



March 13-14, 2010
CHAMPION CUP NATIONALS - VIRGINIA
 Sunday Order of Performance
NO Video Cameras/Cameras Allowed



| Check In | Stretch | Warm Up Area 1 | Tumble Track 1 | Tumble Track 2 | Warm Up Area 2 | Perform | GYM/SCHOOL/NAME | TEAM | DIVISION | LEVEL | |
|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|--------------------------------|--------------------------------|---------------------|----------------|--|
| | | | | | | | Session #1 | | | | |
| 8:18 AM | 8:22 AM | 8:26 AM | 8:30 AM | 8:42 AM | 8:46 AM | 8:58 AM | Paramount Cheer Extreme | Tiny Tots | Tiny | Level 1 | |
| 8:22 AM | 8:26 AM | 8:30 AM | 8:34 AM | 8:46 AM | 8:50 AM | 9:02 AM | CheerZone Allstars | Sizzle | Mini | Level 1 | |
| 8:26 AM | 8:30 AM | 8:34 AM | 8:38 AM | 8:50 AM | 8:54 AM | 9:06 AM | Wake Forest All Stars | Wolf Cubs | Tiny | Level 1 | |
| 8:30 AM | 8:34 AM | 8:38 AM | 8:42 AM | 8:54 AM | 8:58 AM | 9:10 AM | Renegade All-Star Cheer | Renegade All-Star Cheer | Mini | Level 1 | |
| 8:34 AM | 8:38 AM | 8:42 AM | 8:46 AM | 8:58 AM | 9:02 AM | 9:14 AM | USA NC | Cheetahs | Tiny | Level 1 | |
| 8:38 AM | 8:42 AM | 8:46 AM | 8:50 AM | 9:02 AM | 9:06 AM | 9:18 AM | CAS Cheer & Dance | Kittens | Mini | Level 1 | |
| 8:42 AM | 8:46 AM | 8:50 AM | 8:54 AM | 9:06 AM | 9:10 AM | 9:22 AM | USA Stafford | Lil' Rockets | Mini | Level 2 | |
| 8:46 AM | 8:50 AM | 8:54 AM | 8:58 AM | 9:10 AM | 9:14 AM | 9:26 AM | Wake Forest All Stars | Wolf Pups | Mini | Level 1 | |
| 8:50 AM | 8:54 AM | 8:58 AM | 9:02 AM | 9:14 AM | 9:18 AM | 9:30 AM | Cheer Elite Starz | Sparkles | Mini | Level 2 | |
| 8:54 AM | 8:58 AM | 9:02 AM | 9:06 AM | 9:18 AM | 9:22 AM | 9:34 AM | Paramount Cheer Extreme | Minis | Mini | Level 1 | |
| 8:58 AM | 9:02 AM | 9:06 AM | 9:10 AM | 9:22 AM | 9:26 AM | 9:38 AM | Valley Cheer All Stars | Gold | Mini | Level 2 | |
| | | | | | | 9:42 AM | OPEN | | | | |
| | | | | | | 9:46 AM | OPEN | | | | |
| | | | | | | 9:50 AM | OPEN | | | | |
| 9:14 AM | 9:18 AM | 9:22 AM | 9:26 AM | 9:38 AM | 9:42 AM | 9:54 AM | USA Richmond | Glory | Youth Small | Level 2 | |
| 9:18 AM | 9:22 AM | 9:26 AM | 9:30 AM | 9:42 AM | 9:46 AM | 9:58 AM | CA Stars | Freedom | Youth Small | Level 1 | |
| 9:22 AM | 9:26 AM | 9:30 AM | 9:34 AM | 9:46 AM | 9:50 AM | 10:02 AM | CheerZone Allstars | Flare | Youth Small | Level 2 | |
| 9:26 AM | 9:30 AM | 9:34 AM | 9:38 AM | 9:50 AM | 9:54 AM | 10:06 AM | USA Richmond | Firecrackers | Youth Small | Level 1 | |
| 9:30 AM | 9:34 AM | 9:38 AM | 9:42 AM | 9:54 AM | 9:58 AM | 10:10 AM | Renegade All-Star Cheer | Renegade All-Star Cheer | Youth Small | Level 2 | |
| 9:34 AM | 9:38 AM | 9:42 AM | 9:46 AM | 9:58 AM | 10:02 AM | 10:14 AM | USA NC | Jags | Youth Large | Level 1 | |
| 9:38 AM | 9:42 AM | 9:46 AM | 9:50 AM | 10:02 AM | 10:06 AM | 10:18 AM | Valley Cheer All Stars | Amethyst | Youth Small | Level 2 | |
| 9:42 AM | 9:46 AM | 9:50 AM | 9:54 AM | 10:06 AM | 10:10 AM | 10:22 AM | Paramount Cheer Extreme | Youth Red | Youth Large | Level 1 | |
| 9:46 AM | 9:50 AM | 9:54 AM | 9:58 AM | 10:10 AM | 10:14 AM | 10:26 AM | CAS Cheer & Dance | Predators | Youth Small | Level 2 | |
| | | | | | | 10:30 AM | OPEN | | | | |
| | | | | | | 10:34 AM | OPEN | | | | |
| 9:58 AM | 10:02 AM | 10:06 AM | 10:10 AM | 10:22 AM | 10:26 AM | 10:38 AM | Wake Forest All Stars | Timber Wolves | Youth Large | Level 2 | |
| 10:02 AM | 10:06 AM | 10:10 AM | 10:14 AM | 10:26 AM | 10:30 AM | 10:42 AM | USA Richmond | Victory | Junior Small | Level 2 | |
| 10:06 AM | 10:10 AM | 10:14 AM | 10:18 AM | 10:30 AM | 10:34 AM | 10:46 AM | USA NC | Pumas | Youth Large | Level 2 | |

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| 10:10 AM | 10:14 AM | 10:18 AM | 10:22 AM | 10:34 AM | 10:38 AM | 10:50 AM | USA Richmond | Pride | Junior Large | Level 2 |
| 10:14 AM | 10:18 AM | 10:22 AM | 10:26 AM | 10:38 AM | 10:42 AM | 10:54 AM | CheerZone Allstars | Blaze | Senior Large | Level 2 |
| 10:18 AM | 10:22 AM | 10:26 AM | 10:30 AM | 10:42 AM | 10:46 AM | 10:58 AM | Cheer Elite Starz | Sonic | Junior Large | Level 2 |
| 10:22 AM | 10:26 AM | 10:30 AM | 10:34 AM | 10:46 AM | 10:50 AM | 11:02 AM | USA Richmond | Lady Liberty | Senior Large | Level 2 |
| 10:26 AM | 10:30 AM | 10:34 AM | 10:38 AM | 10:50 AM | 10:54 AM | 11:06 AM | Paramount Cheer Extreme | Junior Red | Junior Large | Level 2 |
| 10:30 AM | 10:34 AM | 10:38 AM | 10:42 AM | 10:54 AM | 10:58 AM | 11:10 AM | CA Stars | Legacy | Senior Small | Level 2 |
| 10:34 AM | 10:38 AM | 10:42 AM | 10:46 AM | 10:58 AM | 11:02 AM | 11:14 AM | CAS Cheer & Dance | Fury | Junior Large | Level 2 |
| 10:38 AM | 10:42 AM | 10:46 AM | 10:50 AM | 11:02 AM | 11:06 AM | 11:18 AM | Chesapeake Cheer & Dance | Infinity | Senior Small | Level 2 |
| 10:42 AM | 10:46 AM | 10:50 AM | 10:54 AM | 11:06 AM | 11:10 AM | 11:22 AM | USA Richmond | Sparklers | Tiny | Exhibition |
| 10:46 AM | 10:50 AM | 10:54 AM | 10:58 AM | 11:10 AM | 11:14 AM | 11:26 AM | Renegade All-Star Cheer | Renegade All-Star Cheer | Special Needs | |
| | | | | | | | Session #1 Awards | | | |
| | | | | | | | Session #2 | | | |
| 12:02 PM | 12:06 PM | 12:10 PM | 12:14 PM | 12:26 PM | 12:30 PM | 12:42 PM | Fame All Stars | Fame All Stars | Junior Coed 5 | Exhibition |
| 12:06 PM | 12:10 PM | 12:14 PM | 12:18 PM | 12:30 PM | 12:34 PM | 12:46 PM | Paramount Cheer Extreme | Youth Black | Youth | Level 3 |
| 12:10 PM | 12:14 PM | 12:18 PM | 12:22 PM | 12:34 PM | 12:38 PM | 12:50 PM | USA NC | Prowlers | Junior Large | Level 3 |
| 12:14 PM | 12:18 PM | 12:22 PM | 12:26 PM | 12:38 PM | 12:42 PM | 12:54 PM | Cheer Elite Starz | Fire | Youth | Level 3 |
| 12:18 PM | 12:22 PM | 12:26 PM | 12:30 PM | 12:42 PM | 12:44 PM | 12:58 PM | USA Richmond | Cobras | Junior Small | Level 3 |
| 12:22 PM | 12:26 PM | 12:30 PM | 12:34 PM | 12:46 PM | 12:50 PM | 1:02 PM | Wake Forest All Stars | Red Wolves | Youth | Level 3 |
| 12:26 PM | 12:30 PM | 12:34 PM | 12:38 PM | 12:50 PM | 12:54 PM | 1:06 PM | Valley Cheer All Stars | Diamonds | Junior Small | Level 3 |
| | | | | | | | 1:10 PM | OPEN | | |
| | | | | | | | 1:14 PM | OPEN | | |
| 12:38 PM | 12:42 PM | 12:46 PM | 12:50 PM | 1:02 PM | 1:06 PM | 1:18 PM | CAS Cheer & Dance | Fierce | Senior Coed | Level 3 |
| 12:42 PM | 12:46 PM | 12:50 PM | 12:54 PM | 1:06 PM | 1:10 PM | 1:22 PM | USA Stafford | Explosion | Junior Coed | Level 3 |
| 12:46 PM | 12:50 PM | 12:54 PM | 12:58 PM | 1:10 AM | 1:14 PM | 1:26 PM | Cheer Elite Starz | Twisters | Senior Coed | Level 3 |
| 12:50 PM | 12:54 PM | 12:58 PM | 1:02 PM | 1:14 PM | 1:18 PM | 1:30 PM | Paramount Cheer Extreme | Junior Silver | Junior Coed | Level 3 |
| 12:54 PM | 12:58 PM | 1:02 PM | 1:06 PM | 1:18 PM | 1:22 PM | 1:34 PM | Fame All Stars | Fame All stars | Senior Coed | Level 3 |
| | | | | | | | 1:38 PM | OPEN | | |
| 1:02 PM | 1:06 PM | 1:10 PM | 1:14 PM | 1:26 PM | 1:30 PM | 1:42 PM | Renegade All-Star Cheer | Renegade All-Star Cheer | Senior Coed | Level 3 |
| 1:06 PM | 1:10 PM | 1:14 PM | 1:18 PM | 1:30 PM | 1:34 PM | 1:46 PM | Wake Forest AllStars | Artic Wolves | Senior Large | Level 4.2 |
| 1:10 PM | 1:14 PM | 1:18 PM | 1:22 PM | 1:34 PM | 1:38 PM | 1:50 PM | Valley Cheer All Stars | Platinum | Senior Small | Level 3 |
| 1:14 PM | 1:18 PM | 1:22 PM | 1:26 PM | 1:38 PM | 1:42 PM | 1:54 PM | USA Stafford | Unity | Senior Large | Level 4.2 |
| 1:18 PM | 1:22 PM | 1:26 PM | 1:30 PM | 1:42 PM | 1:46 PM | 1:58 PM | USA NC | Panthers | Senior Small | Level 3 |
| 1:22 PM | 1:26 PM | 1:30 PM | 1:34 PM | 1:46 PM | 1:50 PM | 2:02 PM | Paramount Cheer Extreme | Senior Silver | Senior Large | Level 4.2 |
| | | | | | | | 2:06 PM | OPEN | | |
| | | | | | | | 2:10 PM | OPEN | | |
| 1:34 PM | 1:38 PM | 1:42 PM | 1:46 PM | 1:58 PM | 2:02 PM | 2:14 PM | Cheer Elite Starz | Magic | Junior Coed | Level 4 |
| 1:38 PM | 1:42 PM | 1:46 PM | 1:50 PM | 2:02 PM | 2:06 PM | 2:18 PM | Fame All Stars | Fame All Stars | Senior Coed 4 | Exhibition |
| 1:42 PM | 1:46 PM | 1:50 PM | 1:54 PM | 2:06 PM | 2:10 PM | 2:22 PM | USA Stafford | Revolution | Junior Coed | Level 4 |
| 1:46 PM | 1:50 PM | 1:54 PM | 1:58 PM | 2:10 PM | 2:14 PM | 2:26 PM | USA Richmond | Stars | Junior Large | Level 4 |

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| 1:50 PM | 1:54 PM | 1:58 PM | 2:02 PM | 2:14 PM | 2:18 PM | 2:30 PM | CheerZone Allstars | Inferno | Senior Coed | Level 4 |
| 1:54 PM | 1:58 PM | 2:02 PM | 2:06 PM | 2:18 PM | 2:22 PM | 2:34 PM | USA NC | Wildcats | Junior Small | Level 4 |
| 1:58 PM | 2:02 PM | 2:06 PM | 2:10 PM | 2:22 PM | 2:26 PM | 2:38 PM | Paramount Cheer Extreme | Senior Xtreme | Senior Coed | Level 4 |
| 2:02 PM | 2:06 PM | 2:10 PM | 2:14 PM | 2:26 PM | 2:30 PM | 2:42 PM | Wake Forest All Stars | Black Wolves | Junior Small | Level 4 |
| 2:06 PM | 2:10 PM | 2:14 PM | 2:18 PM | 2:30 PM | 2:34 PM | 2:46 PM | Cheer Elite Starz | Fierce | Senior Coed | Level 4 |
| 2:10 PM | 2:14 PM | 2:18 PM | 2:22 PM | 2:34 PM | 2:38 PM | 2:50 PM | CA Stars | Power | Senior Small | Level 4 |
| 2:14 PM | 2:18 PM | 2:22 PM | 2:26 PM | 2:38 PM | 2:42 PM | 2:54 PM | USA Stafford | Justice | Senior Coed | Level 4 |
| 2:18 PM | 2:22 PM | 2:26 PM | 2:30 PM | 2:42 PM | 2:46 PM | 2:58 PM | USA Richmond | Independence | Senior Open Coed Large | Level 5 |
| | | | | | | | 3:02 PM | OPEN | | |
| 2:26 PM | 2:30 PM | 2:34 PM | 2:38 PM | 2:50 PM | 2:54 PM | 3:06 PM | Fame All Stars | Fame All stars | Senior Unlimited Coed | Level 5 |
| | | | | | | | Floor Change | | | |
| | | | | | | | School/Dance Session | | | |
| 3:34 PM | 3:38 PM | 3:42 PM | 3:46 PM | 3:58 PM | 4:02 PM | 4:14 PM | Purnell Swett High School | Purnell Swett High | Junior Varsity | Non-Tumble |
| 3:38 PM | 3:42 PM | 3:46 PM | 3:50 PM | 4:02 PM | 4:06 PM | 4:18 PM | USA Stafford | USA Stafford | Mini | Hip Hop |
| 3:42 PM | 3:46 PM | 3:50 PM | 3:54 PM | 4:06 PM | 4:10 PM | 4:22 PM | Currituck High School | Currituck High | Junior Varsity | Tumble |
| 3:46 PM | 3:50 PM | 3:54 PM | 3:58 PM | 4:10 PM | 4:14 PM | 4:26 PM | USA Richmond | USA Richmond | Youth Dance | Hip Hop |
| 3:50 PM | 3:54 PM | 3:58 PM | 4:02 PM | 4:14 PM | 4:18 PM | 4:30 PM | Lower Dauphin High School | Lower Dauphin High | Varsity Small | Tumble |
| 3:54 PM | 3:58 PM | 4:02 PM | 4:06 PM | 4:18 PM | 4:22 PM | 4:34 PM | CAS Cheer & Dance | Lynx | Junior | Pom Dance |
| 3:58 PM | 4:02 PM | 4:06 PM | 4:10 PM | 4:22 PM | 4:26 PM | 4:38 PM | Currituck High School | Currituck High | Varsity Small | Tumble |
| 4:02 PM | 4:06 PM | 4:10 PM | 4:14 PM | 4:26 PM | 4:30 PM | 4:42 PM | USA Stafford | Dance Divas | Junior | Hip Hop |
| 4:06 PM | 4:10 PM | 4:14 PM | 4:18 PM | 4:30 PM | 4:34 PM | 4:46 PM | Broughton High School | Broughton High | Varsity Medium | Tumble |
| 4:10 PM | 4:14 PM | 4:18 PM | 4:22 PM | 4:34 PM | 4:38 PM | 4:50 PM | USA Richmond | United | Senior Dance | Hip Hop |
| 4:14 PM | 4:18 PM | 4:22 PM | 4:26 PM | 4:38 PM | 4:42 PM | 4:54 PM | Holly Springs High School | Holly Springs High | Varsity Medium | Tumble |
| 4:18 PM | 4:22 PM | 4:26 PM | 4:30 PM | 4:42 PM | 4:46 PM | 4:58 PM | Purnell Swett High School | Purnell Swett High | Varsity Coed | Tumble |
| 4:22 PM | 4:26 PM | 4:30 PM | 4:34 PM | 4:46 PM | 4:50 PM | 5:02 PM | Steinert High School | Steinert High | Varsity Medium | Tumble |

Session #2 Awards
School/Dance Awards

800-732-2309 or 919-851-5436

GOOD LUCK

www.championcupnationals.com

2010-11 Competition Dates

Mark Your Calendar Now & Don't Miss Out On This Season's Exciting Events!

Champion Cup Nationals-NC

Greensboro, NC

April 10-11, 2010



Virginia Beach Championship

Norfolk, VA

October 30, 2010



Champion Cup Nationals-Raleigh

Raleigh, NC

December 18, 2010



Champions of the East

Raleigh, NC

January 22, 2011

The All-School Cheer & Dance Championship

Raleigh, NC

January 22, 2011



All-Star States/Nationals Warm-up Challenge

Greensboro, NC

February 26, 2011



Champion Cup Nationals-VA

Norfolk, VA

March 12-13, 2011

