

# 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	Complete
4A Gameday	Kelly Walsh	Floor	1:04	1:08	1:12	1:16	1:20	1:24	1:30
3A Gameday	Lyman	Mat	1:08	1:12	1:16	1:20	1:24	1:28	1:34
4A Gameday	Thunder Basin	Floor	1:12	1:16	1:20	1:24	1:28	1:32	1:38
3A Gameday	Douglas	Mat	1:16	1:20	1:24	1:28	1:32	1:36	1:42
4A Gameday	Star Valley	Floor	1:20	1:24	1:28	1:32	1:36	1:40	1:46
3A Gameday	Torrington	Mat	1:24	1:28	1:32	1:36	1:40	1:44	1:50
4A Gameday	Rock Springs	Floor	1:28	1:32	1:36	1:40	1:44	1:48	1:54
3A Gameday	Mountain View	Mat	1:32	1:36	1:40	1:44	1:48	1:52	1:58
4A Gameday	Green River	Floor	1:36	1:40	1:44	1:48	1:52	1:56	2:02
3A Gameday	Powell	Mat	1:40	1:44	1:48	1:52	1:56	2:00	2:06
4A Gameday	Laramie	Floor	1:44	1:48	1:52	1:56	2:00	2:04	2:10
3A Gameday	Pinedale	Mat	1:48	1:52	1:56	2:00	2:04	2:08	2:14
4A Gameday	Campbell County	Floor	1:52	1:56	2:00	2:04	2:08	2:12	2:18
3A Gameday	Rawlins	Mat	1:56	2:00	2:04	2:08	2:12	2:16	2:22
4A Gameday	East	Floor	2:00	2:04	2:08	2:12	2:16	2:20	2:26
3A Gameday	Lovell	Mat	2:04	2:08	2:12	2:16	2:20	2:24	2:30
4A Gameday	South	Floor	2:08	2:12	2:16	2:20	2:24	2:28	2:34
3A Gameday	Cody	Mat	2:12	2:16	2:20	2:24	2:28	2:32	2:38
4A Gameday	Natrona	Floor	2:16	2:20	2:24	2:28	2:32	2:36	2:42
3A Gameday	Buffalo	Mat	2:20	2:24	2:28	2:32	2:36	2:40	2:46
4A Gameday	Sheridan	Floor	2:24	2:28	2:32	2:36	2:40	2:44	2:50
3A Gameday	Wheatland	Mat	2:28	2:32	2:36	2:40	2:44	2:48	2:54
4A Gameday	Central	Floor	2:32	2:36	2:40	2:44	2:48	2:52	2:58
2A Gameday	Big Piney	Mat	2:36	2:40	2:44	2:48	2:52	2:56	3:02
4A Gameday	Riverton	Floor	2:40	2:44	2:48	2:52	2:56	3:00	3:06
2A Gameday	Thermopolis	Mat	2:44	2:48	2:52	2:56	3:00	3:04	3:10
4A Jazz	Evanston	Floor	2:48	2:52	2:56	3:00	3:04	3:08	3:14
2A Gameday	Wright	Mat	2:52	2:56	3:00	3:04	3:08	3:12	3:18
4A Jazz	Kelly Walsh	Floor	2:56	3:00	3:04	3:08	3:12	3:16	3:22
2A Gameday	Cokeville	Mat	3:00	3:04	3:08	3:12	3:16	3:20	3:26

4A Jazz	Green River	Floor	3:04	3:08	3:12	3:16	3:20	3:24	3:30
2A Gameday	Kemmerer	Mat	3:08	3:12	3:16	3:20	3:24	3:28	3:34
4A Jazz	Star Valley	Floor	3:12	3:16	3:20	3:24	3:28	3:32	3:38
4A Stunt	East	Mat	3:16	3:20	3:24	3:28	3:32	3:36	3:42
4A Jazz	Rock Springs	Floor	3:20	3:24	3:28	3:32	3:36	3:40	3:46
4A Stunt	Riverton	Mat	3:24	3:28	3:32	3:36	3:40	3:44	3:50
4A Jazz	Jackson	Floor	3:28	3:32	3:36	3:40	3:44	3:48	3:54
4A Stunt	Star Valley	Mat	3:32	3:36	3:40	3:44	3:48	3:52	3:58
3A Jazz	Lyman	Floor	3:36	3:40	3:44	3:48	3:52	3:56	4:02
4A Stunt	Natrona	Mat	3:40	3:44	3:48	3:52	3:56	4:00	4:06
3A Jazz	Lovell	Floor	3:44	3:48	3:52	3:56	4:00	4:04	4:10
4A Stunt	Central	Mat	3:48	3:52	3:56	4:00	4:04	4:08	4:14
3A Jazz	Powell	Floor	3:52	3:56	4:00	4:04	4:08	4:12	4:18
4A Stunt	Kelly Walsh	Mat	3:56	4:00	4:04	4:08	4:12	4:16	4:22
4A Hip Hop	Laramie	Floor	4:00	4:04	4:08	4:12	4:16	4:20	4:26
4A Stunt	Thunder Basin	Mat	4:04	4:08	4:12	4:16	4:20	4:24	4:30
4A Hip Hop	Jackson	Floor	4:08	4:12	4:16	4:20	4:24	4:28	4:34
4A Stunt	Evanston	Mat	4:12	4:16	4:20	4:24	4:28	4:32	4:38
4A Hip Hop	East	Floor	4:16	4:20	4:24	4:28	4:32	4:36	4:42
4A Stunt	Rock Springs	Mat	4:20	4:24	4:28	4:32	4:36	4:40	4:46
4A Hip Hop	Evanston	Floor	4:24	4:28	4:32	4:36	4:40	4:44	4:50
4A Stunt	Campbell County	Mat	4:28	4:32	4:36	4:40	4:44	4:48	4:54
4A Hip Hop	Star Valley	Floor	4:32	4:36	4:40	4:44	4:48	4:52	4:58
3A Stunt	Mountain View	Mat	4:36	4:40	4:44	4:48	4:52	4:56	5:02
4A Hip Hop	Green River	Floor	4:40	4:44	4:48	4:52	4:56	5:00	5:06
3A Stunt	Cokeville	Mat	4:44	4:48	4:52	4:56	5:00	5:04	5:10
4A Hip Hop	Central	Floor	4:48	4:52	4:56	5:00	5:04	5:08	5:14
3A Stunt	Wheatland	Mat	4:52	4:56	5:00	5:04	5:08	5:12	5:18
4A Hip Hop	Kelly Walsh	Floor	4:56	5:00	5:04	5:08	5:12	5:16	5:22
3A Stunt	Douglas	Mat	5:00	5:04	5:08	5:12	5:16	5:20	5:26