

Dance Warm-Up Schedule

Cheer Teams:

Stretch: 6 min. Tumble Track: 6 min. Mat Area: 6 min.



Warm-Up Time times and schedules must be followed so we can stay on time.

Teams will receive penalties for unsportsmanlike conduct by coaches, fans, or team members to the warm-up staff.

Only Coaches and teams are allowed in the warm-up gym at their designated time. Teams must leave the warm-up area when their practice time is up.

Dance Panel 1

- 3:00 Mini Pom/Song Int.
OC All Stars - 5
Sr. Prep Pom/Song Int.
OC All Stars - 10
- 3:21 South Coast Freestyle - 13
Varsity Lyrical
Rosary - 16
- 3:42 Northwood - 9
J.V. Pom/Song Inter.
Schurr - 5
- 4:03 San Marcos - 7
Sr. Pom/Dance Adv.
Pace - 12
- 4:24 South Coast Freestyle - 13
Sm./Med. Var.Pom/Dance Adv.
Fountain Valley - 7
- 4:45 Foothill - 9

La Serna - 9
- 5:06 Diamond Bar - 5
Northwood - 8
- 5:27 El Toro - 10

Los Alamitos - 10
Mini Hip Hop
- 5:48 South Bay All Stars - 6
Sr. Hip Hop
Pace All Stars - 9
- 6:09 Xtreme All Stars Dance - 7

DVAS Mavericks - 10
- 6:30 RC Hip Hop - 15
West Coast Rush - 8
- 6:51 California Cheer Gym - 8
Int'l Open Hip Hop
Pace All Stars - 13
Jr. Jazz Dance
- 7:12 Pace All Stars - 10
- OC All Stars - 10
- 7:33 South Coast Freestyle - 14

Dance Panel 2

- Tiny Pom/Song Inter.
South Coast Freestyle - 5
- 3:14 OC All Stars - 7
Jr. Pom/Song Nov
South Coast Freestyle - 20
- 3:35 OC All Stars - 11
Jr. Pom/Dance Adv.
Pace All Stars - 10
- 3:56 OC All Stars - 10
South Coast Freestyle - 14
Varsity Pom/Song Inter.
- 4:17 Fountain Valley - 7
Schurr - 8
- 4:38 Elsinore - 8
El Toro - 10
Youth Hip Hop
- 4:59 DVAS Mavericks - 9

South Coast Freestyle - 10
- 5:20 RC Hip Hop - 10
California Cheer Gym - 6
- 5:41 California Bombshellz - 7
J.V. Jazz Dance
Aliso Niguel - 12
Varsity Jazz Dance
- 6:02 Esperanza - 16

Foothill - 9
- 6:23 Aliso Niguel - 12

Rosary - 16
- 6:44 Diamond Bar - 5

Northwood - 9
- 7:05 El Toro - 10

Los Alamitos - 10
Sr.Jazz Dance
- 7:26 Pace All Stars - 9

Dance Panel 3

- Youth Pom/Song Inter.
Pace All Stars - 6
- OC All Stars - 11
- 3:28 South Coast Freestyle - 13
Youth Pom/Dance Adv.
OC All Stars - 9
- 3:49 South Coast Freestyle - 9
J.V.Pom Dance Adv.
Mater Dei - 11
- 4:10 Esperanza - 10

Aliso Niguel - 12
- 4:31 Rosary - 9

La Serna - 8
- 4:52 Northwood - 11

Los Alamitos High -17
Large Var. Pom/Dance Adv.
- 5:13 Esperanza - 15
Aliso Niguel - 12
- 5:34 Rosary - 16
Jr. Hip Hop
South Coast Freestyle - 17
- 5:55 RC Hip Hop - 13

South Bay All Stars - 6
Sr. Prep Hip Hop
California Cheer Gym - 8
Jr. High Hip Hop
El Roble - 15
Varsity Hip Hop
- 6:37 San Marcos - 14
El Toro - 20
Youth Jazz Dance
- 6:58 OC All Stars - 9

South Coast Freestyle - 9
International OpenJazz Dance
- 7:19 Pace All Stars - 18

Storm Dance - 8