



COLONIAL LEAGUE FOR INTERSCHOLASTIC SPORTS, INC.

Bangor Catasauqua Northern Lehigh Northwestern Lehigh Notre Dame G.P. Palisades
 Palmerton Pen Argyl Salisbury Saucon Valley Southern Lehigh Wilson
 Moravian Academy

2017 Colonial League Cheerleading Competition - 9 Teams

WARM UPS - Team Warm Up times are arranged for travel considerations.
 8 Minutes for teams competing in 1 division. 11 Minutes for teams competing in both divisions

| Team | Warm Ups on Competition Mat |
|-----------------|-----------------------------|
| Wilson | 4:00-4:11 |
| Southern Lehigh | 4:12-4:20 |
| Salisbury | 4:21-4:29 |
| Northwestern | 4:30-4:38 |
| Pen Argyl | 4:39-4:50 |
| Saucon Valley | 4:51-4:59 |
| Palisades | 5:00-5:08 |
| Bangor | 5:09-5:17 |
| Palmerton | 5:18-5:26 |

Doors Open for Spectators at 5:30pm - Competition Begins at 6:00pm

Team Performance Time Optional Warm Up Time in Designated Area

National Anthem/Introductions 6:00pm

Game Day
Division

| | | |
|----------------------|-------------|------------------|
| Salisbury | 6:05 | 5:45-5:51 |
| Palisades | 6:10 | 5:51-5:57 |
| Pen Argyl | 6:15 | 5:57-6:03 |
| Palmerton | 6:20 | 6:03-6:09 |
| Saucon Valley | 6:25 | 6:09-6:15 |
| Northwestern | 6:30 | 6:15-6:21 |
| Wilson | 6:35 | 6:21-6:27 |
| Bangor | 6:40 | 6:27-6:33 |

Intermission 6:45-7:00pm

Competition
Division

| | | |
|------------------|-------------|------------------|
| Southern Lehigh | 7:05 | 6:45-6:55 |
| Pen Argyl | 7:13 | 6:55-7:05 |
| Wilson | 7:21 | 7:05-7:15 |

Stunt Off Exhibition Teams please indicate your interest to the DJ during Intermission – Will start after last comp. performance

Awards Approx. 7:45pm

“A tradition of excellence in interscholastic athletics and academics.”