

## 2024 WHSAA STATE SPIRIT COMPETITION WARM UP SCHEDULE

Division	Team	Performance Location	Jewelry/Nail Check	Pictures	Stretch	Warm Up 1 Panel Mat	Warm Up Full Mat	On Deck	Compete
4A Gameday	Central	Floor Side	2:06	2:10	2:14	2:18	2:22	2:26	2:30
3A Gameday	Riverton	Mat Side		2:10	2:14	2:18	2:22	2:26	2:30
4A Gameday	Green River	Floor Side	2:14	2:18	2:22	2:26	2:30	2:34	2:38
3A Gameday	Powell	Mat Side		2:18	2:22	2:26	2:30	2:34	2:38
4A Gameday	Laramie	Floor Side	2:22	2:26	2:30	2:34	2:38	2:42	2:46
3A Gameday	Lyman	Mat Side		2:26	2:30	2:34	2:38	2:42	2:46
4A Gameday	Campbell County	Floor Side	2:30	2:34	2:38	2:42	2:46	2:50	2:54
3A Gameday	Mountain View	Mat Side		2:34	2:38	2:42	2:46	2:50	2:54
4A Gameday	Kelly Walsh	Floor Side	2:38	2:42	2:46	2:50	2:54	2:58	3:02
3A Gameday	Douglas	Mat Side		2:42	2:46	2:50	2:54	2:58	3:02
4A Gameday	Sheridan	Floor Side	2:46	2:50	2:54	2:58	3:02	3:06	3:10
3A Gameday	Buffalo	Mat Side		2:50	2:54	2:58	3:02	3:06	3:10
4A Gameday	Thunder Basin	Floor Side	2:54	2:58	3:02	3:06	3:10	3:14	3:18
3A Gameday	Pindale	Mat Side		2:58	3:02	3:06	3:10	3:14	3:18
4A Gameday	Star Valley	Floor Side	3:02	3:06	3:10	3:14	3:18	3:22	3:26
3A Gameday	Evanston	Mat Side		3:06	3:10	3:14	3:18	3:22	3:26
4A Gameday	South	Floor Side	3:10	3:14	3:18	3:22	3:26	3:30	3:34
3A Gameday	Worland	Mat Side		3:14	3:18	3:22	3:26	3:30	3:34
4A Gameday	Natrona County	Floor Side	3:18	3:22	3:26	3:30	3:34	3:38	3:42
3A Gameday	Cody	Mat Side		3:22	3:26	3:30	3:34	3:38	3:42
4A Gameday	East	Floor Side	3:26	3:30	3:34	3:38	3:42	3:46	3:50
3A Gameday	Rawlins	Mat Side		3:30	3:34	3:38	3:42	3:46	3:50
4A Jazz	Kelly Walsh	Floor Side	3:34	3:38	3:42	3:46	3:50	3:54	3:58
2A Gameday	Lovell	Mat Side		3:38	3:42	3:46	3:50	3:54	3:58
4A Jazz	Rock Springs	Floor Side	3:42	3:46	3:50	3:54	3:58	4:02	4:06
2A Gameday	Cokeville	Mat Side		3:46	3:50	3:54	3:58	4:02	4:06
4A Jazz	Jackson	Floor Side	3:50	3:54	3:58	4:02	4:06	4:10	4:14
2A Gameday	Kemmerer	Mat Side		3:54	3:58	4:02	4:06	4:10	4:14
4A Jazz	Star Valley	Floor Side	3:58	4:02	4:06	4:10	4:14	4:18	4:22
2A Gameday	Thermopolis	Mat Side		4:02	4:06	4:10	4:14	4:18	4:22
4A Jazz	Central	Floor Side	4:06	4:10	4:14	4:18	4:22	4:26	4:30
4A Stunt	Rock Springs	Mat Side		4:10	4:14	4:18	4:22	4:26	4:30
3A Jazz	Lander Valley	Floor Side	4:14	4:18	4:22	4:26	4:30	4:34	4:38
4A Stunt	East	Mat Side		4:18	4:22	4:26	4:30	4:34	4:38
3A Jazz	Green River	Floor Side	4:22	4:26	4:30	4:34	4:38	4:42	4:46
4A Stunt	Natrona County	Mat Side		4:26	4:30	4:34	4:38	4:42	4:46
3A Jazz	Lovell	Floor Side	4:30	4:34	4:38	4:42	4:46	4:50	4:54
4A Stunt	Central	Mat Side		4:34	4:38	4:42	4:46	4:50	4:54
3A Jazz	Lyman	Floor Side	4:38	4:42	4:46	4:50	4:54	4:58	5:02
4A Stunt	Star Valley	Mat Side		4:42	4:46	4:50	4:54	4:58	5:02
3A Jazz	Worland	Floor Side	4:46	4:50	4:54	4:58	5:02	5:06	5:10
4A Stunt	Thunder Basin	Mat Side		4:50	4:54	4:58	5:02	5:06	5:10
3A Jazz	Evanston	Floor Side	4:54	4:58	5:02	5:06	5:10	5:14	5:18
4A Stunt	Kelly Walsh	Mat Side		4:58	5:02	5:06	5:10	5:14	5:18
3A Jazz	Powell	Floor Side	5:02	5:06	5:10	5:14	5:18	5:22	5:26
4A Stunt	Campbell County	Mat Side		5:06	5:10	5:14	5:18	5:22	5:26
<b>BREAK</b>									
4A Hip Hop	Star Valley	Floor Side	5:26	5:30	5:34	5:38	5:42	5:46	5:50
		Mat Side		5:30	5:34	5:38	5:42	5:46	5:50
4A Hip Hop	Jackson	Floor Side	5:34	5:38	5:42	5:46	5:50	5:54	5:58
		Mat Side		5:38	5:42	5:46	5:50	5:54	5:58
4A Hip Hop	Kelly Walsh	Floor Side	5:42	5:46	5:50	5:54	5:58	6:02	6:06
		Mat Side		5:46	5:50	5:54	5:58	6:02	6:06
4A Hip Hop	Central	Floor Side	5:50	5:54	5:58	6:02	6:06	6:10	6:14
		Mat Side		5:54	5:58	6:02	6:06	6:10	6:14
4A Hip Hop	Rock Springs	Floor Side	5:58	6:02	6:06	6:10	6:14	6:18	6:22
		Mat Side		6:02	6:06	6:10	6:14	6:18	6:22
4A Hip Hop	East	Floor Side	6:06	6:10	6:14	6:18	6:22	6:26	6:30
		Mat Side		6:10	6:14	6:18	6:22	6:26	6:30
4A Hip Hop	Kemmerer	Floor Side	6:14	6:18	6:22	6:26	6:30	6:34	6:38
		Mat Side		6:18	6:22	6:26	6:30	6:34	6:38
3A Hip Hop	Natrona County	Floor Side	6:22	6:26	6:30	6:34	6:38	6:42	6:46
		Mat Side		6:26	6:30	6:34	6:38	6:42	6:46
3A Hip Hop	Evanston	Floor Side	6:30	6:34	6:38	6:42	6:46	6:50	6:54
		Mat Side		6:34	6:38	6:42	6:46	6:50	6:54
3A Hip Hop	Powell	Floor Side	6:38	6:42	6:46	6:50	6:54	6:58	7:02
		Mat Side		6:42	6:46	6:50	6:54	6:58	7:02
3A Hip Hop	Lyman	Floor Side	6:46	6:50	6:54	6:58	7:02	7:06	7:10
		Mat Side		6:50	6:54	6:58	7:02	7:06	7:10
3A Hip Hop	Green River	Floor Side	6:54	6:58	7:02	7:06	7:10	7:14	7:18
		Mat Side		6:58	7:02	7:06	7:10	7:14	7:18
4A CoEd	Rock Springs	Floor Side	7:02	7:06	7:10	7:14	7:18	7:22	7:26
		Mat Side		7:06	7:10	7:14	7:18	7:22	7:26
3A Hip Hop	Star Valley	Floor Side	7:10	7:14	7:18	7:22	7:26	7:30	7:34
		Mat Side		7:14	7:18	7:22	7:26	7:30	7:34
3A Hip Hop	Worland	Floor Side	7:18	7:22	7:26	7:30	7:34	7:38	7:42
		Mat Side		7:22	7:26	7:30	7:34	7:38	7:42
3A Hip Hop	Cokeville	Floor Side	7:26	7:30	7:34	7:38	7:42	7:46	7:50
		Mat Side		7:30	7:34	7:38	7:42	7:46	7:50