

# American Spirit Championships

## 2019 SPRING EXPRESS NATIONALS

### Schedule of Events

**Mabee Center @ ORU**

**Tulsa, OK**

**APRIL 7, 2019**

#### SESSION 1

<b>9:30 AM</b>	<b>DOORS OPEN</b>
<b>10:00 – 10:30 AM</b>	<b>INDIVIDUALS</b>
<b>10:30 – 10:45 AM</b>	<b>SHOW TEAMS &amp; SPECIAL NEEDS</b>
<b>10:45 – 11:15 PM</b>	<b>SCHOOL/REC.</b>
<b>11:15 – 11:50 PM</b>	<b>NOVICE</b>
<b>11:50 – 1:20 PM</b>	<b>ALL-STAR PREP</b>
<b>1:20 PM</b>	<b>SESSION 1 AWARDS</b>

**-ALL TIMES ARE SUBJECT TO CHANGE-**

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**SESSION 2**



<b>2:15 – 3:00 PM</b>	<b>LEVEL 1</b>
<b>3:00 – 3:50 PM</b>	<b>LEVEL 2</b>
<b>3:50 – 4:20 PM</b>	<b>LEVEL 3</b>
<b>4:20 - 4:50 PM</b>	<b>LEVEL 4</b>
<b>4:50 - 5:20 PM</b>	<b>LEVEL 5</b>

**5:30 PM**

**SESSION 2 AWARDS**

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