

CHEER-HELGEN 2022  
TIDSPLAN  
LØRDAG 19. MARS: NM-HELGEN

Kategori	Klubb	Lag	Kommune	Konk.tid	Oppvarming				Akk.
					Matte 2: m. musikk Slutt	Start	Matte 1: u. musikk Slutt	Start	
<b>NCL og Åpen Klasse - intro</b>				08:40					
Junior Cheer Intermediate	Bodø & Omegn Idrettslag	North Nova Pollux	Bodø	08:45	08:33	08:29	08:27	08:23	08:08
Junior Cheer All Girl Median	Nixies CheerTEAM Trondheim	Nixies Starlight	Trondheim	08:49	08:37	08:33	08:31	08:27	08:12
Junior Cheer Intermediate	Stavanger Diamonds Cheersport Klubb	Flawless Diamonds	Stavanger	08:55	08:43	08:39	08:37	08:33	08:18
Junior Cheer All Girl Median	Hamar IL Cheerleading	HCT Angels Originals	Hamar	09:01	08:49	08:45	08:43	08:39	08:24
Junior Cheer Intermediate	Overhalla IL Cheer	OIL Vikings Cheerleading	Overhalla	09:05	08:53	08:49	08:47	08:43	08:28
Junior Cheer All Girl Median	Ørskog IL Cheerleading	Angels Divine	Ålesund	09:09	08:57	08:53	08:51	08:47	08:32
Junior Cheer Intermediate	Viqueens Cheerleaders	Viqueens Attitude	Oslo	09:13	09:01	08:57	08:55	08:51	08:36
Junior Cheer All Girl Median	Storm Bergen Cheerleading	Storm Sunshine	Bergen	09:17	09:05	09:01	08:59	08:55	08:40
Junior Cheer Intermediate	Tønsberg Cheerleading Panthers	TC Panthers Paws	Tønsberg	09:21	09:09	09:05	09:03	08:59	08:44
Junior Cheer All Girl Median	Stavanger Diamonds Cheersport Klubb	White Diamonds	Stavanger	09:25	09:13	09:09	09:07	09:03	08:48
Junior Cheer Intermediate	Skien Cheerleaders	Infinity Karma	Skien	09:29	09:17	09:13	09:11	09:07	08:52
Junior Cheer All Girl Median	Bærums Verk Hauger Idrettsforening	Charmers Imagine	Bærum	09:33	09:21	09:17	09:15	09:11	08:56
Junior Cheer Intermediate	Oslo Cheer Team Galaxy	Silver	Oslo	09:37	09:25	09:21	09:19	09:15	09:00
Junior Cheer All Girl Median	Pors Pride Cheerleading	Pride Precious	Porsgrunn	09:41	09:29	09:25	09:23	09:19	09:04
Junior Cheer Coed Median	Eiker Cheer Team	ECT Eagles Wings	Øvre Eiker	09:47	09:35	09:31	09:29	09:25	09:10
Junior Cheer All Girl Median	Oslo Cheer Team Galaxy	White	Oslo	09:51	09:39	09:35	09:33	09:29	09:14
Junior Cheer Coed Median	Sarpsborg Turnforening	STF Patriots Bullets	Sarpsborg	09:57	09:45	09:41	09:39	09:35	09:20
Junior Cheer All Girl Median	Bærums Verk Hauger Idrettsforening	Charmers Clovers	Bærum	10:01	09:49	09:45	09:43	09:39	09:24
Junior Cheer Coed Median	Nedre Romerike Cheerleaders	NRC Tigers Junior Bullets	Lørenskog	10:05	09:53	09:49	09:47	09:43	09:28
Junior Cheer All Girl Median	Nixies CheerTEAM Trondheim	Nixies Junior Stars	Trondheim	10:09	09:57	09:53	09:51	09:47	09:32
Junior Cheer Coed Median	Skien Cheerleaders	Infinity Cursh	Skien	10:13	10:01	09:57	09:55	09:51	09:36
Junior Cheer All Girl Median	Soon Cheerleading Rebels	Blast	Vestby	10:17	10:05	10:01	09:59	09:55	09:40
Senior Cheer Coed Elite	NTNUI Cheerleading	NTNUI Titans	Trondheim	10:23	10:11	10:07	10:05	10:01	09:46
Senior Cheer Median	Oslo Cheer Team Galaxy	Fearless	Oslo	10:29	10:17	10:13	10:11	10:07	09:52
Senior Cheer Coed Elite	Elverum Turnforening	Bobcats Army	Elverum	10:33	10:21	10:17	10:15	10:11	09:56
Senior Cheer Median	Bergen Teknikersamfund Idrettslag	BTSI Ashes	Bergen	10:37	10:25	10:21	10:19	10:15	10:00
Senior Cheer Coed Elite	Viqueens Cheerleaders	Viqueens V5	Oslo	10:41	10:29	10:25	10:23	10:19	10:04
Senior Cheer Median	NTNUI Cheerleading	NTNUI Cosmos	Trondheim	10:45	10:33	10:29	10:27	10:23	10:08
Senior Cheer Coed Elite	Oslo Cheer Team Galaxy	Eclipse	Oslo	10:49	10:37	10:33	10:31	10:27	10:12
<b>PAUSE 1</b>				10:53					
Junior Cheer Advanced	Åsane Seahawks Cheerleading	Seahawks Perfection	Bergen	11:15	11:03	10:59	10:57	10:53	10:38
Senior Cheer All Girl Elite	Sula Cheer Team Vipers	SCT Vipers Venom	Sula	11:19	11:07	11:03	11:01	10:57	10:42
Junior Cheer Advanced	Oslo Cheer Team Galaxy	Thunder	Oslo	11:25	11:13	11:09	11:07	11:03	10:48
Senior Cheer All Girl Elite	Bodø & Omegn Idrettslag	North Nova Castor	Bodø	11:31	11:19	11:15	11:13	11:09	10:54
Junior Cheer Advanced	Nedre Romerike Cheerleaders	NRC Tigers Junior Passion	Lørenskog	11:35	11:23	11:19	11:17	11:13	10:58
Senior Cheer All Girl Elite	Ørskog IL Cheerleading	Angels Glorious	Ålesund	11:39	11:27	11:23	11:21	11:17	11:02
Junior Cheer Advanced	Stavanger Diamonds Cheersport Klubb	Silver Diamonds	Stavanger	11:43	11:31	11:27	11:25	11:21	11:06
Senior Cheer All Girl Elite	Bergen Teknikersamfund Idrettslag	BTSI Griffin	Bergen	11:47	11:35	11:31	11:29	11:25	11:10
Junior Cheer Advanced	Storm Bergen Cheerleading	Storm Steel	Bergen	11:51	11:39	11:35	11:33	11:29	11:14
Senior Cheer All Girl Elite	BI Athletics Cheerleading	BIA Midas AG 5	Oslo	11:55	11:43	11:39	11:37	11:33	11:18
Junior Cheer Advanced	Viqueens Cheerleaders	Viqueens Amazing	Oslo	11:59	11:47	11:43	11:41	11:37	11:22

**CHEER-HELGEN 2022**  
**TIDSPLAN**  
**LØRDAG 19. MARS: NM-HELGEN**

Kategori	Klubb	Lag	Kommune	Konk.tid	Oppvarming				Akkr.
					Matte 2: m. musikk Slutt	Start	Matte 1: u. musikk Slutt	Start	
Senior Cheer All Girl Elite	Skien Cheerleaders	Infinity Fierce 5	Skien	12:03	11:51	11:47	11:45	11:41	11:26
Junior Cheer Advanced	Haugaland Cheerleadingklubb	West Coast Insanity Black	Haugesund	12:07	11:55	11:51	11:49	11:45	11:30
Senior Cheer All Girl Elite	Åsane Seahawks Cheerleading	Seahawks Divine	Bergen	12:11	11:59	11:55	11:53	11:49	11:34
Junior Cheer Advanced	Sarpsborg Turnforening	STF Patriots Cascade	Sarpsborg	12:15	12:03	11:59	11:57	11:53	11:38
Åpen Klasse	Pors Pride Cheerleading	Pride Power	Porsgrunn	12:21	12:09	12:05	12:03	11:59	11:44
Junior Cheer Advanced	Sula Cheer Team Vipers	SCT Vipers Pure Poison	Sula	12:25	12:13	12:09	12:07	12:03	11:48
Åpen Klasse	Tønsberg Cheerleading Panthers	TC Panthers Untamed	Tønsberg	12:31	12:19	12:15	12:13	12:09	11:54
PEEWEE OPPVISNING	Eiker Cheer Team	ECT Eagles Gorgeous Dance POM	Øvre Eiker	12:35	12:23	12:19	12:17	12:13	11:58
Åpen Klasse	Hundvåg Cheerleading Dogbay	HCI Alpha	Stavanger	12:39	12:27	12:23	12:21	12:17	12:02
PEEWEE OPPVISNING	Sirens Cheerdance Klubb	Sirens Sparkle Dust	Drammen	12:43	12:31	12:27	12:25	12:21	12:06
Åpen Klasse	Mysen IF Cheerleading	MCC Invicta	Indre Østfold	12:47	12:35	12:31	12:29	12:25	12:10
PEEWEE OPPVISNING	Ullensaker Gym og Turn	UGT Miracle Jumbo	Ullensaker	12:51	12:39	12:35	12:33	12:29	12:14
Åpen Klasse	Linderud IL Cheerleading	FAME Silverstars	Oslo	12:55	12:43	12:39	12:37	12:33	12:18
PEEWEE OPPVISNING	Skien Cheerleaders	Infinity Sparkle	Skien	12:59	12:47	12:43	12:41	12:37	12:22
Åpen Klasse	Grimstad Turn- og Idrettsforening	GTIF Golden Bees	Grimstad	13:03	12:51	12:47	12:45	12:41	12:26
PEEWEE OPPVISNING	Nedre Romerike Cheerleaders	NRC Tigers PeeWee Awesome	Lørenskog	13:07	12:55	12:51	12:49	12:45	12:30
Åpen Klasse	Haugaland Cheerleadingklubb	West Coast Insanity Silver	Haugesund	13:11	12:59	12:55	12:53	12:49	12:34
PEEWEE OPPVISNING	Eiker Cheer Team	ECT Eagles Gorgeous Cheer	Øvre Eiker	13:15	13:03	12:59	12:57	12:53	12:38
PEEWEE OPPVISNING	Sirens Cheerdance Klubb	Sirens Star Dust	Drammen	13:19	13:07	13:03	13:01	12:57	12:42
PEEWEE OPPVISNING	Eiker Cheer Team	ECT Eagles Gorgeous Dance HIP HOP	Øvre Eiker	13:23	13:11	13:07	13:05	13:01	12:46
PEEWEE OPPVISNING	Pors Pride Cheerleading	Pride Starlets og Pride Mosquitos	Porsgrunn	13:27	13:15	13:11	13:09	13:05	12:50
<b>NCL og Åpen Klasse FERDIG</b>				13:33					
<b>NM - intro</b>				14:05					
Junior Cheer All Girl Elite	Nixies Cheerteam Trondheim	Nixies Jr. Elite	Trondheim	14:11	13:59	13:55	13:53	13:49	13:34
Junior Pom	Sirens Cheerdance Klubb	Sirens Junior Dance	Drammen	14:15	14:03	13:59	13:57	13:53	13:38
Junior Cheer All Girl Elite	Storm Bergen Cheerleading	Storm Skylight	Bergen	14:21	14:09	14:05	14:03	13:59	13:44
Junior Pom	Eiker Cheer Team	ECT Eagles Junior Dance	Øvre Eiker	14:27	14:15	14:11	14:09	14:05	13:50
Junior Cheer All Girl Elite	Oslo Cheer Team Galaxy	Gold	Oslo	14:31	14:19	14:15	14:13	14:09	13:54
Junior Pom	Kongsberg Cheer Dance	KCD Fierce	Kongsberg	14:35	14:23	14:19	14:17	14:13	13:58
Junior Cheer All Girl Elite	Viqueens Cheerleaders	Viqueens Incredible	Oslo	14:39	14:27	14:23	14:21	14:17	14:02
Junior Pom	Step Up Danseklubb	Nordstrand Rockettes	Oslo	14:43	14:31	14:27	14:25	14:21	14:06
Junior Cheer All Girl Elite	Eiker Cheer Team	ECT Eagles Fly	Øvre Eiker	14:47	14:35	14:31	14:29	14:25	14:10
Junior Pom	Sirens Cheerdance Klubb	Sirens Junior Elite	Drammen	14:51	14:39	14:35	14:33	14:29	14:14
Junior Cheer All Girl Elite	Nedre Romerike Cheerleaders	NRC Tigers Junior All Girl Elite	Lørenskog	14:55	14:43	14:39	14:37	14:33	14:18
Junior Pom	Kongsberg Cheer Dance	KCD Shine	Kongsberg	14:59	14:47	14:43	14:41	14:37	14:22
Junior Cheer All Girl Elite	Bærums Verk Hauger Idrettsforening	Charmers Enchanted	Bærum	15:03	14:51	14:47	14:45	14:41	14:26
Senior Pom	Bergen Teknikersamfund Idrettslag	BTSI Ignite	Bergen	15:09	14:57	14:53	14:51	14:47	14:32
Junior Cheer Coed Elite	Soon Cheerleading Rebels	Dynamite	Vestby	15:15	15:03	14:59	14:57	14:53	14:38
Senior Pom	Kongsberg Cheer Dance	KCD Magnetic	Kongsberg	15:21	15:09	15:05	15:03	14:59	14:44
Junior Cheer Coed Elite	Viqueens Cheerleaders	Viqueens Unique	Oslo	15:25	15:13	15:09	15:07	15:03	14:48
Senior Pom	Step Up Danseklubb	Nordstrand Eclipse	Oslo	15:29	15:17	15:13	15:11	15:07	14:52
Junior Cheer Coed Elite	Ullensaker Gym og Turn	UGT Miracle Air Force	Ullensaker	15:33	15:21	15:17	15:15	15:11	14:56

**CHEER-HELGEN 2022**  
**TIDSPLAN**  
**LØRDAG 19. MARS: NM-HELGEN**

Kategori	Klubb	Lag	Kommune	Konk.tid	Oppvarming				Akkr.
					Matte 2: m. musikk Slutt	Matte 2: m. musikk Start	Matte 1: u. musikk Slutt	Matte 1: u. musikk Start	
Senior Pom	Sirens Cheerdance Klubb	Sirens Senior Elite	Drammen	15:37	15:25	15:21	15:19	15:15	15:00
Junior Cheer Coed Elite	Nedre Romerike Cheerleaders	NRC Tigers Junior Coed Elite	Lørenskog	15:41	15:29	15:25	15:23	15:19	15:04
Senior Pom	Kongsberg Cheer Dance	KCD Ace	Kongsberg	15:45	15:33	15:29	15:27	15:23	15:08
Senior Cheer Coed Premier	Bærums Verk Hauger Idrettsforening	Charmers All Stars	Bærum	15:51	15:39	15:35	15:33	15:29	15:14
Senior Pom	Eiker Cheer Team	ECT Eagles Senior Dance	Øvre Eiker	15:55	15:43	15:39	15:37	15:33	15:18
Senior Cheer Coed Premier	Nedre Romerike Cheerleaders	NRC Tigers Senior Prodigy	Lørenskog	16:01	15:49	15:45	15:43	15:39	15:24
PEEWEE OPPVISNING	Viqueens Cheerleaders	Viqueens Magic	Oslo	16:05	15:53	15:49	15:47	15:43	15:28
Senior Cheer Coed Premier	Bergen Teknikersamfund Idrettslag	BTSI Phoenix	Bergen	16:09	15:57	15:53	15:51	15:47	15:32
PEEWEE OPPVISNING	Nedre Romerike Cheerleaders	NRC Tigers PeeWee Brave	Lørenskog	16:13	16:01	15:57	15:55	15:51	15:36
Senior Cheer Coed Premier	BI Athletics Cheerleading	BIA Midas Coed 6	Oslo	16:17	16:05	16:01	15:59	15:55	15:40
PEEWEE OPPVISNING	Ullensaker Gym og Turn	UGT Miracle Skyfall	Ullensaker	16:21	16:09	16:05	16:03	15:59	15:44
Senior Cheer Coed Premier	Viqueens Cheerleaders	Viqueens Force	Oslo	16:25	16:13	16:09	16:07	16:03	15:48
PEEWEE OPPVISNING	Øvre Romerike Cheerleading	SCL Twinkling Star og SCL Sparkling Star	Nes	16:29	16:17	16:13	16:11	16:07	15:52
Senior Cheer Coed Premier	Nixies Cheerteam Trondheim	Nixies Coed 6	Trondheim	16:33	16:21	16:17	16:15	16:11	15:56
PEEWEE OPPVISNING	Tønsberg Cheerleading Panthers	TC Panthers Cubs	Tønsberg	16:37	16:25	16:21	16:19	16:15	16:00
Senior Cheer Coed Premier	Nedre Romerike Cheerleaders	NRC Tigers Senior Coed Elite	Lørenskog	16:41	16:29	16:25	16:23	16:19	16:04
PEEWEE OPPVISNING	Sirens Cheerdance Klubb	Sirens Angel Dust	Drammen	16:45	16:33	16:29	16:27	16:23	16:08
PEEWEE OPPVISNING	Sarpsborg Turnforening	STF Patriots Angels	Sarpsborg	16:49	16:37	16:33	16:31	16:27	16:12
<b>PAUSE 2</b>				16:53					
Senior Cheer All Girl Premier	Stavanger Diamonds Cheersport Klubb	Pink Diamonds	Stavanger	17:15	17:03	16:59	16:57	16:53	16:38
Junior Hip hop	Eiker Cheer Team	ECT Eagles Blast	Øvre Eiker	17:19	17:07	17:03	17:01	16:57	16:42
Senior Cheer All Girl Premier	Viqueens Cheerleaders	Viqueens Royals	Oslo	17:25	17:13	17:09	17:07	17:03	16:48
Junior Hip hop	Kongsberg Cheer Dance	KCD Magic	Kongsberg	17:31	17:19	17:15	17:13	17:09	16:54
Senior Cheer All Girl Premier	Storm Bergen Cheerleading	Storm Charisma	Bergen	17:35	17:23	17:19	17:17	17:13	16:58
Junior Hip hop	Eiker Cheer Team	ECT Eagles NRG	Øvre Eiker	17:39	17:27	17:23	17:21	17:17	17:02
Senior Cheer All Girl Premier	Nedre Romerike Cheerleaders	NRC Tigers Senior Bright	Lørenskog	17:43	17:31	17:27	17:25	17:21	17:06
Junior Hip hop	Kongsberg Cheer Dance	KCD Hyper	Kongsberg	17:47	17:35	17:31	17:29	17:25	17:10
Senior Cheer All Girl Premier	Nixies Cheerteam Trondheim	Nixies All Girl 6	Trondheim	17:51	17:39	17:35	17:33	17:29	17:14
Junior Hip hop	Eiker Cheer Team	ECT Eagles Ground Breakers	Øvre Eiker	17:55	17:43	17:39	17:37	17:33	17:18
Senior Cheer All Girl Premier	Eiker Cheer Team	ECT Eagles Wild	Øvre Eiker	17:59	17:47	17:43	17:41	17:37	17:22
Junior Hip hop	Kongsberg Cheer Dance	KCD Zeecrew	Kongsberg	18:03	17:51	17:47	17:45	17:41	17:26
Senior Cheer All Girl Premier	Nedre Romerike Cheerleaders	NRC Tigers Senior All Girl Elite	Lørenskog	18:07	17:55	17:51	17:49	17:45	17:30
Senior Hip hop	Mysen IF Cheerleading	MCC Ruby	Indre Østfold	18:13	18:01	17:57	17:55	17:51	17:36
Senior Cheer All Girl Premier	Oslo Cheer Team Galaxy	Shine	Oslo	18:17	18:05	18:01	17:59	17:55	17:40
Senior Hip hop	Kongsberg Cheer Dance	KCD VisionCrew	Kongsberg	18:21	18:09	18:05	18:03	17:59	17:44
Senior Cheer All Girl Premier	Viqueens Cheerleaders	Viqueens Spirit	Oslo	18:25	18:13	18:09	18:07	18:03	17:48
<b>SLUTT</b>				18:29					

**SØNDAG 20. MARS: NM-HELGEN**

Kategori	Klubb	Lag	Kommune	Konk.tid	Oppvarming				Akkr
					Matte 2: m. musikk		Matte 1: u. musikk		
					Slutt	Start	Slutt	Start	
<b>Intro</b>	<b>NM - intro</b>			09:55					
Junior Cheer All Girl Elite				10:00	09:48	09:44	09:42	09:38	09:23
Junior Pom				10:04	09:52	09:48	09:46	09:42	09:27
Junior Cheer All Girl Elite				10:10	09:58	09:54	09:52	09:48	09:33
Junior Pom				10:16	10:04	10:00	09:58	09:54	09:39
Junior Cheer All Girl Elite				10:20	10:08	10:04	10:02	09:58	09:43
Junior Pom				10:24	10:12	10:08	10:06	10:02	09:47
Junior Cheer All Girl Elite				10:28	10:16	10:12	10:10	10:06	09:51
Junior Pom				10:32	10:20	10:16	10:14	10:10	09:55
Junior Cheer All Girl Elite				10:36	10:24	10:20	10:18	10:14	09:59
Junior Pom				10:40	10:28	10:24	10:22	10:18	10:03
Junior Cheer All Girl Elite				10:44	10:32	10:28	10:26	10:22	10:07
Junior Pom				10:48	10:36	10:32	10:30	10:26	10:11
Junior Cheer All Girl Elite				10:52	10:40	10:36	10:34	10:30	10:15
OPPVISNING - NCL VINNER JR Intermediate				10:56	10:44	10:40	10:38	10:34	10:19
Junior Cheer Coed Elite				11:02	10:50	10:46	10:44	10:40	10:25
OPPVISNING - NCL VINNER JR AG Median				11:06	10:54	10:50	10:48	10:44	10:29
Junior Cheer Coed Elite				11:12	11:00	10:56	10:54	10:50	10:35
OPPVISNING - NCL VINNER JR COED Median				11:16	11:04	11:00	10:58	10:54	10:39
Junior Cheer Coed Elite				11:20	11:08	11:04	11:02	10:58	10:43
OPPVISNING - NCL VINNER JR AG Advanced				11:24	11:12	11:08	11:06	11:02	10:47
Junior Cheer Coed Elite				11:28	11:16	11:12	11:10	11:06	10:51
OPPVISNING - VINNER Åpen Klasse				11:32	11:20	11:16	11:14	11:10	10:55
PEEWEE OPPVISNING	Stavanger Diamonds Cheersport Klubb	Pink Glitter Diamonds	Stavanger	11:36	11:24	11:20	11:18	11:14	10:59
OPPVISNING - NCL VINNER SR Median				11:40	11:28	11:24	11:22	11:18	11:03
PEEWEE OPPVISNING	Stavanger Diamonds Cheersport Klubb	Silver Glitter Diamonds	Stavanger	11:44	11:32	11:28	11:26	11:22	11:07
OPPVISNING - NCL VINNER SR AG Elite				11:48	11:36	11:32	11:30	11:26	11:11
PEEWEE OPPVISNING	Step Up Danseklubb	Step Up Stardust	Oslo	11:52	11:40	11:36	11:34	11:30	11:15
OPPVISNING - NCL VINNER SR COED Elite				11:56	11:44	11:40	11:38	11:34	11:19
PEEWEE OPPVISNING	Oslo Cheer Team Galaxy	Mini Bronze	Oslo	12:00	11:48	11:44	11:42	11:38	11:23
PEEWEE OPPVISNING	Bærums Verk Hauger Idrettsforening	Charmers Pee Wee Silver	Bærum	12:04	11:52	11:48	11:46	11:42	11:27
PEEWEE OPPVISNING	Viqueens Cheerleaders	Viqueens Smallstars	Oslo	12:08	11:56	11:52	11:50	11:46	11:31
PEEWEE OPPVISNING	Oslo Cheer Team Galaxy	Mini Glow	Oslo	12:12	12:00	11:56	11:54	11:50	11:35

**SØNDAG 20. MARS: NM-HELGEN**

Kategori	Klubb	Lag	Kommune	Konk.tid	Oppvarming				Akkr
					Matte 2: m. musikk		Matte 1: u. musikk		
					Slutt	Start	Slutt	Start	
<b>PAUSE 1</b>				12:16					
Senior Pom				12:45	12:33	12:29	12:27	12:23	12:08
Senior Cheer Coed Premier				12:49	12:37	12:33	12:31	12:27	12:12
Senior Pom				12:55	12:43	12:39	12:37	12:33	12:18
Senior Cheer Coed Premier				13:01	12:49	12:45	12:43	12:39	12:24
Senior Pom				13:05	12:53	12:49	12:47	12:43	12:28
Senior Cheer Coed Premier				13:09	12:57	12:53	12:51	12:47	12:32
Senior Pom				13:13	13:01	12:57	12:55	12:51	12:36
Senior Cheer Coed Premier				13:17	13:05	13:01	12:59	12:55	12:40
Senior Pom				13:21	13:09	13:05	13:03	12:59	12:44
Senior Cheer Coed Premier				13:25	13:13	13:09	13:07	13:03	12:48
Senior Pom				13:29	13:17	13:13	13:11	13:07	12:52
Senior Cheer Coed Premier				13:33	13:21	13:17	13:15	13:11	12:56
PEEWEE OPPVISNING	Fet IL	FTG Lightning	Lillestrøm	13:37	13:25	13:21	13:19	13:15	13:00
Senior Cheer Coed Premier				13:41	13:29	13:25	13:23	13:19	13:04
PEEWEE OPPVISNING	Step Up Danseklubb	Nordstrand Starlets	Oslo	13:45	13:33	13:29	13:27	13:23	13:08
PEEWEE OPPVISNING	Oslo Cheer Team Galaxy	Peewee Black	Oslo	13:49	13:37	13:33	13:31	13:27	13:12
PEEWEE OPPVISNING	Bærums Verk Hauger Idrettsforening	Charmers pee wee Black	Bærum	13:53	13:41	13:37	13:35	13:31	13:16
<b>PAUSE 2</b>				13:57					
Junior Hip hop				14:20	14:08	14:04	14:02	13:58	13:43
Senior Cheer All Girl Premier				14:24	14:12	14:08	14:06	14:02	13:47
Junior Hip hop				14:30	14:18	14:14	14:12	14:08	13:53
Senior Cheer All Girl Premier				14:36	14:24	14:20	14:18	14:14	13:59
Junior Hip hop				14:40	14:28	14:24	14:22	14:18	14:03
Senior Cheer All Girl Premier				14:44	14:32	14:28	14:26	14:22	14:07
Junior Hip hop				14:48	14:36	14:32	14:30	14:26	14:11
Senior Cheer All Girl Premier				14:52	14:40	14:36	14:34	14:30	14:15
Junior Hip hop				14:56	14:44	14:40	14:38	14:34	14:19
Senior Cheer All Girl Premier				15:00	14:48	14:44	14:42	14:38	14:23

**SØNDAG 20. MARS: NM-HELGEN**

Kategori	Klubb	Lag	Kommune	Konk.tid	Oppvarming				Akkr
					Matte 2: m. musikk		Matte 1: u. musikk		
					Slutt	Start	Slutt	Start	
Junior Hip hop				15:04	14:52	14:48	14:46	14:42	14:27
Senior Cheer All Girl Premier				15:08	14:56	14:52	14:50	14:46	14:31
PEEWEE OPPVISNING	Mysen IF Cheerleading	MCC Raiders	Indre Østfold	15:12	15:00	14:56	14:54	14:50	14:35
Senior Cheer All Girl Premier				15:16	15:04	15:00	14:58	14:54	14:39
Senior Hip hop				15:22	15:10	15:06	15:04	15:00	14:45
Senior Cheer All Girl Premier				15:26	15:14	15:10	15:08	15:04	14:49
Senior Hip hop				15:30	15:18	15:14	15:12	15:08	14:53
Senior Cheer All Girl Premier				15:34	15:22	15:18	15:16	15:12	14:57
FERDIG				15:38					
Premieutdeling				16:15					