



La Serna HS
 15301 Youngwood Dr. Whittier, Ca. 90605
 March 14th, 2010

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

CHEER WARM-UPS

8:30 AM Sr. Duet Cheer

Heather & Hanin - OC Elite All-Stars

Mini-Mascot Cheer

8:40 Marilyn's SGV Dragons

8:50 Spirit Cheer

9:00 Explosive All Stars

9:10 La Verne Community Cheer

Mascot Cheer

9:20 Baldwin Park Divas

9:30 City Bruins

9:40 Tumble City Flyers

9:50 La Verne Community Cheer

Stunt Group

10:00 Tumble City Flyers

10:10 Spirit Cheer

Elem. Stunt Team

10:20 La Mirada Matadores

8:35 AM Elem. Cheer

La Verne Community Cheer

8:45 City Bruins

8:55 Spirit Cheer

9:05 La Mirada Matadores

9:15 La Verne Cheer

Jr. Cheer

9:25 Infinity

9:35 La Verne Community Cheer

9:45 Tumble City Flyers

9:55 Fulton College Prep

10:05 La Verne Cheer

10:15 Mesa Robles Mustangs

10:25 Bethany Lutheran Bears

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

11:00 AM SPECIAL EVENTS

- * 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

11:30 AM Awards Video taping is prohibited at all Sharp Events

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March 14th, 2010

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

11:10 AM Freshmen Cheer

Schurr HS

School Mascots

11:20 Redlands East Valley HS

High School Stunt Group

11:30 Katella HS #1

11:40 Garfield HS

11:50 Katella HS #2

JV Cheer

12:00 Pioneer HS

12:10 Chaminade College Prep

12:20 La Serna HS (Exhibition)

12:30 Schurr HS

12:40 Beckman HS

Sr. All-Star/Independent Cheer

12:50 Explosive All Stars

1:00 1st Impression

1:10 Spirit Cheer

1:20 Marilyn's SGV Dragons

1:30 Explosive All Stars (Coed)

Crowdleading

1:40 Bishop Amat HS

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

3:00 PM SPECIAL EVENTS

- * 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

3:45 PM Awards Video taping is prohibited at all Sharp Events

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Updated as of
3/11/2010 at 1:01 PM