



CHEER AND DANCE DAY OF DUALS

Saturday, February 10, 2024

Hosted by Concordia University, Nebraska

Competitive Cheer Teams:

Benedictine College, Columbia College, Concordia University (NE), Dordt University, Grand View University, Midland University, MidAmerica Nazarene University, Morningside University, Mount Marty University, Mount Mercy University, Northwestern College, Oklahoma City University, William Penn University, William Woods University and York University.

Competitive Dance Teams:

Baker University, Benedictine College, College of Saint Mary, Concordia University (NE), Dordt University, Grand View University, Hastings College, Midland University, Missouri Baptist University, Morningside University, Mount Mercy University, Northwestern College, Viterbo University, William Penn University and York University.

COMPETITION BRACKET

CHEER ROUND 1	DANCE ROUND 1
Grand View University v. Northwestern College	Baker University v. Midland University
MidAmerica Nazarene v. Midland University	Grand View University v. Morningside University
Morningside University v. Oklahoma City University	College of Saint Mary v. Mount Mercy University
Concordia University (NE) v. Columbia College	William Penn University v. Concordia University (NE)
Mount Mercy University v. Dordt University v. Williams Woods University	Dordt University v. Missouri Baptist University v. York University
Mount Marty University v. Benedictine College	Benedictine College v. Northwestern College
William Penn University v. York University	Viterbo University v. Hastings College
CHEER ROUND 2	DANCE ROUND 2
Oklahoma City University v. Midland University	Benedictine College v. Concordia University (NE)
Benedictine College v. Dordt University	Midland University v. Missouri Baptist University
William Woods University v. Concordia University (NE)	Morningside University v. Baker University
York University v. Mount Mercy University	Viterbo University v. Northwestern College
Columbia College v. Mount Marty v. William Penn University	Grand View University v. Hastings College v. Mount Mercy University
Grand View University v. Morningside University	York University v. College of Saint Mary
Northwestern College v. MidAmerica Nazarene	Dordt University v. William Penn University

HOME TEAM DESIGNATION: *The first team listed for each dual/triangular competition will be considered the home team.*

SCORE REPORTING PROCESS: *The home team is assigned to enter scores within 24 hours of the competition date. The home team Sports Information Director (SID) will be assigned to enter the scores for the contest.*

COMPETITION SCHEDULE

Time	Description	Location	Teams
7:30 AM – 8:15 AM	Check-In	Entry of Walz Athletic Complex	All
8:00 AM	Coaches Meeting	Hall of Fame Room in Friedrich Arena	All Coaches
8:30 AM	Officials Meeting	Hall of Fame Room in Friedrich Arena	All Officials
9:45 AM	Competition Mats Out	Friedrich Arena	Concordia Cheer Team
9:55 AM	National Anthem	Friedrich Arena	All
10:00 AM	Cheer Round 1 Begins	Friedrich Arena	All
11:27 AM	Competition Mats Up	Friedrich Arena	Concordia Cheer Team
11:36 AM	Dance Round 1 Begins	Friedrich Arena	All
1:06 PM	Competition Mats Out	Friedrich Arena	Concordia Cheer Team
1:18 PM	Cheer Round 2 Begins	Friedrich Arena	All
2:45 PM	Competition Mats Up	Friedrich Arena	Concordia Cheer Team
2:54 PM	Dance Round 2 Begins	Friedrich Arena	All
4:30 PM	Senior Recognition	Friedrich Arena	Concordia University, Nebraska
4:45 PM	Score Announcements & Award Presentation	Friedrich Arena	All

COMPETITION SCHEDULES

COMPETITION SCHEDULE									
CHEER ROUND 1									
	Warm up 1 (No Mats)		Music Floor (Full Floor)		Transition		Tunnel/Holding		Performance Floor
	PE GYM		PE GYM		Walz Athletic Complex		Friedrich Arena		Friedrich Arena
9:36	Grand View Cheer	9:42	Grand View Cheer	9:48	Grand View Cheer	9:54	Grand View Cheer	10:00	Grand View Cheer
9:42	MidAmerican Nazarene Cheer	9:48	MidAmerican Nazarene Cheer	9:54	MidAmerican Nazarene Cheer	10:00	MidAmerican Nazarene Cheer	10:06	MidAmerican Nazarene Cheer
9:48	Northwestern Cheer	9:54	Northwestern Cheer	10:00	Northwestern Cheer	10:06	Northwestern Cheer	10:12	Northwestern Cheer
9:54	Midland Cheer	10:00	Midland Cheer	10:06	Midland Cheer	10:12	Midland Cheer	10:18	Midland Cheer
10:00	Morningside Cheer	10:06	Morningside Cheer	10:12	Morningside Cheer	10:18	Morningside Cheer	10:24	Morningside Cheer
10:06	Concordia Cheer	10:12	Concordia Cheer	10:18	Concordia Cheer	10:24	Concordia Cheer	10:30	Concordia Cheer
10:12	Oklahoma City Cheer	10:18	Oklahoma City Cheer	10:24	Oklahoma City Cheer	10:30	Oklahoma City Cheer	10:36	Oklahoma City Cheer
10:18	Columbia Cheer	10:24	Columbia Cheer	10:30	Columbia Cheer	10:36	Columbia Cheer	10:42	Columbia Cheer
10:24	Mount Mercy Cheer	10:30	Mount Mercy Cheer	10:36	Mount Mercy Cheer	10:42	Mount Mercy Cheer	10:48	Mount Mercy Cheer
10:30	Mount Marty Cheer	10:36	Mount Marty Cheer	10:42	Mount Marty Cheer	10:48	Mount Marty Cheer	10:54	Mount Marty Cheer
10:36	Dordt Cheer	10:42	Dordt Cheer	10:48	Dordt Cheer	10:54	Dordt Cheer	11:00	Dordt Cheer
10:42	Benedictine Cheer	10:48	Benedictine Cheer	10:54	Benedictine Cheer	11:00	Benedictine Cheer	11:06	Benedictine Cheer
10:48	William Woods Cheer	10:54	William Woods Cheer	11:00	William Woods Cheer	11:06	William Woods Cheer	11:12	William Woods Cheer
10:54	William Penn Cheer	11:00	William Penn Cheer	11:06	William Penn Cheer	11:12	William Penn Cheer	11:18	William Penn Cheer
11:00	York Cheer	11:06	York Cheer	11:12	York Cheer	11:18	York Cheer	11:24	York Cheer
Warm-up Mats Roll-Up					Competition Mats Roll-Up				

COMPETITION SCHEDULE									
DANCE ROUND 1									
	Warm up		Music Floor (Full Floor)		Transition		Tunnel/Holding		Performance Floor
	PE GYM		PE GYM		Walz Athletic Complex		Friedrich Arena		Friedrich Arena
11:12	Baker Dance	11:18	Baker Dance	11:24	Baker Dance	11:30	Baker Dance	11:36	Baker Dance
11:18	Grand View Dance	11:24	Grand View Dance	11:30	Grand View Dance	11:36	Grand View Dance	11:42	Grand View Dance
11:24	Midland Dance	11:30	Midland Dance	11:36	Midland Dance	11:42	Midland Dance	11:48	Midland Dance
11:30	Morningside Dance	11:36	Morningside Dance	11:42	Morningside Dance	11:48	Morningside Dance	11:54	Morningside Dance
11:36	College Saint Mary Dance	11:42	College Saint Mary Dance	11:48	College Saint Mary Dance	11:54	College Saint Mary Dance	12:00	College Saint Mary Dance
11:42	William Penn Dance	11:48	William Penn Dance	11:54	William Penn Dance	12:00	William Penn Dance	12:06	William Penn Dance
11:48	Mount Mercy Dance	11:54	Mount Mercy Dance	12:00	Mount Mercy Dance	12:06	Mount Mercy Dance	12:12	Mount Mercy Dance
11:54	Concordia Dance	12:00	Concordia Dance	12:06	Concordia Dance	12:12	Concordia Dance	12:18	Concordia Dance
12:00	Dordt Dance	12:06	Dordt Dance	12:12	Dordt Dance	12:18	Dordt Dance	12:24	Dordt Dance
12:06	Benedictine Dance	12:12	Benedictine Dance	12:18	Benedictine Dance	12:24	Benedictine Dance	12:30	Benedictine Dance
12:12	Missouri Baptist Dance	12:18	Missouri Baptist Dance	12:24	Missouri Baptist Dance	12:30	Missouri Baptist Dance	12:36	Missouri Baptist Dance
12:18	Northwestern Dance	12:24	Northwestern Dance	12:30	Northwestern Dance	12:36	Northwestern Dance	12:42	Northwestern Dance
12:24	York Dance	12:30	York Dance	12:36	York Dance	12:42	York Dance	12:48	York Dance
12:30	Viterbo Dance	12:36	Viterbo Dance	12:42	Viterbo Dance	12:48	Viterbo Dance	12:54	Viterbo Dance
12:36	Hastings Dance	12:42	Hastings Dance	12:48	Hastings Dance	12:54	Hastings Dance	1:00	Hastings Dance
Warm-up Mats Roll-Out					Competition Mats Roll-Out				

COMPETITION SCHEDULE

CHEER ROUND 2

	Warm up 1 (No Mats)		Music Floor (Full Floor)		Transition		Tunnel/Holding		Performance Floor
	PE GYM		PE GYM		Walz Athletic Complex		Friedrich Arena		Friedrich Arena
12:45	Oklahoma City Cheer	1:00	Oklahoma City Cheer	1:06	Oklahoma City Cheer	1:12	Oklahoma City Cheer	1:18	Oklahoma City Cheer
1:00	Benedictine Cheer	1:06	Benedictine Cheer	1:12	Benedictine Cheer	1:18	Benedictine Cheer	1:24	Benedictine Cheer
1:06	Midland Cheer	1:12	Midland Cheer	1:18	Midland Cheer	1:24	Midland Cheer	1:30	Midland Cheer
1:12	Dordt Cheer	1:18	Dordt Cheer	1:24	Dordt Cheer	1:30	Dordt Cheer	1:36	Dordt Cheer
1:18	William Woods Cheer	1:24	William Woods Cheer	1:30	William Woods Cheer	1:36	William Woods Cheer	1:42	William Woods Cheer
1:24	York Cheer	1:30	York Cheer	1:36	York Cheer	1:42	York Cheer	1:48	York Cheer
1:30	Concordia Cheer	1:36	Concordia Cheer	1:42	Concordia Cheer	1:48	Concordia Cheer	1:54	Concordia Cheer
1:36	Mount Mercy Cheer	1:42	Mount Mercy Cheer	1:48	Mount Mercy Cheer	1:54	Mount Mercy Cheer	2:00	Mount Mercy Cheer
1:42	Columbia Cheer	1:48	Columbia Cheer	1:54	Columbia Cheer	2:00	Columbia Cheer	2:06	Columbia Cheer
1:48	Grand View Cheer	1:54	Grand View Cheer	2:00	Grand View Cheer	2:06	Grand View Cheer	2:12	Grand View Cheer
1:54	Mount Marty Cheer	2:00	Mount Marty Cheer	2:06	Mount Marty Cheer	2:12	Mount Marty Cheer	2:18	Mount Marty Cheer
2:00	Morningside Cheer	2:06	Morningside Cheer	2:12	Morningside Cheer	2:18	Morningside Cheer	2:24	Morningside Cheer
2:06	William Penn Cheer	2:12	William Penn Cheer	2:18	William Penn Cheer	2:24	William Penn Cheer	2:30	William Penn Cheer
2:12	Northwestern Cheer	2:18	Northwestern Cheer	2:24	Northwestern Cheer	2:30	Northwestern Cheer	2:36	Northwestern Cheer
2:18	MidAmerican Nazarene Cheer	2:24	MidAmerican Nazarene Cheer	2:30	MidAmerican Nazarene Cheer	2:36	MidAmerican Nazarene Cheer	2:42	MidAmerican Nazarene Cheer
Warm-up Mats Roll-Up					Competition Mats Roll-Up				

COMPETITION SCHEDULE

DANCE ROUND 2

	Warm up		Music Floor (Full Floor)		Transition		Tunnel/Holding		Performance Floor
	PE GYM		PE GYM		Walz Athletic Complex		Friedrich Arena		Friedrich Arena
2:30	Benedictine Dance	2:36	Benedictine Dance	2:42	Benedictine Dance	2:48	Benedictine Dance	2:54	Benedictine Dance
2:36	Midland Dance	2:42	Midland Dance	2:48	Midland Dance	2:54	Midland Dance	3:00	Midland Dance
2:42	Concordia Dance	2:48	Concordia Dance	2:54	Concordia Dance	3:00	Concordia Dance	3:06	Concordia Dance
2:48	Missouri Baptist Dance	2:54	Missouri Baptist Dance	3:00	Missouri Baptist Dance	3:06	Missouri Baptist Dance	3:12	Missouri Baptist Dance
2:54	Morningside Dance	3:00	Morningside Dance	3:06	Morningside Dance	3:12	Morningside Dance	3:18	Morningside Dance
3:00	Viterbo Dance	3:06	Viterbo Dance	3:12	Viterbo Dance	3:18	Viterbo Dance	3:24	Viterbo Dance
3:06	Baker Dance	3:12	Baker Dance	3:18	Baker Dance	3:24	Baker Dance	3:30	Baker Dance
3:12	Northwestern Dance	3:18	Northwestern Dance	3:24	Northwestern Dance	3:30	Northwestern Dance	3:36	Northwestern Dance
3:18	Grand View Dance	3:24	Grand View Dance	3:30	Grand View Dance	3:36	Grand View Dance	3:42	Grand View Dance
3:24	York Dance	3:30	York Dance	3:36	York Dance	3:42	York Dance	3:48	York Dance
3:30	Hastings Dance	3:36	Hastings Dance	3:42	Hastings Dance	3:48	Hastings Dance	3:54	Hastings Dance
3:36	College Saint Mary Dance	3:42	College Saint Mary Dance	3:48	College Saint Mary Dance	3:54	College Saint Mary Dance	4:00	College Saint Mary Dance
3:42	Mount Mercy Dance	3:48	Mount Mercy Dance	3:54	Mount Mercy Dance	4:00	Mount Mercy Dance	4:06	Mount Mercy Dance
3:48	Dordt Dance	3:54	Dordt Dance	4:00	Dordt Dance	4:06	Dordt Dance	4:12	Dordt Dance
3:54	William Penn Dance	4:00	William Penn Dance	4:06	William Penn Dance	4:12	William Penn Dance	4:18	William Penn Dance