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| 9:00-9:15 | Arrive and begin stretching |
| 9:15 | Teaching Sessions Begin |
| 10:15 | Ten Minute Break |
| 10:25 | Judging begins for Individual Cheer/Dance |
| 11:15 | Ten Minute Break |
| 11:25 | Judging begins for Group Cheer/Dance |
| 12:00-12:15 | Dismiss |