



A VARSITY BRAND

## REGIONAL COMPETITION

Merrill West High School

December 12, 2009

Doors will open at 8:00AM. All teams should report to the registration table no later than 45 minutes prior to the beginning of the division in which they are competing. Two free passes will be allotted to each school/group for advisors/coaches at registration. Additional spectator wristbands may be purchased for \$6.00 – exact change would be appreciated. Children aged five and under are admitted free of charge. You will need to submit an alphabetized list of all participating students as well as a signed USA medical release form for each participating student – alphabetized please. **NO COMPETITORS FROM SCHOOL-BASED AND YOUTH/REC. TEAMS WILL BE ALLOWED TO COMPETE WITHOUT AN ORIGINAL, SIGNED MEDICAL RELEASE FORM. ALL MEDICAL FORMS MUST BE ALPHABETIZED.**

Medical personnel will be on site to provide assistance for emergencies only. Taping of wrists/ankles for individual performers will not be available.

**There will be no seat saving permitted.** All seats are on a first-come, first-serve basis. As a reminder, the USA and/or Merrill West High School will not be responsible for lost/stolen items at the competition. Please encourage team members to leave valuables, bags etc. in their vehicles. **Do not leave bags unattended.** For security reasons all competitors must stay in possession of their bags at all times. We will not permit bags in the facility to save seats.

Competition will begin at 9:00 AM. Please refer to the enclosed tentative performance schedule. Please check the USA website (<http://usa.varsity.com>) on the Wednesday before the competition after 5:00 p.m. (PST), for a final schedule. A final schedule will also be available at the registration table on the day of the event. All teams must be ready to perform 15 minutes prior to their scheduled time. Any division changes must be made prior to the competition date. **No changes will be allowed on the day of the event.**

There will be assigned warm-up/practice time offered for each cheer team. Teams must report to the warm-up area at the time designated on the “Warm-Up” schedule. Teams will not be permitted to enter the warm-up area earlier than their assigned check-in time. All cheer teams will have the opportunity to practice/warm-up on a carpet bonded foam mat measuring 18’ x 42’. **All cheer teams will perform on a carpet bonded foam mat measuring 54’x42’ (9 strips).**

Music CDs must be properly labeled with the team name and division. Please hold on to your music until the time of your performance. A team representative must remain at the sound station during your team’s performance. The sound technician will be able to accommodate audio CDs and MP3 CDs. Teams will not be able to plug in iPods, etc.

OVER

School and Youth Sports Spirit teams, please note the AACCA High School Cheerleading Safety Rules, USA Song/Pom/Pep Flag Safety Rules, and the Show Cheer and Song/Pom Division Limitations posted at <http://usa.varsity.com>. Remember that three points will be deducted from the final team average of each occurrence of an illegal procedure. All-Star teams, please note the 2009-10 USASF General Safety and Level Rules for All-Star Teams posted at [www.usasf.net](http://www.usasf.net). Remember that three points will be deducted from the final team average of each occurrence of an illegal procedure. Performance error deductions will be assessed.

**Advisor's/Coach's/Director's:** At this competition audio recorded comments will not be available. We are currently working on moving to a digital system. Teams will receive 3 written scoresheets from the judges.

Scoresheets will be distributed to all teams at the conclusion of the competition. Only an authorized team advisor/coach who is designated at team registration may pick these up. A photo I.D. will be required for scoresheet pick up. Recaps may be requested via the USA website (<http://usa.varsity.com>) following the competition. **Bids to USA Spirit and Junior Nationals will be awarded to all teams receiving an averaged score of 75 or more, prior to any penalties (Superior).** All-Star teams do not need to pre-qualify for USA All-Star Nationals.

Video Taping Policy - For safety and security we respectfully request that videotaping be limited to performances of your school/organization only. Tri-pod cameras may not be set-up at any time. Again, video taping is permitted, but only of the routine(s) that are being performed by your participant's team.

**DIRECTIONS:  
Merrill West High School  
1775 W. Lowell Ave.  
Tracy, California 95376  
(209) 831-5430**

Bay Area: Take 580 East (becomes 205) to Central Tracy/Tracy Blvd. exit. Turn right and stay on Tracy Blvd. Next, turn right onto Lowell. After crossing Lincoln Blvd, the school will be on the right side.

Sacramento: Take 15 South to 205 West (towards San Francisco). Take the Central Tracy/Tracy Blvd. exit and turn left. Stay on Tracy Blvd. and turn right onto Lowell. After crossing Lincoln Blvd., the school will be on the right side.

Modesto/Fresno: Take 99 north to 120 West. Take 205 West towards San Francisco. Take the Central Tracy/Tracy Blvd. exit and turn left onto Tracy Blvd. Stay on Tracy Blvd. and then turn right onto Lowell. After crossing Lincoln Blvd, the school will be on the right side.

**\* Please check driving directions with your own map or internet source to get complete driving directions.**



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## USA Regional Competition - Merrill West High School

December 12, 2009

(Tentative Schedule)

### LG CO-ED VARSITY SHOW ADVANCED

9:00 Oakmont

### MIGHTY MITES SHOW NOVICE

Woodcreek Jr Wolves

### MIDGET SHOW NOVICE

9:15 Sacramento Raiders

Antelope Jr Titans

9:30 Livermore Youth Football

Folsom Vista Jr Eagles

### JR HIGH SHOW NOVICE Sm (6-16)

9:45 Bethany Elementary

Kastner Intermediate

10:05 Lammersville Elementary

### JR HIGH SHOW NOVICE Lg (17-36)

Bret Harte Middle

10:20 Harvest Park Middle

Eich Intermediate

10:40 Hart Middle

Pleasanton Middle

### JR HIGH SHOW ADVANCED

10:55 Granite Oaks Middle

### JR HIGH GROUP STUNT

9:00 Bret Harte Middle

### PEE WEE OPEN SHOW NOVICE

Napa Raiders

9:15 Rocklin Jr Thunder

Sacramento Raiders

9:30 Livermore Youth Football

### MIDGET OPEN SHOW NOVICE

Napa Raiders

9:45 Golden Sierra Jr Grizzlies

### CROWDLEADER® TEAMS

Oakmont

### MIDGET OPEN SHOW ADVANCED

10:05 Rocklin Jr Thunder

Oak Ridge Youth

10:20 Folsom Jr Bulldogs

### PEE WEE SHOW ADVANCED

Woodcreek Jr Wolves

10:40 Antelope Jr Titans

### ELEMENTARY SHOW ADVANCED

Saroyan Elementary

10:55 Placer Jr Hillmen

Folsom Vista Jr Eagles

## AWARDS

### MASCOT

12:15 Santa Teresa

### HS GROUP STUNT - INTERMEDIATE

Santa Teresa

Santa Cruz

12:30 Saratoga

San Ramon Valley #1

12:45 San Ramon Valley #2

### JV SHOW NOVICE

Wilcox

### JV SHOW INTERMEDIATE

1:05 Dougherty Valley

California

### HS GROUP STUNT - ADVANCED

12:15 Santa Teresa

Dixon

Foothill

12:30 California

### VARSITY SHOW INTERMEDIATE Sm (6-20)

Hillsdale

12:45 Merrill West

Dixon

1:05 San Ramon Valley

### VARSITY SHOW INTERMEDIATE Lg (21-36)

Lincoln

(over)

**JV SHOW INTERMEDIATE con't**

1:20 Freedom  
Leigh

**Varsity Show Novice**

1:40 Santa Teresa  
Saratoga

1:55 Northgate  
Tracy

2:15 Wilcox

Remove Mats  
**AWARDS**

**Elementary Song/POM**

3:00 Bethany Elementary

**JV Song/POM Novice**

Mercy

**Varsity Song/POM Novice**

3:15 Concord  
Mercy

3:30 Monta Vista

Wilcox

**JV Song/POM Intermediate**

3:45 Santa Teresa

Carondelet

**Varsity Song/POM Intermediate**

4:00 Monta Vista

Central

4:15 Carondelet

**Varsity Song/POM Advanced**

Carondelet

**Varsity Show Intermediate Lg (21-36) con't**

1:20 Amador Valley  
Castro Valley

1:40 Monta Vista  
Central

1:55 Freedom  
Ann Sobrato

**Varsity Show Advanced**

2:15 Foothill  
California  
Leland

**Mighty Mites Song/POM**

3:00 Napa Raiders

Dublin Falcons

**JR Midget Song/POM**

3:15 Patriots  
Dublin Falcons

**JR Pee Wee Song/POM**

3:30 Dublin Falcons

**Midget Open Song/POM**

West Pittsburg

3:45 Napa Raiders

**Pee Wee Open Song/POM**

Napa Raiders

**Pee Wee Song/POM**

4:00 West Pittsburg Titans

**JR All-Star Hip Hop**

Bret Harte All Stars

**SR All-Star Hip Hop**

4:15 Almaden Spirit Athletics

**JR All-Star POM**

T & Company

**AWARDS**