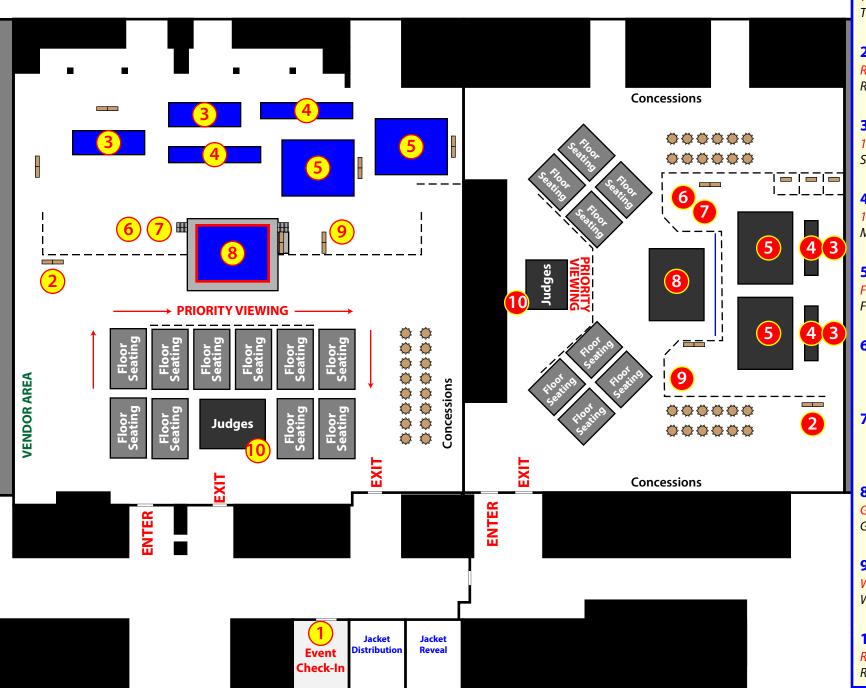
# **Spirit Cheer - Dance Grand Nationals & Cheer Nationals**

**December 14-15, 2024** 

Orange County Convention Center Halls WD2 & WE1



## **LEGEND**

Detail for CHEER
Detail for DANCE

#### 1- EVENT CHECK-IN

Turn in paperwork
Turn in paperwork

#### 2- WARM UP CHECK-IN

Report 5 min before 1st mat Report 5 min before Station 1

#### 3- STATION 1

18'x54' mat - 8 minutes Stretching - 10 minutes

#### 4- STATION 2

12'x70' spring strip - 8 minutes Marley strip - 10 minutes

#### 5- STATION 3

Full foam floor - 8 minutes
Full Marley floor - 10 minutes

## 6- IN THE HOLE

7- ON DECK

# 8- PERFORMANCE

Good luck! Good luck!

#### 9- VIDEO REVIEW

Watch your routine
Watch your routine

#### **10- SCORE SHEETS**

Review your scores
Review your scores