

2021 VFCAL Dual Meet Schedule FINAL

5/18/21

Compulsory Figures:

Novice: Ballet Leg and Front Walkover

Intermediate: Barracuda Airborne Split and Catalina

Week of June 1

Wed 6/2 Cordova @ Davis (home team warmups begin at 5:00 pm)
Sunrise @ Auburn (home team warmups begin at 5:30 pm)

FEC Bye

Routines: Solos and Duets

Figures: Group 1 Novice: Tower and Somersub (Right Ballet Leg)
Intermediate: Flamingo Bent Knee Spin 360 and Back Walkover

Week of June 7

Wed 6/9 Auburn @ Davis (home team warmups begin at 5:00 pm)

Fri 6/11 FEC @ Sunrise (home team warmups begin at 5:15 pm)

Cordova Bye

Routines: Solos, Duets and Trios

Figures: Group 2 Novice: Barracuda and Neptunus (Left Ballet Leg)
Intermediate: Kip Half Twist & Angelfish

Week of June 14

Wed 6/16 Cordova @ FEC (home team warmups begin at 5:30 pm)

Auburn, Davis, Sunrise Bye

Routines: Solos, Duets and Trios

Figures: Group 1 Novice: Tower and Somersub (Right Ballet Leg)
Intermediate: Flamingo Bent Knee Spin 360 and Back Walkover

Week of June 21

Fri 6/25 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 and Neptunus (Left Ballet Leg)
Intermediate: Kip Half Twist & Angelfish

Week of June 28

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

Davis, Cordova, Sunrise Bye

Routines: Trios and Teams

Figures: Group 3 Novice: Kipnus and Prawn Twirl (Left Ballet Leg)
Intermediate: Albatross and Side Fishtail Split

Week of July 5

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

Sat 7/10 Sunrise @ Cordova (home team warmups begin at 8:30 am)

Auburn Bye

Routines: Trios and Teams

Figures: Group 3 Novice: Kipnus and Prawn Twirl (Left Ballet Leg)
Intermediate: Albatross and Side Fishtail Split

Championships @ Sunrise

Fri 7/16 Figures: Novice: Kipnus and Prawn Twirl (Right or Left Ballet Leg)
Intermediate: Albatross and Side Fishtail Split

Sun 7/18 Routines