

School Name	Division	#	Coach Check In	MS Warm Up 1	MS Warm Up 2	HS Warm Up	On Deck	Compete
A.L. Brown High School	JV Game Day	12	8:48 AM	9:00 AM	9:12 AM	9:30 AM	9:36 AM	9:42 AM
Conley High School	Varsity Game Day	20	8:54 AM	9:06 AM	9:18 AM	9:36 AM	9:42 AM	9:48 AM
Southern Alamance High School	Varsity Game Day	20	9:00 AM	9:12 AM	9:24 AM	9:42 AM	9:48 AM	9:54 AM
West Forsyth High School	Varsity Game Day	15	9:06 AM	9:18 AM	9:30 AM	9:48 AM	9:54 AM	10:00 AM
North Lincoln High School	Varsity Game Day	16	9:12 AM	9:24 AM	9:36 AM	9:54 AM	10:00 AM	10:06 AM
Athens Drive High School	Varsity Non Building Game Day	10	9:18 AM	9:30 AM	9:42 AM	10:00 AM	10:06 AM	10:12 AM
Cherryville High School	Varsity Non Building Game Day	15	9:24 AM	9:36 AM	9:48 AM	10:06 AM	10:12 AM	10:18 AM
Garner High School	Varsity Non Building Game Day	14	9:30 AM	9:42 AM	9:54 AM	10:12 AM	10:18 AM	10:24 AM
Millbrook High School	Varsity Non Building Game Day	12	9:36 AM	9:48 AM	10:00 AM	10:18 AM	10:24 AM	10:30 AM
Judges Break								
Alexander Central High School	Varsity Non Tumbling Game Day D1	15	10:00 AM	10:12 AM	10:24 AM	10:42 AM	10:48 AM	10:54 AM
Eastern Guilford High School	Varsity Non Tumbling Game Day D1	13	10:06 AM	10:18 AM	10:30 AM	10:48 AM	10:54 AM	11:00 AM
Goldsboro High School	Varsity Non Tumbling Game Day D2	14	10:12 AM	10:24 AM	10:36 AM	10:54 AM	11:00 AM	11:06 AM
St Pauls High School	Varsity Non Tumbling Game Day D2	9	10:18 AM	10:30 AM	10:42 AM	11:00 AM	11:06 AM	11:12 AM
West Columbus High School	Varsity Non Tumbling Game Day D2	16	10:24 AM	10:36 AM	10:48 AM	11:06 AM	11:12 AM	11:18 AM
West Stanly High School	Varsity Non Tumbling Game Day D2	12	10:30 AM	10:42 AM	10:54 AM	11:12 AM	11:18 AM	11:24 AM
Northeastern High School	Varsity Non Tumbling Game Day D2	6	10:36 AM	10:48 AM	11:00 AM	11:18 AM	11:24 AM	11:30 AM
West Stokes High School	Varsity COED Game Day	11	10:42 AM	10:54 AM	11:06 AM	11:24 AM	11:30 AM	11:36 AM
A.L. Brown High School	Varsity COED Game Day	23	10:48 AM	11:00 AM	11:12 AM	11:30 AM	11:36 AM	11:42 AM
Judges Break								

Athens Drive High School	High School Non-Building JV	7	11:12 AM	11:24 AM	11:36 AM	11:54 AM	12:00 PM	12:06 PM
Camden County High School	High School Non-Building JV	16	11:18 AM	11:30 AM	11:42 AM	12:00 PM	12:06 PM	12:12 PM
Millbrook High School	High School Non-Building JV	13	11:24 AM	11:36 AM	11:48 AM	12:06 PM	12:12 PM	12:18 PM
Cardinal Gibbons High School	High School Non-Building Varsity	23	11:30 AM	11:42 AM	11:54 AM	12:12 PM	12:18 PM	12:24 PM
St Pauls High School	High School Non-Building Varsity	8	11:36 AM	11:48 AM	12:00 PM	12:18 PM	12:24 PM	12:30 PM
Charlotte Catholic High School	High School Non Building Varsity	12	11:42 AM	11:54 AM	12:06 PM	12:24 PM	12:30 PM	12:36 PM
Eastern Guilford High School	JV Non Tumble D1	6	11:48 AM	12:00 PM	12:12 PM	12:30 PM	12:36 PM	12:42 PM
Purnell Swett High School	JV Non Tumble D1	11	11:54 AM	12:06 PM	12:18 PM	12:36 PM	12:42 PM	12:48 PM
Hoggard High School	JV Non Tumble D1	12	12:00 PM	12:12 PM	12:24 PM	12:42 PM	12:48 PM	12:54 PM
Maiden High School	JV Non Tumble D2	13	12:06 PM	12:18 PM	12:30 PM	12:48 PM	12:54 PM	1:00 PM
North Johnston High School	JV Non Tumble D2	8	12:12 PM	12:24 PM	12:36 PM	12:54 PM	1:00 PM	1:06 PM
Judges Break								
Ashley High School	Large Varsity Non-Tumble D1	23	12:54 PM	1:06 PM	1:18 PM	1:36 PM	1:42 PM	1:48 PM
Pinecrest High School	Large Varsity Non-Tumble D1	20	1:00 PM	1:12 PM	1:24 PM	1:42 PM	1:48 PM	1:54 PM
Bear Grass Charter School	Medium Varsity Non-Tumble D2	18	1:06 PM	1:18 PM	1:30 PM	1:48 PM	1:54 PM	2:00 PM
North Johnston High School	Medium Varsity Non-Tumble D2	18	1:12 PM	1:24 PM	1:36 PM	1:54 PM	2:00 PM	2:06 PM
Eastern Guilford High School	Small Varsity Non-Tumble D1	11	1:18 PM	1:30 PM	1:42 PM	2:00 PM	2:06 PM	2:12 PM
Mallard Creek High School	Small Varsity Non-Tumble D1	13	1:24 PM	1:36 PM	1:48 PM	2:06 PM	2:12 PM	2:18 PM
Northwest Guilford High School	Small Varsity Non-Tumble D1	12	1:30 PM	1:42 PM	1:54 PM	2:12 PM	2:18 PM	2:24 PM

Purnell Swett High School	Small Varsity Non-Tumble D1	12	1:36 PM	1:48 PM	2:00 PM	2:18 PM	2:24 PM	2:30 PM
Topsail High School	Small Varsity Non-Tumble D1	12	1:42 PM	1:54 PM	2:06 PM	2:24 PM	2:30 PM	2:36 PM
Currituck County High School	Small Varsity Non-Tumble D2	10	1:48 PM	2:00 PM	2:12 PM	2:30 PM	2:36 PM	2:42 PM
Forbush High School	Small Varsity Non-Tumble D2	7	1:54 PM	2:06 PM	2:18 PM	2:36 PM	2:42 PM	2:48 PM
Lincoln Charter School	Small Varsity Non-Tumble D2	7	2:00 PM	2:12 PM	2:24 PM	2:42 PM	2:48 PM	2:54 PM
Maiden High School	Small Varsity Non-Tumble D2	15	2:06 PM	2:18 PM	2:30 PM	2:48 PM	2:54 PM	3:00 PM
North Stokes High School	Small Varsity Non-Tumble D2	9	2:12 PM	2:24 PM	2:36 PM	2:54 PM	3:00 PM	3:06 PM
Neuse Charter High School	Varsity Non-Tumble COED	12	2:18 PM	2:30 PM	2:42 PM	3:00 PM	3:06 PM	3:12 PM
Grimsley High School	Varsity Non-Tumble COED	14	2:24 PM	2:36 PM	2:48 PM	3:06 PM	3:12 PM	3:18 PM
Judges Break								
Myers Park High School	Small Varsity Coed	15	2:48 PM	3:00 PM	3:12 PM	3:30 PM	3:36 PM	3:42 PM
Lake Norman High School	Small Varsity Coed	14	2:54 PM	3:06 PM	3:18 PM	3:36 PM	3:42 PM	3:48 PM
West Stokes High School	Small Varsity Coed	7	3:00 PM	3:12 PM	3:24 PM	3:42 PM	3:48 PM	3:54 PM
Western Harnett High School	Small Varsity Coed	19	3:06 PM	3:18 PM	3:30 PM	3:48 PM	3:54 PM	4:00 PM
Broughton High School	JV Performance	12	3:12 PM	3:24 PM	3:36 PM	3:54 PM	4:00 PM	4:06 PM
Cardinal Gibbons High School	JV Performance	19	3:18 PM	3:30 PM	3:42 PM	4:00 PM	4:06 PM	4:12 PM
Topsail High School	JV Performance	12	3:24 PM	3:36 PM	3:48 PM	4:06 PM	4:12 PM	4:18 PM
Broughton High School	Medium Varsity D1	18	3:30 PM	3:42 PM	3:54 PM	4:12 PM	4:18 PM	4:24 PM
Davie County High School	Medium Varsity D1	19	3:36 PM	3:48 PM	4:00 PM	4:18 PM	4:24 PM	4:30 PM
Hoggard High School	Medium Varsity D1	16	3:42 PM	3:54 PM	4:06 PM	4:24 PM	4:30 PM	4:36 PM
East Gaston High School	Medium Varsity D2	19	3:48 PM	4:00 PM	4:12 PM	4:30 PM	4:36 PM	4:42 PM
Southside High School	Medium Varsity D2	18	3:54 PM	4:06 PM	4:18 PM	4:36 PM	4:42 PM	4:48 PM

Judges Break								
Athens Drive High School	Small Varsity	10	4:18 PM	4:30 PM	4:42 PM	5:00 PM	5:06 PM	5:12 PM
Aycock High School	Small Varsity	14	4:24 PM	4:36 PM	4:48 PM	5:06 PM	5:12 PM	5:18 PM
Cherryville High School	Small Varsity	13	4:30 PM	4:42 PM	4:54 PM	5:12 PM	5:18 PM	5:24 PM
Garner High School	Small Varsity	11	4:36 PM	4:48 PM	5:00 PM	5:18 PM	5:24 PM	5:30 PM
Mooresville High School	Super Varsity D1	24	4:42 PM	4:54 PM	5:06 PM	5:24 PM	5:30 PM	5:36 PM
Union Pines High School	Super Varsity D1	24	4:48 PM	5:00 PM	5:12 PM	5:30 PM	5:36 PM	5:42 PM
Marvin Ridge High School	Super Varsity D1	24	4:54 PM	5:06 PM	5:18 PM	5:36 PM	5:42 PM	5:48 PM
South Caldwell High School	Varsity Game Day	11	5:00 PM	5:12 PM	5:24 PM	5:42 PM	5:48 PM	5:54 PM

**Coach Check In:** One registered coach from each team should check-in at the middle school. Once checked in, the event staff will bring teams in approximately 6 minutes prior to their first warm up. Please make sure you have the following at check-in:

1. Waivers (for athletes and the two registered coaches)
2. Music License/Proof of Music
3. Two coaches per team will be given coach passes once waivers and music license is submitted.

**MS Warm Up 1:** Teams will begin their first warm up on 2 strips of cheer floor in the middle school. This initial warm up is 12 minutes.

**MS Warm Up 2:** Teams will move to the second warm up station in the middle school on the full, 9 mat, floor. The second warm up on the full floor is 6 minutes. Music is available at this warm up.

**Travel to High School:** Following the second middle school warm up station, teams have 12 minutes of travel time to the high school.

**HS Warm Up:** Teams will have a final warm up opportunity at the high school on 3 strips of cheer floor. This final warm up in the high school is 6 minutes.

**On Deck:** Following the final warm up in the high school, teams will transition to on deck and will have a 6 minute break before taking the competition floor.

**Compete:** This time is when teams will take the floor to compete.

**Music:** Music must be played via .mp3/auxiliary cord. If using a phone, please make sure the case is taken off, the phone is placed in airplane mode, all notifications are turned off, and the volume is turned up all the way once you plug it into the aux cord.

**Spectators:** Spectators are only allowed inside the venue during their team performance.

**Spectator Check In:** Spectators should arrive at the check-in table located outside of the high school venue entrance at the designated time listed on the schedule to prepare for entrance inside.

**Spectator Holding Area:** Once it is time for the spectators to move to the spectator holding area, they will move from the outside check-in station, to the inside holding area. Once it is time for their team to take the floor, spectators will be brought into the competition performance venue.

**Exit:** Once the team performs in the competition venue, all athletes, coaches, and spectators should immediately vacate the venue.

**Face-Coverings:** All athletes and spectators must wear face-coverings at all times while inside the venues. This includes when athletes are warming up and competing.

**Competition Rules:** Click [HERE](#) for the 2020-21 UCA Competition Rules.

**Safety & Deduction Sheets:** A registered coach may pick up their safety and deduction sheets from the high school lobby approximately 10-15 minutes following their team performance.

**Awards:** The NCHSAA will live-stream the awards ceremony following completion of the competition. The live-stream link will be provided to registered coaches prior to the competition date. All 1st - 3rd place teams will receive awards shipped to their school following the announcement of awards.

**Results & Scores:** Score sheets will be scanned and emailed to each registered coach during the week following the event. Results and rankings will be included in this email to coaches.

**BAND Group:** Join the NCHSAA 2021 Cheer Invitational BAND group here: <https://band.us/n/aca95cw1G1dbj>



NCHSAA Cheerleading Invitational – TEAM COPY  
May 22, 2021 – Southern Alamance High School

