

2:30 Routine
@ 144 BPM

Organization _____
 Team _____

Recommendations:
Start: 1.5, End: 46.1

#	M:S	Section	1	2	3	4	5	6	7	8	Songs
1	0:00	Intro									
2	0:03										
3	0:06										
4	0:10										
5	0:13										
6	0:16										
7	0:20										
8	0:23										
9	0:26										
10	0:30										
11	0:33										
12	0:36										
13	0:40										
14	0:43										
15	0:46										
16	0:50										
17	0:53										
18	0:56										
19	1:00										
20	1:03										
21	1:06										
22	1:10										
23	1:13										
24	1:16										
25	1:20										
26	1:23										
27	1:26										
28	1:30										
29	1:33										
30	1:36										
31	1:40										
32	1:43										
33	1:46										



For **Custom Music** that matches this routine,
 we recommend using the following services:

CheerSounds.com
 for College and Allstar teams

CheerMusicMixer.com
 for HS, MS and Youth teams

2:30 Routine
@ 144 BPM

Organization _____
 Team _____

Recommendations:
Start: 1.5, End: 46.1

#	M:S	Section	1	2	3	4	5	6	7	8	Songs
34	1:50										
35	1:53										
36	1:56										
37	2:00										
38	2:03										
39	2:06										
40	2:10										
41	2:13										
42	2:16										
43	2:20										
44	2:23										
45	2:26										
46	2:30										

Additional Notes:



For **Custom Music** that matches this routine,
 we recommend using the following services:

CheerSounds.com
 for College and Allstar teams

CheerMusicMixer.com
 for HS, MS and Youth teams