

COMPETITION SCHEDULE

CHEER ROUND 1

	Warm up 1 (no mats)		Warm up 2 (3 mats)		Warm up 3 (full floor w/music)		Transition		Tunnel (holding area)		Performance floor
	PE GYM		PE GYM		PE GYM		Walz Athletic Complex		Friedrich Arena		Friedrich Arena
9:30	Mount Mercy Cheer	9:36	Mount Mercy Cheer	9:42	Mount Mercy Cheer	9:48	Mount Mercy Cheer	9:54	Mount Mercy Cheer	10:00	Mount Mercy Cheer
9:36	Dordt Cheer	9:42	Dordt Cheer	9:48	Dordt Cheer	9:54	Dordt Cheer	10:00	Dordt Cheer	10:06	Dordt Cheer
9:42	Mount Marty Cheer	9:48	Mount Marty Cheer	9:54	Mount Marty Cheer	10:00	Mount Marty Cheer	10:06	Mount Marty Cheer	10:12	Mount Marty Cheer
9:48	William Penn Cheer	9:54	William Penn Cheer	10:00	William Penn Cheer	10:06	William Penn Cheer	10:12	William Penn Cheer	10:18	William Penn Cheer
9:54	York Cheer	10:00	York Cheer	10:06	York Cheer	10:12	York Cheer	10:18	York Cheer	10:24	York Cheer
10:00	Concordia NE Cheer	10:06	Concordia NE Cheer	10:12	Concordia NE Cheer	10:18	Concordia NE Cheer	10:24	Concordia NE Cheer	10:30	Concordia NE Cheer
10:06	Benedictine Cheer	10:12	Benedictine Cheer	10:18	Benedictine Cheer	10:24	Benedictine Cheer	10:30	Benedictine Cheer	10:36	Benedictine Cheer
10:12	Waldorf Cheer	10:18	Waldorf Cheer	10:24	Waldorf Cheer	10:30	Waldorf Cheer	10:36	Waldorf Cheer	10:42	Waldorf Cheer
10:18	Doane Cheer	10:24	Doane Cheer	10:30	Doane Cheer	10:36	Doane Cheer	10:42	Doane Cheer	10:48	Doane Cheer
10:24	Northwestern Cheer	10:30	Northwestern Cheer	10:36	Northwestern Cheer	10:42	Northwestern Cheer	10:48	Northwestern Cheer	10:54	Northwestern Cheer
10:30	Missouri Valley Cheer	10:36	Missouri Valley Cheer	10:42	Missouri Valley Cheer	10:48	Missouri Valley Cheer	10:54	Missouri Valley Cheer	11:00	Missouri Valley Cheer
10:36	Mid-America Nazarene Cheer	10:42	Mid-America Nazarene Cheer	10:48	Mid-America Nazarene Cheer	10:54	Mid-America Nazarene Cheer	11:00	Mid-America Nazarene Cheer	11:06	Mid-America Nazarene Cheer
Warm-up Mats Roll-Up						Competition Mats Roll-Up					

DANCE ROUND 1

	Warm up 1 (half gym-northwest side)		Warm up 2 (half gym-northeast side)		Warm up 3 (full floor w/music)		Transition		Tunnel (holding area)		Performance floor
	PE GYM		PE GYM		PE GYM		Walz Athletic Complex		Friedrich Arena		Friedrich Arena
10:48	Hastings Dance	10:54	Hastings Dance	11:00	Hastings Dance	11:06	Hastings Dance	11:12	Hastings Dance	11:18	Hastings Dance
10:54	York Dance	11:00	York Dance	11:06	York Dance	11:12	York Dance	11:18	York Dance	11:24	York Dance
11:00	Mount Mercy Dance	11:06	Mount Mercy Dance	11:12	Mount Mercy Dance	11:18	Mount Mercy Dance	11:24	Mount Mercy Dance	11:30	Mount Mercy Dance
11:06	St. Ambrose JV White Dance	11:12	St. Ambrose JV White Dance	11:18	St. Ambrose JV White Dance	11:24	St. Ambrose JV White Dance	11:30	St. Ambrose JV White Dance	11:36	St. Ambrose JV White Dance
11:12	Concordia NE Dance	11:18	Concordia NE Dance	11:24	Concordia NE Dance	11:30	Concordia NE Dance	11:36	Concordia NE Dance	11:42	Concordia NE Dance
11:18	Doane Dance	11:24	Doane Dance	11:30	Doane Dance	11:36	Doane Dance	11:42	Doane Dance	11:48	Doane Dance
11:24	William Penn Dance	11:30	William Penn Dance	11:36	William Penn Dance	11:42	William Penn Dance	11:48	William Penn Dance	11:54	William Penn Dance
11:30	Grand View Dance	11:36	Grand View Dance	11:42	Grand View Dance	11:48	Grand View Dance	11:54	Grand View Dance	12:00	Grand View Dance
11:36	Morningside Dance	11:42	Morningside Dance	11:48	Morningside Dance	11:54	Morningside Dance	12:00	Morningside Dance	12:06	Morningside Dance
11:42	Benedictine Dance	11:48	Benedictine Dance	11:54	Benedictine Dance	12:00	Benedictine Dance	12:06	Benedictine Dance	12:12	Benedictine Dance
11:48	Oklahoma City Dance	11:54	Oklahoma City Dance	12:00	Oklahoma City Dance	12:06	Oklahoma City Dance	12:12	Oklahoma City Dance	12:18	Oklahoma City Dance
11:54	Viterbo Dance	12:00	Viterbo Dance	12:06	Viterbo Dance	12:12	Viterbo Dance	12:18	Viterbo Dance	12:24	Viterbo Dance
12:00	Dordt Dance	12:06	Dordt Dance	12:12	Dordt Dance	12:18	Dordt Dance	12:24	Dordt Dance	12:30	Dordt Dance
12:06	Northwestern Dance	12:12	Northwestern Dance	12:18	Northwestern Dance	12:24	Northwestern Dance	12:30	Northwestern Dance	12:36	Northwestern Dance
12:12	University of Saint Francis Dance	12:18	University of Saint Francis Dance	12:24	University of Saint Francis Dance	12:30	University of Saint Francis Dance	12:36	University of Saint Francis Dance	12:42	University of Saint Francis Dance
12:18	Missouri Baptist Dance	12:24	Missouri Baptist Dance	12:30	Missouri Baptist Dance	12:36	Missouri Baptist Dance	12:42	Missouri Baptist Dance	12:48	Missouri Baptist Dance
Warm-up Mats Roll-Up						Competition Mats Roll-Up					

CHEER ROUND 2

Warm up 1 (no mats)		Warm up 2 (3 mats)		Warm up 3 (full floor w/music)		Transition		Tunnel (holding area)		Performance floor	
PE GYM		PE GYM		PE GYM		Walz Athletic Complex		Friedrich Arena		Friedrich Arena	
12:48	York Cheer	12:54	York Cheer	1:00	York Cheer	1:06	York Cheer	1:12	York Cheer	1:18	York Cheer
12:54	Mount Marty Cheer	1:00	Mount Marty Cheer	1:06	Mount Marty Cheer	1:12	Mount Marty Cheer	1:18	Mount Marty Cheer	1:24	Mount Marty Cheer
1:00	William Penn Cheer	1:06	William Penn Cheer	1:12	William Penn Cheer	1:18	William Penn Cheer	1:24	William Penn Cheer	1:30	William Penn Cheer
1:06	Benedictine Cheer	1:12	Benedictine Cheer	1:18	Benedictine Cheer	1:24	Benedictine Cheer	1:30	Benedictine Cheer	1:36	Benedictine Cheer
1:12	Dordt Cheer	1:18	Dordt Cheer	1:24	Dordt Cheer	1:30	Dordt Cheer	1:36	Dordt Cheer	1:42	Dordt Cheer
1:18	Concordia NE Cheer	1:24	Concordia NE Cheer	1:30	Concordia NE Cheer	1:36	Concordia NE Cheer	1:42	Concordia NE Cheer	1:48	Concordia NE Cheer
1:24	Waldorf Cheer	1:30	Waldorf Cheer	1:36	Waldorf Cheer	1:42	Waldorf Cheer	1:48	Waldorf Cheer	1:54	Waldorf Cheer
1:30	Mount Mercy Cheer	1:36	Mount Mercy Cheer	1:42	Mount Mercy Cheer	1:48	Mount Mercy Cheer	1:54	Mount Mercy Cheer	2:00	Mount Mercy Cheer
1:36	Northwestern Cheer	1:42	Northwestern Cheer	1:48	Northwestern Cheer	1:54	Northwestern Cheer	2:00	Northwestern Cheer	2:06	Northwestern Cheer
1:42	Doane Cheer	1:48	Doane Cheer	1:54	Doane Cheer	2:00	Doane Cheer	2:06	Doane Cheer	2:12	Doane Cheer
1:48	Missouri Valley Cheer	1:54	Missouri Valley Cheer	2:00	Missouri Valley Cheer	2:06	Missouri Valley Cheer	2:12	Missouri Valley Cheer	2:18	Missouri Valley Cheer
1:54	Mid-American Nazarene Cheer	2:00	Mid-American Nazarene Cheer	2:06	Mid-American Nazarene Cheer	2:12	Mid-American Nazarene Cheer	2:18	Mid-American Nazarene Cheer	2:24	Mid-American Nazarene Cheer
Warm-up Mats Roll-Up						Competition Mats Roll-Up					

DANCE ROUND 2

Warm up 1 (half gym-northwest side)		Warm up 2 (half gym-northeast side)		Warm up 3 (full floor w/music)		Transition		Tunnel (holding area)		Performance floor	
PE GYM		PE GYM		PE GYM		Walz Athletic Complex		Friedrich Arena		Friedrich Arena	
2:06	Hastings Dance	2:12	Hastings Dance	2:18	Hastings Dance	2:24	Hastings Dance	2:30	Hastings Dance	2:36	Hastings Dance
2:12	Benedictine Dance	2:18	Benedictine Dance	2:24	Benedictine Dance	2:30	Benedictine Dance	2:36	Benedictine Dance	2:42	Benedictine Dance
2:18	University of Saint Francis Dance	2:24	University of Saint Francis Dance	2:30	University of Saint Francis Dance	2:36	University of Saint Francis Dance	2:42	University of Saint Francis Dance	2:48	University of Saint Francis Dance
2:24	Missouri Baptist Dance	2:30	Missouri Baptist Dance	2:36	Missouri Baptist Dance	2:42	Missouri Baptist Dance	2:48	Missouri Baptist Dance	2:54	Missouri Baptist Dance
2:30	Concordia NE Dance	2:36	Concordia NE Dance	2:42	Concordia NE Dance	2:48	Concordia NE Dance	2:54	Concordia NE Dance	3:00	Concordia NE Dance
2:36	Morningside Dance	2:42	Morningside Dance	2:48	Morningside Dance	2:54	Morningside Dance	3:00	Morningside Dance	3:06	Morningside Dance
2:42	St. Ambrose JV White Dance	2:48	St. Ambrose JV White Dance	2:54	St. Ambrose JV White Dance	3:00	St. Ambrose JV White Dance	3:06	St. Ambrose JV White Dance	3:12	St. Ambrose JV White Dance
2:48	Viterbo Dance	2:54	Viterbo Dance	3:00	Viterbo Dance	3:06	Viterbo Dance	3:12	Viterbo Dance	3:18	Viterbo Dance
2:54	Doane Dance	3:00	Doane Dance	3:06	Doane Dance	3:12	Doane Dance	3:18	Doane Dance	3:24	Doane Dance
3:00	Northwestern Dance	3:06	Northwestern Dance	3:12	Northwestern Dance	3:18	Northwestern Dance	3:24	Northwestern Dance	3:30	Northwestern Dance
3:06	Oklahoma City Dance	3:12	Oklahoma City Dance	3:18	Oklahoma City Dance	3:24	Oklahoma City Dance	3:30	Oklahoma City Dance	3:36	Oklahoma City Dance
3:12	William Penn Dance	3:18	William Penn Dance	3:24	William Penn Dance	3:30	William Penn Dance	3:36	William Penn Dance	3:42	William Penn Dance
3:18	Dordt Dance	3:24	Dordt Dance	3:30	Dordt Dance	3:36	Dordt Dance	3:42	Dordt Dance	3:48	Dordt Dance
3:24	York Dance	3:30	York Dance	3:36	York Dance	3:42	York Dance	3:48	York Dance	3:54	York Dance
3:30	Grand View Dance	3:36	Grand View Dance	3:42	Grand View Dance	3:48	Grand View Dance	3:54	Grand View Dance	4:00	Grand View Dance
3:36	Mount Mercy Dance	3:42	Mount Mercy Dance	3:48	Mount Mercy Dance	3:54	Mount Mercy Dance	4:00	Mount Mercy Dance	4:06	Mount Mercy Dance