:05 PM	39	5A	CO-ED	SHOW	SKYLINE	B
3:10 PM	40	5A	ALL GIRL	SHOW	WEST JORDAN	A
3:15 PM	41	5A	CO-ED	SHOW	CEDAR VALLEY	B
3:20 PM	42	5A	ALL GIRL	SHOW	SALEM HILLS	A
3:25 PM	43	5A	CO-ED	SHOW	HIGHLAND	B
3:30 PM	44	5A	ALL GIRL	SHOW	WEST	A
3:37 PM	45	5A	ALL GIRL	SHOW	BOUNTIFUL	A
3:42 PM	46	5A	CO-ED	SHOW	BOX ELDER	B
3:47 PM	47	5A	ALL GIRL	SHOW	SPANISH FORK	A
3:54 PM	48	5A	ALL GIRL	SHOW	WOODS CROSS	A
3:59 PM	49	5A	CO-ED	SHOW	GRANGER	B
4:04 PM	50	5A	ALL GIRL	SHOW	ALTA	A
4:11 PM	51	5A	ALL GIRL	CHEER	WEST JORDAN	A
4:13 PM	52	5A	CO-ED	CHEER	HIGHLAND	B
4:15 PM	53	5A	ALL GIRL	CHEER	WOODS CROSS	A
4:17 PM	54	5A	CO-ED	CHEER	GRANGER	B
4:21 PM	55	5A	ALL GIRL	CHEER	BOUNTIFUL	A
4:23 PM	56	5A	CO-ED	CHEER	SKYLINE	B
4:25 PM	57	5A	ALL GIRL	CHEER	ALTA	A
4:27 PM	58	5A	CO-ED	CHEER	CEDAR VALLEY	B
4:31 PM	59	5A	ALL GIRL	CHEER	SALEM HILLS	A
4:33 PM	60	5A	CO-ED	CHEER	BOX ELDER	B
4:35 PM	61	5A	ALL GIRL	CHEER	SPANISH FORK	A
BREAK						
4:55 PM	62	5A	ALL GIRL	DANCE	ALTA	A
4:57 PM	63	5A	CO-ED	DANCE	GRANGER	B
4:59 PM	64	5A	ALL GIRL	DANCE	SPANISH FORK	A
5:03 PM	65	5A	CO-ED	DANCE	BOX ELDER	B
5:05 PM	66	5A	ALL GIRL	DANCE	BOUNTIFUL	A
5:07 PM	67	5A	CO-ED	DANCE	HIGHLAND	B
5:09 PM	68	5A	ALL GIRL	DANCE	SALEM HILLS	A
5:13 PM	69	5A	CO-ED	DANCE	CEDAR VALLEY	B
5:15 PM	70	5A	ALL GIRL	DANCE	WOODS CROSS	A
5:17 PM	71	5A	CO-ED	DANCE	SKYLINE	B
JUMP OFF 5A						
AWARDS						
6:30 PM	72	6A	CO-ED	SHOW	WEBER	B
6:35 PM	73	6A	ALL GIRL	SHOW	AMERICAN FORK	A
6:40 PM	74	6A	CO-ED	SHOW	MOUNTAIN RIDGE	B
6:45 PM	75	6A	ALL GIRL	SHOW	DAVIS	A
6:50 PM	76	6A	CO-ED	SHOW	COPPER HILLS	B
6:55 PM	77	6A	ALL GIRL	SHOW	SYRACUSE	A
7:00 PM	78	6A	CO-ED	SHOW	RIVERTON	B
7:05 PM	79	6A	ALL GIRL	SHOW	CORNER CANYON	A
7:10 PM	80	6A	CO-ED	SHOW	SKYRIDGE	B
7:15 PM	81	6A	ALL GIRL	SHOW	LEHI	A

7:20 PM	82	6A	CO-ED	SHOW	WESTLAKE	B
7:27 PM	83	6A	CO-ED	CHEER	RIVERTON	B
7:29 PM	84	6A	ALL GIRL	CHEER	SYRACUSE	A
7:31 PM	85	6A	CO-ED	CHEER	WESTLAKE	B
7:33 PM	86	6A	ALL GIRL	CHEER	CORNER CANYON	A
7:37 PM	87	6A	CO-ED	CHEER	SKYRIDGE	B
7:39 PM	88	6A	ALL GIRL	CHEER	DAVIS	A
7:41 PM	89	6A	CO-ED	CHEER	WEBER	B
7:43 PM	90	6A	ALL GIRL	CHEER	LEHI	A
7:47 PM	91	6A	CO-ED	CHEER	MOUNTAIN RIDGE	B
7:49 PM	92	6A	ALL GIRL	CHEER	AMERICAN FORK	A
7:51 PM	93	6A	CO-ED	CHEER	COPPER HILLS	B
BREAK						
8:11 PM	94	6A	CO-ED	DANCE	SKYRIDGE	B
8:13 PM	95	6A	ALL GIRL	DANCE	AMERICAN FORK	A
8:15 PM	96	6A	CO-ED	DANCE	WEBER	B
8:17 PM	97	6A	ALL GIRL	DANCE	LEHI	A
8:21 PM	98	6A	CO-ED	DANCE	COPPER HILLS	B
8:23 PM	99	6A	ALL GIRL	DANCE	CORNER CANYON	A
8:25 PM	100	6A	CO-ED	DANCE	MOUNTAIN RIDGE	B
8:27 PM	101	6A	ALL GIRL	DANCE	DAVIS	A
8:31 PM	102	6A	CO-ED	DANCE	WESTLAKE	B
8:33 PM	103	6A	ALL GIRL	DANCE	SYRACUSE	A
8:35 PM	104	6A	CO-ED	DANCE	RIVERTON	B
				PERFORMANCE	SLCC CHEER	
JUMP OFF 6A						
AWARDS						