

# 2019 CHEER & DANCE JAM THE GYM SHOWCASE

TEAM	DIVISION	STRETCH	WARM-UP ROOM MATS	ROUTINE RUN THROUGH	ON DECK	FULL MAT TUMBLE WARM-UP	PERFORMANCE TIME
Millard West JV Cheer	Tumbling Routine	1:49	1:53	1:57	2:01	1:30-1:35	2:05
Millard North Freshmen Cheer	Tumbling Routine	1:53	1:57	2:01	2:05	1:35-1:40	2:09
Millard United Spirit Elite - Minis	Tumbling Routine	1:57	2:01	2:05	2:09	1:40-1:45	2:13
Elkhorn South Varsity Cheer	Tumbling Routine	2:01	2:05	2:09	2:13	1:45-1:50	2:17
Millard North Varsity Cheer	Tumbling Routine	2:05	2:09	2:13	2:17	1:50-1:55	2:21
Millard United Spirit Elite - PeeWees	Tumbling Routine	2:09	2:13	2:17	2:21	1:55-2:00	2:25
Papillion LaVista South Varsity Cheer	Sideline	2:13	2:17	2:21	2:25		2:29
Beatrice Varsity Cheer	Game Day	2:17	2:21	2:25	2:29		2:33
Millard South Freshmen Cheer	Non-tumbling Routine	2:21	2:25	2:29	2:33		2:37
OPEN		2:25	2:29	2:33	2:37		2:41
Skutt Catholic Varsity Cheer	Non-tumbling/Building Routine	2:29	2:33	2:37	2:41		2:45
Bellevue West JV Cheer	Non-tumbling Routine	2:33	2:37	2:37	2:45		2:49
Millard West Varsity Cheer	Game Day	2:37	2:41	2:45	2:49		2:53
Gretna Varsity Cheer	Non-tumbling Routine	2:41	2:45	2:49	2:53		2:57
Elmwood-Murdock Varsity Cheer	Non-tumbling Routine	2:45	2:49	2:53	2:57		3:01
Gross Catholic Varsity Cheer	Game Day	2:49	2:53	2:57	3:01		3:05
Iowa Western Partner Stunt 1		2:53		2:57	3:05		3:09
Lincoln Christian Varsity Cheer	Game Day	2:57	3:01	3:05	3:09		3:13
Omaha Benson Varsity Cheer	Non-tumbling Routine	3:01	3:05	3:09	3:13		3:17
Millard South Varsity Cheer	Non-tumbling Routine	3:05		3:09	3:17		3:21
Millard South Varsity Cheer	Non-tumbling Routine	3:09	3:13	3:17	3:21		3:25
<b>3:29-3:49</b>							

<b>TEAM</b>	<b>DIVISION</b>	<b>STRETCH</b>	<b>WARM-UP ROOM MATS</b>	<b>ROUTINE RUN THROUGH</b>	<b>ON DECK</b>	<b>FULL MAT TUMBLE WARM-UP</b>	<b>PERFORMANCE TIME</b>
Beatrice Varsity Cheer	Tumbling Routine	3:34	3:38	3:42	3:46	3:30-3:35	<b>3:50</b>
Millard West Varsity Cheer	Tumbling Routine	3:38	3:42	3:46	3:50	3:35-3:40	<b>3:54</b>
Millard North JV Cheer	Tumbling Routine	3:42	3:46	3:50	3:54	3:40-3:45	<b>3:58</b>
Millard United Spirit Elite - Juniors	Tumbling Routine	3:46	3:50	3:54	3:58	3:45-3:50	<b>4:02</b>
Lincoln Christian Varsity Cheer	Non-tumbling Routine	3:50	3:54	3:58	4:02		<b>4:06</b>
Skutt Catholic Varsity Cheer	Game Day	3:54	3:58	4:02	4:06		<b>4:10</b>
Millard South JV Cheer	Non-tumbling Routine	3:58	4:02	4:06	4:10		<b>4:14</b>
Papillion LaVista South Varsity Cheer	Non-tumbling Routine	4:02	4:06	4:10	4:14		<b>4:18</b>
Millard North Varsity Cheer	Game Day	4:06	4:10	4:14	4:18		<b>4:22</b>
Papillion LaVista Varsity Cheer	Non-tumbling Routine	4:10	4:14	4:18	4:22		<b>4:26</b>
Westside Varsity Cheer	Non-tumbling Routine	4:14	4:18	4:22	4:26		<b>4:30</b>
Gross Catholic Varsity Cheer	Non-tumbling Routine	4:18	4:22	4:26	4:30		<b>4:34</b>
Iowa Western Partner Stunt 2		4:22	4:26	4:30	4:34		<b>4:38</b>
Elkhorn South Varsity Cheer	Game Day	4:26	4:30	4:34	4:38		<b>4:42</b>
Gretna Varsity Cheer	Sideline	4:30	4:34	4:38	4:42		<b>4:46</b>
Skutt Catholic Varsity Cheer	Sideline	4:34	4:38	4:42	4:46		<b>4:50</b>
Mercy Varsity Cheer	Game Day	4:38	4:42	4:46	4:50		<b>4:54</b>