

2025 USA Spirit Nationals -- Practice Schedule for Friday Hall D -- East Stage (Red Backdrop)

**Monday, February 17th (Rev. 2/16/25) -- Song/Pom/Pep Flag Finals
Practice Area in Hall D (West Side Behind Stage Area) -- Convention Center**

Practice time is scheduled according to your performance time. Approximately 30-40 minutes prior to performing, each team will have 8 minutes on the practice floor. USA staff will monitor the practice area to ensure that the schedule is being followed.

Note that the check-in location for all teams for practice time is to the right of the stage in Hall D.

Only participants and coaches with a designated wristband/credential are permitted in the practice area. There is no practicing permitted in the any lobby area. Stunting/tumbling on non-matted surfaces is not permitted. Give yourself ample time to arrive at the appropriate practice location.

Keep all personal belongings with you and/or monitored at all times.

The times below are subject to change.

ALL AWARDS WILL TAKE PLACE ON THE EAST (RED) STAGE -- AT APPROXIMATELY 1:00 PM

| Check-In | Practice Time | Performance Time | JV Song/Pom Novice | Check-In | Practice Time | Performance Time | JV Song/Pom Intermediate | Check-In | Practice Time | Performance Time | Varsity Song/Pom Advanced -- Small (5-7) |
|----------|---------------|------------------|--|----------|---------------|------------------|--|----------|---------------|------------------|--|
| 7:50 AM | 8:05 AM | 8:30 AM | Capistrano Valley High School | 7:50 AM | 8:05 AM | 8:33 AM | La Serna High School | 7:50 AM | 8:05 AM | 8:37 AM | San Joaquin Memorial High School |
| | 8:00 | 8:15 | Diamond Bar High School | | 8:00 | 8:15 | Cypress High School | | 8:00 | 8:15 | Horizon High School |
| | | | Varsity Song/Pom Novice -- Large (12-23) | | | | Varsity Song/Pom Intermediate -- Small (5-7) | | | | Varsity Song/Pom Advanced -- Small (5-7) -- Cont. |
| | 8:10 | 8:25 | El Modena High School | | 8:10 | 8:25 | Fowler High School | | 8:10 | 8:25 | Rosary Academy |
| | | | Varsity Song/Pom Novice -- Large (12-23) -- Cont. | | | | Varsity Song/Pom Intermediate -- Small (5-7) -- Cont. | | | | Varsity Song/Pom Advanced -- Small (5-7) -- Cont. |
| | 8:20 | 8:35 | Channel Islands High School | | 8:20 | 8:35 | Redlands High School | | 8:20 | 8:35 | 9:07 AM Ayala High School |
| | | | Varsity Song/Pom Novice -- Medium (8-11) | | | | Varsity Song/Pom Intermediate -- Small (5-7) -- Cont. | | | | Varsity Song/Pom Advanced -- Medium (8-11) |
| | 8:30 | 8:45 | Salinas High School | | 8:30 | 8:45 | Clovis East High School | | 8:30 | 8:45 | 9:17 Casteel High School |
| | 8:40 | 8:55 | California High School | | 8:40 | 8:55 | 9:23 Hoover High School | | 8:40 | 8:55 | 9:27 Citrus Valley High School |
| | | | Varsity Song/Pom Novice -- Medium (8-11) -- Cont. | | | | Varsity Song/Pom Intermediate -- Small (5-7) -- Cont. | | | | Varsity Song/Pom Advanced -- Medium (8-11) -- Cont. |
| | 8:50 | 9:05 | St. Paul High School | | 8:50 | 9:05 | 9:33 Centennial High School | | 8:50 | 9:05 | 9:37 Mountain Ridge High School |
| | | | Varsity Song/Pom Novice -- Small (5-7) | | | | Varsity Song/Pom Intermediate -- Small (5-7) -- Cont. | | | | Varsity Song/Pom Advanced -- Medium (8-11) -- Cont. |
| | 9:00 AM | 9:15 AM | 9:40 AM Deer Valley High School | | 9:00 AM | 9:15 AM | 9:43 Bishop Amat High School | | 9:00 AM | 9:15 AM | 9:47 La Serna High School |
| | | | Varsity Song/Pom Novice -- Small (5-7) -- Cont. | | | | Varsity Song/Pom Intermediate -- Small (5-7) -- Cont. | | | | Varsity Song/Pom Advanced -- Medium (8-11) -- Cont. |
| | 9:10 | 9:25 | 9:50 Central East High School | | 9:10 | 9:25 | 9:53 Clovis West High School | | 9:10 | 9:25 | 9:57 Pinnacle High School |
| | | | Varsity Song/Pom Novice -- Small (5-7) -- Cont. | | | | Varsity Song/Pom Intermediate -- Medium (8-11) | | | | Varsity Song/Pom Advanced -- Large (12-23) |
| | 9:20 | 9:35 | 10:00 AM Moon Valley High School | | 9:20 | 9:35 | 10:03 AM Fountain Valley High School | | 9:20 | 9:35 | 10:07 AM Yorba Linda High School |

JUDGE BREAK

| Check-In | Practice Time | Performance Time | JV Song/Pom Advanced | Check-In | Practice Time | Performance Time | Varsity Song/Pom Intermediate -- Medium (8-11) -- Cont. | Check-In | Practice Time | Performance Time | Varsity Song/Pom Advanced -- Large (12-23) -- Cont. |
|----------|---------------|------------------|--------------------------------------|----------|---------------|------------------|---|----------|---------------|------------------|---|
| 9:40 AM | 9:55 AM | 10:20 AM | Basha High School | 9:40 AM | 9:55 AM | 10:23 | University High School | 9:40 AM | 9:55 AM | 10:27 | Santa Margarita Catholic High School |
| | | | JV Song/Pom Advanced -- Cont. | | | | Varsity Song/Pom Intermediate -- Medium (8-11) -- Cont. | | | | Freshman Song/Pom |
| 9:50 | 10:05 | 10:30 | Horizon High School | 9:50 | 10:05 | 10:33 | Valley Vista High School | 9:50 | 10:05 | 10:37 AM | University High School |
| | | | JV Song/Pom Advanced -- Cont. | | | | Varsity Song/Pom Intermediate -- Medium (8-11) -- Cont. | | | | Pep Flag |
| 10:00 | 10:15 | 10:40 | Mountain View High School | 10:00 | 10:15 | 10:43 | La Habra High School | 10:00 | 10:15 | 10:47 | Classical Academy High School |
| | | | JV Song/Pom Advanced -- Cont. | | | | Varsity Song/Pom Intermediate -- Medium (8-11) -- Cont. | | | | Pep Flag -- Cont. |
| 10:10 | 10:25 | 10:50 | Mountain Ridge High School | 10:10 | 10:25 | 10:53 | Cypress High School | 10:10 | 10:25 | 10:57 | Channel Islands High School |
| | | | JV Song/Pom Advanced -- Cont. | | | | Varsity Song/Pom Intermediate -- Large (12-23) | | | | JV Jazz (Song/Pom) |
| 10:20 AM | 10:35 AM | 11:00 AM | Tesoro High School | 10:20 AM | 10:35 AM | 11:03 AM | Shadow Ridge High School | 10:20 AM | 10:35 AM | 11:07 AM | Tesoro High School |
| 10:30 | 10:45 | 11:10 | Santa Margarita Catholic High School | 10:30 | 10:45 | 11:13 | Aliso Niguel High School | 10:30 | 10:45 | 11:17 | Mountain Ridge High School |
| | | | JV Song/Pom Advanced -- Cont. | | | | Varsity Jazz (Song/Pom) Intermediate -- Small (5-7) | | | | JV Jazz (Song/Pom) -- Cont. |
| | | | JV Song/Pom Advanced -- Cont. | 10:40 | 10:55 | 11:20 | Willow Canyon High School | 10:40 | 10:55 | 11:24 | Mountain View High School |
| | | | JV Song/Pom Advanced -- Cont. | 10:50 | 11:05 | 11:28 | Redlands East Valley High School | 10:50 | 11:05 | 11:32 | Pinnacle High School |
| | | | JV Song/Pom Advanced -- Cont. | | | | Varsity Jazz (Song/Pom) Intermediate -- Medium/Large (8-23) | | | | Varsity Jazz (Song/Pom) Advanced -- Small/Medium (5-11) |
| | | | JV Song/Pom Advanced -- Cont. | 11:00 | 11:15 | 11:36 | University High School | 11:00 | 11:15 | 11:40 | Rosary Academy |
| | | | JV Song/Pom Advanced -- Cont. | | | | Varsity Jazz (Song/Pom) Intermediate -- Medium/Large (8-23) -- Cont. | 11:00 AM | 11:15 AM | 11:48 AM | La Serna High School |
| | | | JV Song/Pom Advanced -- Cont. | 11:00 AM | 11:15 AM | 11:44 AM | Cypress High School | 11:00 AM | 11:15 AM | 11:56 | Saint Joseph High School |
| | | | JV Song/Pom Advanced -- Cont. | 11:10 | 11:25 | 11:52 | Aliso Niguel High School | 11:10 | 11:25 | 11:56 | Saint Joseph High School |
| | | | JV Song/Pom Advanced -- Cont. | | | | Varsity Jazz (Song/Pom) Advanced -- Large (12-23) | | | | Varsity Jazz (Song/Pom) Advanced -- Small/Medium (5-11) -- Cont. |
| | | | JV Song/Pom Advanced -- Cont. | 11:20 | 11:35 | 12:00 | Yorba Linda High School | 11:20 | 11:35 | 12:04 | Edison High School |
| | | | JV Song/Pom Advanced -- Cont. | 11:30 | 11:45 | 12:08 PM | Santa Margarita Catholic High School | 11:30 | 11:45 | 12:12 | Mountain Ridge High School |
| | | | JV Song/Pom Advanced -- Cont. | | | | Varsity Jazz (Song/Pom) Advanced -- Large (12-23) | 11:40 | 11:55 | 12:17 | Horizon High School |
| | | | JV Song/Pom Advanced -- Cont. | | | | Varsity Jazz (Song/Pom) Advanced -- Large (12-23) | 11:40 AM | 11:55 AM | 12:22 PM | Pinnacle High School |

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