

## Announcer

“Team Name” in Holding.

“Team Name” on Deck.

“Team Name” you may approach the mat.

“Team Name” you may take the mat and begin when ready.

● 6:00 am	● Doors Open for Set-up
● 7:00 am - 7:30 am	● Team Sign in
● 8:00 am - 10:08 am	● Warm up
● 8:30 am	● Head Coaches Meeting with Judges
● 9:00 am	● Doors Open for Fans
● 10:15 am	● Team Parade
● 10:25 am	● National Anthem
● 10:40 am -12:30 am	● Round 1
● 12:30 pm - 1:15 pm	● Lunch Break
● 1:30 pm- 3:30 pm	● Round 2
● 3:30 pm – 4:00 pm	● Talley of Scores
● 4:00 pm - 4:30 pm	● Awards
● 4:30 pm – 5:00 pm	● Clean up

# Warm-up Order

Each team will have 4 min for Mat time

## Jr. Freshman Warm Up

- 1) Westland Meteors – 8:00 am
- 2) Plymouth Steelers - 8:04 am
- 3) Rochester Football and Cheer Bows - 8:08 am
- 4) Lakes Area Hawks - 8:12 am
- 5) Canton Lions - 8:16 am
- 6) Orchard Lake Cardinals - 8:20 am
- 7) Pontiac Panthers - 8:24 am
- 8) Westland Comets -8:28 am
- 9) Macomb Mustangs - 8:32 am
- 10) Rochester Football and Cheer Poms - 8:36 am

## Freshman Warm Up

- 1) Rochester Football and Cheer - 8:40 am
- 2) Westland Meteors - 8:44 am
- 3) Pontiac Panthers - 8:48 am
- 4) Plymouth Steelers - 8:52 am
- 5) Lakes Area Hawks - 8:56 am
- 6) West Land Comets - 9:00 am
- 7) Canton Lions - 9:04 am
- 8) Macomb Mustangs - 9:08 am
- 9) Orchard Lake Cardinals - 9:12 am

## Jr. Varsity Warm Up

- 1) Lakes Area Hawks - 9:16 am
- 2) West Land Meteors - 9:20 am
- 3) Canton Lions - 9:24 am
- 4) Westland Comets - 9:28 am
- 5) Rochester Football and Cheer - 9:32 am
- 6) Pontiac Panthers - 9:36 am
- 7) Plymouth Steelers - 9:40 am
- 8) Orchard Lake Cardinals - 9:44 am

## Varsity Warm Up

- 1) Plymouth Steelers - 9:48 am
- 2) Westland Meteors - 9:52 am
- 3) Orchard Lake Cardinals - 9:56 am
- 4) Westland Comets - 10.00 am
- 5) Canton Lions - 10:04 am
- 6) Macomb Mustangs - 10:08 am

**\*\*ALL TIMES ARE APPROXIMATIONS\*\***

# Round 1 Order

Each team will have 1 min 30 seconds for Mat time

## Jr. Freshman Round 1

- 11) Westland Meteors - 10:40 am
- 12) Plymouth Steelers – 10:43 am
- 13) Rochester Football and Cheer Bows – 10:46 am
- 14) Lakes Area Hawks – 10:49 am
- 15) Canton Lions – 10:52 am
- 16) Orchard Lake Cardinals – 10:53 am
- 17) Pontiac Panthers – 10:56 am
- 18) Westland Comets – 10:59 am
- 19) Macomb Mustangs – 11:02 am
- 20) Rochester Football and Cheer Poms – 11:05 am

## Freshman Round 1

- 10) Rochester Football and Cheer – 11:08 am
- 11) Westland Meteors – 11:11 am
- 12) Pontiac Panthers – 11:14 am
- 13) Plymouth Steelers – 11:17 am
- 14) Lakes Area Hawks – 11:20 am
- 15) West Land Comets – 11:23 am
- 16) Canton Lions – 11:26 am
- 17) Macomb Mustangs – 11:29 am
- 18) Orchard Lake Cardinals – 11:32 am

## Jr. Varsity Round 1

- 9) Lakes Area Hawks – 11:35 am
- 10) West Land Meteors – 11:38 am
- 11) Canton Lions – 11:41 am
- 12) Westland Comets – 11:44 am
- 13) Rochester Football and Cheer – 11:47 am
- 14) Pontiac Panthers – 11:50 am
- 15) Plymouth Steelers – 11:53 am
- 16) Orchard Lake Cardinals – 11:56 am

## Varsity Round 1

- 7) Plymouth Steelers – 11:59 am
- 8) Westland Meteors – 12:02 am
- 9) Orchard Lake Cardinals – 12:05 am
- 10) Westland Comets – 12:08 am
- 11) Canton Lions – 12:11 am
- 12) Macomb Mustangs – 12:14 am

**\*\*ALL TIMES ARE APPROXIMATIONS\*\***

# Round 2 Order

Each team will have 2 min 30 seconds mat time

## Jr. Freshman Round 2

- 1) Orchard Lake Cardinals - 1:15 pm
- 2) Macomb Mustangs - 1:18 pm
- 3) Westland Comets - 1:21 pm
- 4) Lakes Area Hawks - 1:24 pm
- 5) Westland Meteors - 1:27 pm
- 6) Pontiac Panthers - 1:30 pm
- 7) Canton Lions - 1:33 pm
- 8) Rochester Football and Cheer Poms - 1:36 pm
- 9) Rochester Football and Cheer Bows - 1:39 pm
- 10) Plymouth Steelers - 1:42 pm

## Freshman Round 2

- 1) Lakes Area Hawks - 1:45 pm
- 2) Westland Comets - 1:48 pm
- 3) Plymouth Steelers- 1:51 pm
- 4) Orchard Lake Cardinals - 1:54 pm
- 5) Rochester Football and Cheer -1:58 pm
- 6) Macomb Mustangs - 2:01 pm
- 7) Pontiac Panthers - 2:04 pm
- 8) Canton Lions - 2:07 pm
- 9) Westland Meteors - 2:10 pm

## Jr. Varsity Round 2

- 1) Canton Lions - 2:13 pm
- 2) Westland Comets - 2:16 pm
- 3) Plymouth Steelers - 2:19 pm
- 4) Westland Meteors - 2:22 pm
- 5) Orchard Lake Cardinals - 2:25 pm
- 6) Pontiac Panthers - 2:28 pm
- 7) Lakes Area Hawks 2:31 pm
- 8) Canton Lions - 2:34 pm

## Varsity Round 2

- 1) Westland Meteors - 2:37 pm
- 2) Plymouth Steelers - 2:40 pm
- 3) Westland Comets - 2:43 pm
- 4) Orchard Lake Cardinals - 2:46 pm
- 5) Macomb Mustangs - 2:49 pm
- 6) Canton Lions - 2:52 pm

**\*\*ALL TIMES ARE APPROXIMATIONS\*\***