



Carson HS
22328 S. Main St. Carson Ca. 90745
March 13th, 2010

Please be in the Warm-up area 1/2 hour prior to your performance time

CHEER WARM-UPS
Inside Small Gym

7:30 PM Mascot Cheer

Ridgecrest Rebels

7:40 Carson Park Mini Stars

Varsity Cheer

7:50 Port of Los Angeles HS

8:00 Calvary Christian Academy

8:10 Gardena HS

8:20 Pete Knight HS

8:30 L.A. Baptist

8:40 Hoover HS

8:50 Ysletta HS

9:00 Santiago HS

9:10 Loara HS

9:20 San Elizario HS

7:35 AM Elem. Cheer

Ridgecrest Rebels

7:45 Cheer Elite Stars

Jr. Cheer Duet

7:55 Breana & Bree - San Marcos H

JV Cheer

8:05 Pete Knight HS

8:15 YHS

Stunt Group

8:25 San Marcos HS #1

8:35 Narbonne HS

8:45 San Marcos HS #2

8:55 San Marcos HS #3

9:05 San Marcos HS #4

Jr. Cheer

9:15 Ivy Academia

9:25 Southern California Falcons

9:35 Bancroft MS

9:45 Stephen White MS

The line-up will move from left to right, from top to bottom throughout the day. Each routine is given 5 min.

Each team will have 4 min. to warm-up on 3-4 strips of carpet bonded foam cheer mats

10:15 AM SPECIAL EVENTS INSIDE LARGE GYM

- * Stunt Down (Awards will be awarded to the top 3 groups)
- * Tumbling Down * Best Toe Touches (Awards will be awarded to the top 3)
- * \$1 per person/per event - Spirit points will be given to all participants
- * Spectator Participation Event - Spirit points will be given to all participants

11:00 AM Awards - LARGE GYM Video taping is prohibited at all Sharp Events

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