

2025 Hearts United and SC United Final Schedule



Fri				Sat				Sun			
Gym 1 RED		Gym 2 Blue		Gym 1 RED		Gym 2 Blue		Gym 1 RED		Gym 2 Blue	
				8:00 AM Girls		8:00 AM Girls		8:00 AM Girls		8:00 AM Boys /Traditional	
				Session 3R XB /72		Session 3B L2 / 32		Session 6R L3 / full		Session 6B L 4 / 64	
				8:00-8:20 warm-up		8:00-8:20 warm-up		8:00-8:20 warm-up		8:00-8:20 Stretch	
				8:25-8:30 March in		8:25-8:30 March in		8:25-8:30 March in		8:20-9:20 Timed warm-ups	
				8:30-11:30 Competition		8:30-10:00 Competition		8:30-11:30 Competition		9:20-9:30 March in	
				11:30-12:00 Awards		10:00-10:30 Awards		11:30-12:00 Awards		9:30-11:30 Competition	
										11:30-12:00 Awards	
12:00 PM Girls		12:00 PM Girls		12:00 PM Girls		1:00 PM Boys /Traditional		12:00 PM Girls		12:00 PM Boys/ WA-Compete	
Session 1 R XS /88		Session 1B XS /82		Session 4R XB /69		Session 4B L3 /56		Session 7R L4&5 /61		Session 7B Boys L 5 & 6 /38	
12:00-12:20 warm-up		12:00-12:20 warm-up		12:00-12:20 warm-up		1:00-1:20 Stretch		12:00-12:20 warm-up		12:00-12:20 warm-up	
12:25-12:30 March in		12:25-12:30 March in		12:25-12:30 March in		1:20-2:20 Timed warm-ups		12:25-12:30 March in		12:25-12:30 March in	
12:30-3:30 Competition		12:30-3:30 Competition		12:30-3:30 Competition		2:20-2:25 March in		12:30-2:30 Competition		12:30-2:30 Competition	
3:30-4:00 Awards		3:30-4:00 Awards		3:30-4:00 Awards		2:25-4:00 Competition		2:30-3:00 Awards		2:30-3:00 Awards	
						4:00-4:30 Awards					
4:00 PM Girls		4:00 PM Girls		4:00 PM Girls		5:00 PM Men /Traditional plus 2 min		3:00 PM Girls		3:00 PM Boys/ WA-Compete	
Session 2R XG /full		Session 2B XD&XG /full		Session 5R XP /full		Session 5B College/ L10 full		Session 8R L 6-10 /full		Session 8B Boys L 7 - 9 /42	
4:00-4:20 warm-up		4:00-4:20 warm-up		4:00-4:20 warm-up		5:00-5:30 Stretch		3:00-3:20 warm-up		3:00-3:20 warm-up	
4:25-4:30 March in		4:25-4:30 March in		4:25-4:30 March in		5:30-6:45 Timed warm-ups		3:25-3:30 March in		3:25-3:30 March in	
4:30-7:30 Competition		4:30-7:30 Competition		4:30-7:30 Competition		6:45-6:55 March in		3:30-6:30 Competition		3:30-6:30 Competition	
7:30-8:00 Awards		7:30-8:00 Awards		7:30-8:00 Awards		7:00-9:15 Competition		6:30-7:00 Awards		6:30-7:00 Awards	
						9:15-9:45 Awards					