



## 2009 VHSL Cheer Championships Competition Schedule – Group AAA

Team	Dir.	Warm-up Check-in	Warm-up Floor A	Warm-up Floor B	Check-in Downstairs	Performance Time
<b>AAA Squads are seated in their section by area – 4:30</b>						
Kempsville/N.River	A	4:10		4:15 – 4:25	4:30	4:55
Kempsville/N.River	A	4:15	4:20 – 4:30		4:35	5:00
Herndon	A	4:20		4:25 – 4:35	4:40	5:06
Manchester	A	4:25	4:30 – 4:40		4:45	5:12
<b>AAA Squads are called to the floor for Introductions – 4:40</b>						
Colonial Forge	A	4:55		5:00 – 5:10	5:15	5:20
Hickory	A	5:00	5:05 – 5:15		5:20	5:26
Chantilly	A	5:05		5:10 – 5:20	5:25	5:32
J. R. Tucker	A	5:10	5:15 – 5:25		5:30	5:38
Battlefield	A	5:15		5:20 – 5:30	5:35	5:44
Ocean Lakes	A	5:25	5:30 – 5:40		5:45	5:50
Fairfax	A	5:30		5:35 – 5:45	5:50	5:56
Deep Run	A	5:35	5:40 – 5:50		5:55	6:02
Forest Park	A	5:40		5:45 – 5:55	6:00	6:08
Grassfield	A	5:45	5:50 – 6:00		6:05	6:14
Stone Bridge	A	5:55		6:00 – 6:10	6:15	6:20
James River	A	6:00	6:05 – 6:15		6:20	6:26
North Stafford	A	6:05		6:10 – 6:20	6:25	6:32
<b>Announce Group AAA Finalists @ 6:45</b>						
AAA	A			7:00- 7:05	7:10	7:15
AAA	A		7:05 – 7:10		7:15	7:20
AAA	A			7:10 - 7:15	7:20	7:25
AAA	A		7:15 - 7:20		7:25	7:30
AAA	A			7:20 - 7:25	7:30	7:35
<b>Presentation of Group AAA Awards – 7:50 – 8:00</b>						

Please note – schedule may vary. Teams must be prepared to go earlier or later than the above-scheduled times.