



DANCE TEAM UNION

2023-2024 DES MOINES (1A-4A) REGIONAL COMPETITION

November 18, 2023

Small Varsity: 10 or less
Large Varsity: 11 or more

LAST UPDATED: 11/16/23 @ 10:30 AM

Performance Time	Team	Level	Dancer(s)	Check-In Time	Warm-Up
8:30 AM	Rise Up	Junior Duo/Trio	Addyson C, Morgan H	8:00 AM	8:10 AM
8:32 AM	Iowa Elite Dance	Mini Solo	Willow K (Cover Me In Sunshine)	8:02 AM	8:12 AM
8:35 AM	Iowa Elite Dance	Tiny Solo	Isabelle S (Sas)	8:05 AM	8:15 AM
8:37 AM	Iowa Elite Dance	Mini Solo	Zoe R (Glam)	8:07 AM	8:17 AM
8:40 AM	Iowa Elite Dance	Youth Solo	Ambrielle B (Ending)	8:10 AM	8:20 AM
8:42 AM	River City All-Stars	Mini Solo	Jersey C	8:12 AM	8:22 AM
8:45 AM	River City All-Stars	Youth Solo	Peyton J (Look What You Made Me Do)	8:15 AM	8:25 AM
8:47 AM	Iowa Elite Dance	Mini Solo	Olivia F	8:17 AM	8:27 AM
8:50 AM	Iowa Elite Dance	Youth Solo	Eva R (Dirty Diana)	8:20 AM	8:30 AM
8:52 AM	Iowa Elite Dance	Mini Solo	Lucie K	8:22 AM	8:32 AM
8:55 AM	Iowa Elite Dance	Youth Solo	Brielle G (Dangerous)	8:25 AM	8:35 AM
8:57 AM	River City All-Stars	Mini Solo	Peyton Y	8:27 AM	8:37 AM
9:00 AM	River City All-Stars	Youth Solo	Avery B (Land of 1,000 dances)	8:30 AM	8:40 AM
9:02 AM	Iowa Elite Dance	Mini Solo	Grace G	8:32 AM	8:42 AM
9:05 AM	Iowa Elite Dance	Youth Solo	Annabelle E (Well Hello)	8:35 AM	8:45 AM
9:07 AM	Iowa Elite Dance	Mini Solo	Alyse B	8:37 AM	8:47 AM
9:10 AM	Iowa Elite Dance	Youth Solo	Kiera B (Angel By The Wings)	8:40 AM	8:50 AM
9:12 AM	Iowa Elite Dance	Mini Solo	Willow K (Break A Sweat)	8:42 AM	8:52 AM
9:15 AM	Iowa Elite Dance	Youth Solo	Faith Sc	8:45 AM	8:55 AM
9:17 AM	Iowa Elite Dance	Mini Solo	Zoe R (Lost Without You)	8:47 AM	8:57 AM
9:20 AM	River City All-Stars	Youth Solo	Ella H	8:50 AM	9:00 AM
9:22 AM	Iowa Elite Dance	Senior Solo	Maria S (Crazy)	8:52 AM	9:02 AM
9:25 AM	River City All-Stars	Tiny Solo	Brynlee H	8:55 AM	9:05 AM
9:27 AM	North Scott	Senior Solo	Cadence S	8:57 AM	9:07 AM
9:30 AM	Iowa Elite Dance	Tiny Solo	Iris A	9:00 AM	9:10 AM
9:32 AM	North Scott	Senior Solo	Paityn L	9:02 AM	9:12 AM
9:35 AM	River City All-Stars	Tiny Solo	Emersyn T	9:05 AM	9:15 AM
9:37 AM	Newton	Senior Solo	Brooke L	9:07 AM	9:17 AM
9:40 AM	River City All-Stars	Tiny Solo	Brooklyn C	9:10 AM	9:20 AM
9:42 AM	North Scott	Senior Solo	Arielle J	9:12 AM	9:22 AM
9:45 AM	Iowa Elite Dance	Tiny Solo	Isabelle S (What A Wonderful World)	9:15 AM	9:25 AM

BREAK - 9:47 AM to 10:00 AM

Performance Time	Team	Level	Dancer	Check-In Time	Warm-Up
10:00 AM	River City All-Stars	Youth Solo	Avery B (Voice of God)	9:30 AM	9:40 AM
10:02 AM	North Scott	Senior Solo	Gracie H	9:32 AM	9:42 AM
10:05 AM	River City All-Stars	Youth Solo	Peyton J (Who You Are)	9:35 AM	9:45 AM
10:07 AM	Iowa Falls-Alden	Senior Solo	Zachary H	9:37 AM	9:47 AM
10:10 AM	Iowa Elite Dance	Youth Solo	Faith Su	9:40 AM	9:50 AM
10:12 AM	Newton	Senior Solo	Rylinn P	9:42 AM	9:52 AM
10:15 AM	Iowa Elite Dance	Youth Solo	Annabelle E (Who You Are)	9:45 AM	9:55 AM
10:17 AM	Rise Up	Senior Solo	Lillian L	9:47 AM	9:57 AM
10:20 AM	Iowa Elite Dance	Youth Solo	Eva R (Turning Tables)	9:50 AM	10:00 AM
10:22 AM	Newton	Senior Solo	Alyssa B	9:52 AM	10:02 AM
10:25 AM	Iowa Elite Dance	Youth Solo	Brielle G (Broken)	9:55 AM	10:05 AM
10:27 AM	Iowa Falls-Alden	Senior Solo	Brenna K	9:57 AM	10:07 AM
10:30 AM	Iowa Elite Dance	Youth Solo	Ambrielle B (Shut It Down)	10:00 AM	10:10 AM
10:32 AM	Humboldt	Senior Solo	Kaycee R	10:02 AM	10:12 AM

10:35 AM	Iowa Elite Dance	Youth Solo	Kiera B (Only The Strong Survive)	10:05 AM	10:15 AM
10:37 AM	Iowa Elite Dance	Senior Solo	Maria S (Go To Sleep)	10:07 AM	10:17 AM
10:40 AM	River City All-Stars	Youth Solo	Avery B (All I Know So Far)	10:10 AM	10:20 AM
10:42 AM	West Fork	Senior Solo	Grace C	10:12 AM	10:22 AM
10:45 AM	River City All-Stars	Youth Solo	Peyton J (Breathe)	10:15 AM	10:25 AM

BREAK - 10:47 AM to 11:00 AM

Performance Time	Team	Level	Dancer	Check-In Time	Warm-Up
11:00 AM	Iowa Elite Dance	Junior Solo	Kiley E (Wherever You Will Go)	10:30 AM	10:40 AM
11:02 AM	Xavier	Senior Solo	Saylor E	10:32 AM	10:42 AM
11:05 AM	Iowa Elite Dance	Junior Solo	Sammie M (Open Arms)	10:35 AM	10:45 AM
11:07 AM	Xavier	Senior Solo	Caitlin L	10:37 AM	10:47 AM
11:10 AM	Iowa Elite Dance	Junior Solo	Kaylee H	10:40 AM	10:50 AM
11:12 AM	North Scott	Senior Solo	Jacque C	10:42 AM	10:52 AM
11:15 AM	Humboldt	Junior Solo	Summer Z	10:45 AM	10:55 AM
11:17 AM	Burlington	Senior Solo	Lillian C	10:47 AM	10:57 AM
11:20 AM	Humboldt	Junior Solo	Irelynn P	10:50 AM	11:00 AM
11:22 AM	Iowa Falls-Alden	Senior Solo	Dani B	10:52 AM	11:02 AM
11:25 AM	Iowa Elite Dance	Junior Solo	Isabel F	10:55 AM	11:05 AM
11:27 AM	Iowa Falls-Alden	Senior Solo	Marikate L	10:57 AM	11:07 AM
11:30 AM	North Scott	Junior Solo	Marin R	11:00 AM	11:10 AM
11:32 AM	Newton	Senior Solo	Kaylynn H	11:02 AM	11:12 AM
11:35 AM	Xavier	Junior Solo	Olivia N	11:05 AM	11:15 AM
11:37 AM	North Scott	Senior Solo	Reese C	11:07 AM	11:17 AM
11:40 AM	West Fork	Junior Solo	Kylin J	11:10 AM	11:20 AM
11:42 AM	Burlington	Senior Solo	Alannah P	11:12 AM	11:22 AM
11:45 AM	Xavier	Junior Solo	Helen M	11:15 AM	11:25 AM
11:47 AM	Burlington	Senior Solo	Avery S	11:17 AM	11:27 AM
11:50 AM	Liberty	Junior Solo	Lainey A	11:20 AM	11:30 AM
11:52 AM	Newton	Senior Solo	Melayna B	11:22 AM	11:32 AM
11:55 AM	Xavier	Junior Solo	Marley B	11:25 AM	11:35 AM

BREAK - 11:57 AM to 12:10 PM

Performance Time	Team	Level	Dancer	Check-In Time	Warm-Up
12:10 PM	Rise Up	Junior Solo	Addyson C	11:40 AM	11:50 AM
12:12 PM	North Scott	Senior Solo	Kyla S	11:42 AM	11:52 AM
12:15 PM	Iowa Elite Dance	Junior Solo	Alaina M	11:45 AM	11:55 AM
12:17 PM	Humboldt	Senior Solo	Macy B	11:47 AM	11:57 AM
12:20 PM	Newton	Junior Solo	Lily S	11:50 AM	12:00 PM
12:22 PM	Newton	Senior Solo	Kaitlyn A	11:52 AM	12:02 PM
12:25 PM	Rise Up	Junior Solo	Morgan H	11:55 AM	12:05 PM
12:27 PM	Burlington	Senior Solo	Cela S	11:57 AM	12:07 PM
12:30 PM	Iowa Elite Dance	Junior Solo	Mary P	12:00 PM	12:10 PM
12:32 PM	North Scott	Senior Solo	Jenna K	12:02 PM	12:12 PM
12:35 PM	Newton	Junior Solo	Lily B	12:05 PM	12:15 PM
12:37 PM	West Fork	Senior Solo	Gracie D	12:07 PM	12:17 PM
12:40 PM	North Scott	Junior Solo	Natalie N	12:10 PM	12:20 PM
12:42 PM	West Fork	Senior Solo	Olivia J	12:12 PM	12:22 PM
12:45 PM	Iowa Elite Dance	Junior Solo	Sammie M (Forever)	12:15 PM	12:25 PM
12:47 PM	North Scott	Senior Solo	Caitlyn R	12:17 PM	12:27 PM
12:50 PM	Liberty	Junior Solo	Molly M	12:20 PM	12:30 PM
12:52 PM	Xavier	Senior Solo	Sophie B	12:22 PM	12:32 PM
12:55 PM	Iowa Elite Dance	Junior Solo	Kiley E (Lost)	12:25 PM	12:35 PM
12:57 PM	Xavier	Senior Solo	Marissa M	12:27 PM	12:37 PM
1:00 PM	Humboldt	Junior Solo	Fiona T	12:30 PM	12:40 PM
1:02 PM	No Limits Dance	Senior All Star	Pom	12:32 PM	12:42 PM
1:05 PM	Iowa Falls-Alden	Junior Solo	Kenna F	12:35 PM	12:45 PM

LUNCH BREAK - 1:07 PM to 1:45 PM

Performance Time	Team	Level	Style	Check-In Time	Warm-Up
1:45 PM	No Limits Dance	Junior All Star	Hip Hop	1:15 PM	1:25 PM
1:48 PM	-----			1:18 PM	1:28 PM
1:51 PM	No Limits Dance	Senior All Star	Hip Hop	1:21 PM	1:31 PM
1:54 PM	West Fork	Varsity	Jazz	1:24 PM	1:34 PM
1:57 PM	Illinois College	College	Pom	1:27 PM	1:37 PM
2:00 PM	Humboldt	Varsity	Jazz	1:30 PM	1:40 PM
2:03 PM	Southwestern Community College	College	Pom	1:33 PM	1:43 PM
2:06 PM	Liberty	Varsity	Jazz	1:36 PM	1:46 PM
2:09 PM	Kirkwood Community College	College	Pom	1:39 PM	1:49 PM
2:12 PM	Grinnell	Varsity	Jazz	1:42 PM	1:52 PM
2:15 PM	Iowa Elite Dance	Tiny All Star	Pom	1:45 PM	1:55 PM
2:18 PM	Mid Prairie	Varsity	Jazz	1:48 PM	1:58 PM
2:21 PM	River City All-Stars	Tiny All Star	Pom	1:51 PM	2:01 PM
2:24 PM	North Polk	Varsity	Jazz	1:54 PM	2:04 PM
2:27 PM	River City All-Stars	Mini All Star	Pom	1:57 PM	2:07 PM
2:30 PM	North Scott	Varsity	Jazz	2:00 PM	2:10 PM
2:33 PM	Iowa Elite Dance	Mini All Star	Pom	2:03 PM	2:13 PM
2:36 PM	No Limits Dance	Senior All Star	Jazz	2:06 PM	2:16 PM
2:39 PM	Fusion Dance All Stars	Youth All Star	Pom (White)	2:09 PM	2:19 PM
2:42 PM	Xavier	Varsity	Open Style	2:12 PM	2:22 PM
2:45 PM	Fusion Dance All Stars	Youth All Star	Pom (Red)	2:15 PM	2:25 PM
2:48 PM	Newton	Varsity	Open Style	2:18 PM	2:28 PM
2:51 PM	Cedar Rapids Elite All Stars	Youth All Star	Pom	2:21 PM	2:31 PM
2:54 PM	Liberty	Junior Varsity	Jazz	2:24 PM	2:34 PM
2:57 PM	Iowa Elite Dance	Youth All Star	Pom	2:27 PM	2:37 PM

BREAK - 3:00 PM to 3:10 PM

Performance Time	Team	Level	Style	Check-In Time	Warm-Up
3:10 PM	Kirkwood Community College	College	Jazz	2:40 PM	2:50 PM
3:13 PM	No Limits Dance	Junior All Star*	Pom (15 dancers)	2:43 PM	2:53 PM
3:16 PM	Graceland University	College	Jazz	2:46 PM	2:56 PM
3:19 PM	West Fork	Varsity	Hip Hop	2:49 PM	2:59 PM
3:22 PM	Illinois College	College	Jazz	2:52 PM	3:02 PM
3:25 PM	Central Lee	Varsity	Hip Hop	2:55 PM	3:05 PM
3:28 PM	Southwestern Community College	College	Jazz	2:58 PM	3:08 PM
3:31 PM	Grinnell	Varsity	Hip Hop	3:01 PM	3:11 PM
3:34 PM	Burlington	Varsity	Lyrical	3:04 PM	3:14 PM
3:37 PM	Xavier	Varsity	Hip Hop	3:07 PM	3:17 PM
3:40 PM	North Polk	Varsity	Lyrical	3:10 PM	3:20 PM
3:43 PM	-----			3:13 PM	3:23 PM
3:46 PM	Fusion Dance All Stars	Youth All Star	Lyrical (White)	3:16 PM	3:26 PM
3:49 PM	Cedar Rapids Elite All Stars	Youth All Star	Hip Hop	3:19 PM	3:29 PM
3:52 PM	Fusion Dance All Stars	Youth All Star	Lyrical (Red)	3:22 PM	3:32 PM
3:55 PM	No Limits Dance	Junior All Star	Pom (13 dancers)	3:25 PM	3:35 PM
3:58 PM	Iowa Elite Dance	Youth All Star	Lyrical	3:28 PM	3:38 PM
4:01 PM	Fusion Dance All Stars	Junior All Star	Pom	3:31 PM	3:41 PM
4:04 PM	Iowa Elite Dance	Mini All Star	Lyrical	3:34 PM	3:44 PM
4:07 PM	Iowa Elite Dance	Junior All Star	Pom	3:37 PM	3:47 PM

*Indicates category is not over

BREAK - 4:10 PM to 4:30 PM

Performance Time	Team	Level	Style	Check-In Time	Warm-Up
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4:30 PM	Newton	Large Varsity	Pom	4:00 PM	4:10 PM
4:33 PM	Graceland University	College	Hip Hop	4:03 PM	4:13 PM
4:36 PM	Central Lee	Large Varsity	Pom	4:06 PM	4:16 PM
4:39 PM	Kirkwood Community College	College	Hip Hop	4:09 PM	4:19 PM
4:42 PM	North Scott	Large Varsity	Pom	4:12 PM	4:22 PM
4:45 PM	Southwestern Community College	College	Hip Hop	4:15 PM	4:25 PM
4:48 PM	Xavier	Large Varsity	Pom	4:18 PM	4:28 PM
4:51 PM	West Fork	Youth Duo/Trio	Adra J, Emerli J	4:21 PM	4:31 PM
4:54 PM	Liberty	Large Varsity	Pom	4:24 PM	4:34 PM
4:57 PM	No Limits Dance	Junior All Star	Lyrical	4:27 PM	4:37 PM
5:00 PM	Spencer	Small Varsity	Pom	4:30 PM	4:40 PM
5:03 PM	Fusion Dance All Stars	Junior All Star	Lyrical	4:33 PM	4:43 PM
5:06 PM	Humboldt	Small Varsity	Pom	4:36 PM	4:46 PM
5:09 PM	Iowa Elite Dance	Junior All Star	Jazz	4:39 PM	4:49 PM
5:12 PM	Iowa Falls-Alden	Small Varsity	Pom	4:42 PM	4:52 PM
5:15 PM	No Limits Dance	Junior All Star	Jazz (11 dancers)	4:45 PM	4:55 PM
5:18 PM	Mid Prairie	Small Varsity	Pom	4:48 PM	4:58 PM
5:21 PM	No Limits Dance	Junior All Star*	Jazz (9 dancers)	4:51 PM	5:01 PM
5:24 PM	Burlington	Small Varsity	Pom	4:54 PM	5:04 PM
5:27 PM	Central Lee	Varsity	Kick	4:57 PM	5:07 PM
5:30 PM	Grinnell	Small Varsity	Pom	5:00 PM	5:10 PM
5:33 PM	Newton	Varsity	Kick	5:03 PM	5:13 PM
5:36 PM	North Polk	Small Varsity	Pom	5:06 PM	5:16 PM
5:39 PM	Spencer	Varsity	Kick	5:09 PM	5:19 PM
5:42 PM	West Fork	Small Varsity	Pom	5:12 PM	5:22 PM
5:45 PM	Humboldt	Varsity	Kick	5:15 PM	5:25 PM
5:48 PM	Liberty	Junior Varsity	Pom	5:18 PM	5:28 PM
5:51 PM	Iowa Falls-Alden	Varsity	Kick	5:21 PM	5:31 PM
5:54 PM	-----			5:24 PM	5:34 PM
5:57 PM	No Limits Dance	Junior All Star	Jazz (17 dancers)	5:27 PM	5:37 PM

*Indicates category is not over

AWARDS CEREMONY

[ESTIMATED]

6:20 PM The moment you've all been waiting for!