

## OSSAA 2019 Cheer Regionals @ Union High School

I have included a full warm-up schedule below. We are planning on running an ON TIME event all day, so please help us with this by checking in, and arriving at your assigned times. Per OSSAA, the competition order cannot be changed unless there is an emergency.

### Coaches Passes

Each team is given only (3) three Coaches passes. These coaches' passes are required in order to get into the warm-up and hospitality area. Team photographers, managers or team moms will not be allowed access into Coaches/Competitor only areas.

### Hospitality Room

There will be a hospitality room with refreshments for coaches only. Cheerleaders, other children and non-coaches will NOT be allowed in this room. We will also post the scores for the whole division in this room.

### Pre-Ordered Shirts

If you are pre-ordering shirts, exact numbers and sizes will be due to Elizabeth Thiel (ethiel.arnp@yahoo.com) by Thursday, September 12<sup>th</sup>. No pre-orders will be accepted after that time. Pre-ordered shirts will be sorted and bagged and ready to pick up at the registration table the day of regionals. In order to pick up shirts, full payment must be turned in at pick up. Please make checks payable to UVCBC or you may pay on Cash App (\$UVCBC).

### Warm-up Flow

For warm-ups, you will need to have your entire team dressed and ready upon checking-in at the High School gym. If your cheerleaders need to change, they need to do that before your check-in time. Your team will have access to a section of the High School gym for stretching/jumping; however, **stunting and tumbling will not be permitted**. Your first mat time will be on 4 side-by-side panel mats. You will have a full (5) five minutes on this mat. You will then have (1) one minute to rotate to your next mat. Your second mat will be on 5 side-by-side panel mats. You will have a full (5) five minutes on this mat. Then you will be escorted into another holding area where you will have (5) five minutes to rotate and wait for your final mat. Your last mat will be on a Full Cheer Floor (9 panels). You will have (5) five minutes on this floor. From the Full Cheer Floor you will be escorted back to the UMAC and into the holding area. You will have (25) twenty-five minutes to rotate to the holding area.

### Bags

You can either keep your bags with you the entire warm-up process, or they will be left in the high school gym when you arrive at the stretching area. Either way, in order to stay on time, you will not be able to grab bags from the HS Gym once you have completed your warm-up on the Full Cheer Floor.

### Stunt Review

Please arrive with a copy of your stunt review on hand, just in case there are any concerns with the legalities of any part of your routine. If you do not have your copy of the accepted Stunt Review, you will be unable to contend any legalities given to your team. Any legality requests must be sent to [bjohnson@ossaa.com](mailto:bjohnson@ossaa.com).

## Music

If you are choosing to use music, please submit your Music Compliance Statement prior to September 13<sup>th</sup>. This form must be sent to [bjohnson@ossaa.com](mailto:bjohnson@ossaa.com). Schools using music without a form will not be permitted to use music in their regional routine. Cheer coaches will be responsible for playing their own music. A sound system will be provided.

Please contact me if you have any questions!

Mr. Courtney Frazier

frazier.courtney@unionps.org

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**Doors will open at 10:30 for competitors and 11:00 for spectators.**

## 2A Division

12:00 pm First Team in Division takes the Floor

12:35 pm 3A teams begin lining up at the On Deck area for Awards

12:50 pm 3A Awards Begin

Team	Warm-up Check In	4 Panel Mat (5 min.)	5 Panel Mat (5 min.)	Full Floor (5 min.)	Performance Time
<i>Pawhuska</i>	11:03 am	11:13 am	11:19 am	11:30 am	12:00 pm
<i>Weleetka</i>	11:09 am	11:19 am	11:25 am	11:36 am	12:06 pm
<i>Chouteau-Mazie</i>	11:15 am	11:25 am	11:31 am	11:42 am	12:12 pm
<i>Quapaw</i>	11:21 am	11:31 am	11:37 am	11:48 am	12:18 pm
<i>Fairland</i>	11:27 am	11:37 am	11:43 am	11:54 am	12:24 pm
<i>Pawnee</i>	11:33 am	11:43 am	11:49 am	12:00 pm	12:30 pm
<i>Commerce</i>	11:39 am	11:49 am	11:55 am	12:06 pm	12:36 pm

## 3A Division

1:00 pm First Team in Division takes the Floor

1:30 pm 4A teams begin lining up at the On Deck area for Awards

1:45 pm 4A Awards Begin

Team	Warm-up Check In	4 Panel Mat (5 min.)	5 Panel Mat (5 min.)	Full Floor (5 min.)	Performance Time
<i>Perry</i>	12:03 pm	12:13 pm	12:19 pm	12:30 pm	1:00 pm
<i>Washington</i>	12:09 pm	12:19 pm	12:25 pm	12:36 pm	1:06 pm
<i>Kiefer</i>	12:15 pm	12:25 pm	12:31 pm	12:42 pm	1:12 pm
<i>Lindsay</i>	12:21 pm	12:31 pm	12:37 pm	12:48 pm	1:18 pm
<i>Lincoln Christian</i>	12:27 pm	12:37 pm	12:43 pm	12:54 pm	1:24 pm
<i>Kellyville</i>	12:33 pm	12:43 pm	12:49 pm	1:00 pm	1:30 pm

## **4A Division**

2:00 pm First Team in Division takes the Floor  
2:45 pm Small Co-Ed teams begin lining up at the On Deck area for Awards  
3:05 pm Small Co-Ed Awards Begin

Team	Warm-up Check In	4 Panel Mat (5 min.)	5 Panel Mat (5 min.)	Full Floor (5 min.)	Performance Time
<i>Stigler</i>	1:03 pm	1:13 pm	1:19 pm	1:30 pm	2:00 pm
<i>Hilldale</i>	1:09 pm	1:19 pm	1:25 pm	1:36 pm	2:06 pm
<i>Verdigris</i>	1:15 pm	1:25 pm	1:31 pm	1:42 pm	2:12 pm
<i>Seminole</i>	1:21 pm	1:31 pm	1:37 pm	1:48 pm	2:18 pm
<i>Miami</i>	1:27 pm	1:37 pm	1:43 pm	1:54 pm	2:24 pm
<i>Sallisaw</i>	1:33 pm	1:43 pm	1:49 pm	2:00 pm	2:30 pm
<i>Westville</i>	1:39 pm	1:49 pm	1:55 pm	2:06 pm	2:36 pm
<i>Bristow</i>	1:45 pm	1:55 pm	2:01 pm	2:12 pm	2:42 pm
<i>Inola</i>	1:51 pm	2:01 pm	2:07 pm	2:18 pm	2:48 pm

## **6A Division**

3:45 pm First Team in Division takes the Floor  
4:35 pm 6A teams begin lining up at the On Deck area for Awards  
4:55 pm 6A Awards Begin

Team	Warm-up Check In	4 Panel Mat (5 min.)	5 Panel Mat (5 min.)	Full Floor (5 min.)	Performance Time
<i>Yukon</i>	2:53 pm	3:03 pm	3:09 pm	3:15 pm	3:45 pm
<i>Moore</i>	3:59 pm	3:09 pm	3:15 pm	3:21 pm	3:51 pm
<i>Southmoore</i>	3:05 pm	3:15 pm	3:21 pm	3:27 pm	3:57 pm
<i>Edmond Memorial</i>	3:11 pm	3:21 pm	3:27 pm	3:33 pm	4:03 pm
<i>Jenks</i>	3:17 pm	3:27 pm	3:33 pm	3:39 pm	4:09 pm
<i>Deer Creek</i>	3:23 pm	3:33 pm	3:39 pm	3:45 pm	4:15 pm
<i>Union</i>	3:29 pm	3:39 pm	3:45 pm	3:51 pm	4:21 pm
<i>Edmond North</i>	3:35 pm	3:45 pm	3:51 pm	3:57 pm	4:27 pm
<i>Edmond Santa Fe</i>	3:41 pm	3:51 pm	3:57 pm	4:03 pm	4:33 pm
<i>Norman</i>	3:47 pm	3:57 pm	4:03 pm	4:09 pm	4:39 pm