

# 2020 VFCAL Dual Meet Schedule

FINAL 1/28/2020

## Compulsory Figures:

Novice: Ballet Leg & Front Walkover

Intermediate: Barracuda Airborne Split & Catalina

## Week of May 25

Wed 5/27 Davis @ FEC (home team warmups begin at 5:30 pm)

Fri 5/29 Sunrise @ Cordova (home team warmups begin at 5:00 pm)

Auburn Bye

Routines: Solos and Duets

Figures: Group 1 Novice: Tower & Somersub (Right Ballet Leg)

Intermediate: Flamingo Bent Knee & Back Walkover

## Week of June 1

Wed 6/3 Cordova @ Davis (home team warmups begin at 5:00 pm)

Sunrise @ Auburn (home team warmups begin at 5:30 pm)

FEC Bye

Routines: Solos, Duets and Trios

Figures: Group 3 Novice: Kipnus & Prawn Twirl (Right Ballet Leg)

Intermediate: Albatross & Side Fishtail Split

## Week of June 8

Wed 6/10 Auburn @ Davis (home team warmups begin at 5:00 pm)

Fri 6/12 FEC @ Sunrise (home team warmups begin at 5:15 pm)

Cordova Bye

Routines: Solos, Duets and Trios

Figures: Group 2 Novice: Barracuda & Neptunus (Left Ballet Leg)

Intermediate: Kip Half Twist & Angelfish

## Week of June 15

Wed 6/17 Cordova @ FEC (home team warmups begin at 5:30 pm)

Auburn, Davis, Sunrise Bye

Routines: Trios and Teams

Figures: Group 3 Novice: Kipnus & Prawn Twirl (Left Ballet Leg)

Intermediate: Albatross & Side Fishtail Split

## Week of June 22

Fri 6/26 Auburn @ Cordova (home team warmups begin at 5:00 pm)

Davis @ Sunrise (home team warmups begin at 5:15 pm)

FEC Bye

Routines: Trios and Teams

Figures: Group 2 Novice: Barracuda & Neptunus (Left Ballet Leg)

Intermediate: Kip Half Twist & Angelfish

## Week of June 29

Wed 7/1 FEC @ Auburn (home team warmups begin at 5:30 pm)

Davis, Cordova, Sunrise Bye

Routines: Trios and Teams

Figures: Group 1 Novice: Tower & Somersub (Right Ballet Leg)

Intermediate: Flamingo Bent Knee & Back Walkover

## Championships @ Davis

Sat 7/18 Figures: Compulsory & Group 3 (Ballet Leg may be Right or Left)

Sun 7/19 Routines