



2018 COA - MIDWEST NATIONALS OPEN PRACTICE SCHEDULE - HALL D FRIDAY, FEBRUARY 23, 2018



****Open Practice is open to participating teams ONLY! No spectators are allowed!****

Each team must report to the Practice Area by their designated time!

Each Cheer or Dance team will receive 7 minutes on a stretch strip, 7 minutes on a spring strip, and 7 minutes on a full spring floor.

Please arrive at practice check in (see event map) before your scheduled time.

Open practice spots will be available for walk ins. No reservations will be made.

	Floor - C1	Floor - C2	Floor - D1	Floor - D2
6:10 PM				
6:14 PM	Valley Elite - Big Red			
6:17 PM				
6:21 PM				
6:24 PM				
6:28 PM				
6:31 PM				
6:35 PM				
6:38 PM				
6:42 PM				
6:45 PM		Rockn Rolls - Rampage		
6:49 PM				
6:52 PM				
6:56 PM				
6:59 PM				
7:03 PM	Famous Superstars - Glam Squad			
7:06 PM		Rockn Rolls - Roar		
7:10 PM	Famous Superstars - Glitter			
7:13 PM				
7:17 PM	Famous Superstars - Diamonds		Rain Athletics - Electric	
7:20 PM				
7:24 PM	In10sity Cheer Allstars - Diamonds			
7:27 PM		Powerhouse Athletics - Surge		Rockn Rolls - Rogue
7:31 PM	BREAK			
7:34 PM				
7:38 PM			Rain Athletics - Royal	
7:41 PM				
7:45 PM			Rain Athletics - Drizzle	
7:48 PM				Rockn Rolls - Reckless
7:52 PM			Rain Athletics - Downpour	
7:55 PM				
7:59 PM	Broward Elite - Kat5		Powerhouse Athletics - Shock	
8:02 PM		VIP MD Vipers - Hydra		Perfection All Stars- Icons
8:06 PM	Famous Superstars - Royalty		Powerhouse Athletics - Volt	
8:09 PM		Infinity Athletics - Pas5ion		Perfection All Stars - Ultra Violet
8:13 PM	Famous Superstars - Gold		Powerhouse Athletics - Force	
8:16 PM		Infinity Athletics - Black Diamond		Perfection All Stars - Purple Reign
8:20 PM	Rockn Rolls - Rogue		Rain Athletics - Aqua	
8:23 PM		Infinity Athletics - Black Lighting		Perfection All Stars - Pink Envy
8:27 PM			ICE - Golden Girls	
8:30 PM		Rain Athletics - Haze		Perfection All Stars - Purple Bliss
8:34 PM				
8:37 PM		Rain Athletics - Storm		Perfection All Stars - Sassy Pink