

2019 VFCAL Dual Meet Schedule

Final 1/30/2019

Compulsory Figures: Novice: Ballet Leg & Front Walkover
Intermediate: Barracuda Airborne Split Catalina

Week of June 3

Wed 6/5 FEC @ Davis (home team warmups begin at 5:00 pm)
Fri 6/7 Cordova @ Sunrise (home team warmups begin at 5:15 pm)
Auburn Bye

Routines: Solos and Duets

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

Week of June 10

Wed 6/12 Sunrise @ Davis (home team warmups begin at 5:00 pm)
Auburn @ FEC (home team warmups begin at 5:30 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 17

Fri 6/21 Davis @ Cordova (home team warmups begin at 5:00 pm)
Auburn @ Sunrise (home team warmups begin at 5:15 pm)

FEC Bye

Routines: Solos, Duets and Trios

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

Week of June 24

Fri 6/28 FEC @ Cordova (home team warmups begin at 5:00 pm)
Auburn, Davis, Sunrise Bye

Routines: Solos, Duets and Trios

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

Week of July 1

Wed 7/3 Cordova @ Auburn (home team warmups begin at 5:30 pm)
Davis, FEC, Sunrise Bye

Routines: Trios and Teams

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

Week of July 8

Wed 7/10 Davis @ Auburn (home team warmups begin at 5:30 pm)
Sunrise @ FEC (home team warmups begin at 5:30 pm)

Cordova Bye

Routines: Trios and Teams

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

Championships @ Auburn

Fri 7/19 Figures: Compulsory & Group 2 (Ballet Leg may be Right or Left)
Sun 7/21 Routines