

BCA Nationals

Venue Address

Telford International Centre,
International Way,
Telford,
TF3 4JH

Below are the meet and compete times for all teams competing at BCA Nationals. Your arrival time is the latest you are expected to be present at the venue. Meet time is the time your coach will meet you to go to warm up. All athletes must be present at the competition venue at your stated arrival time, in full uniform/costume with hair and make up completed. Please allow time for parking and getting through security for the venue.

Athlete wristbands are required to gain access to the venue (these will be handed out in athletes final training sessions). We will not be responsible for lost or forgotten passes, which may incur an additional fee. Spectators tickets should have been ordered separately.

On arrival, please report to the assigned team mom for registration (noted in the WhatsApp group). Please make sure you are ready at your meet time and have made toilet visits etc in good time. All team members are expected to support all SA Academy teams throughout the competition day. Academy spectators should aim to find an area together which will be used as the meet location point for all teams. Where possible, we ask all SA supporters to wear SA apparel or blue to the event in support of the teams.

Saturday 23rd May - doors open 8:00am

Team	Arrival	Meet Time	Perform	Hall	Awards
Slate	8:42am	9:42am	10:22am	Hall 1	1:00pm
Electric	9:22am	10:22am	11:02am.	Hall 1	1:00pm
Aqua	12:12pm	1:12pm	1:56pm.	Hall 2	2:40pm
Midnight	3:04pm	4:04pm	4:44pm	Hall 2	6:40pm
Mystique	4:56pm	5:56pm	6:36pm	Hall 2	7:40pm
Teal	6:54pm	7:54pm	8:38pm	Hall 2	9:40pm

Sunday 24th May - doors open 8:00am

Team	Arrival	Meet Time	Perform	Hall	Awards
Turquoise	8:35am	9:35am	10:14am	Hall 2	12:40pm
Ocean	10:42am	11:42am	12:17pm	Dance	1:20pm
Royal	11:09am	12:09pm	12:44pm	Dance	1:40pm
Aquamarine	12:42pm	1:42pm	2:17pm	Dance	3:00pm
Steel	1:12pm	2:12pm	2:47pm	Dance	3:20pm
Bubblegum	2:19pm	3:19pm	3:58pm	Hall 2	5:20pm
Cobalt	2:34pm	3:34pm	4:09pm	Dance	5:00pm
Opal	3:29pm	4:29pm	5:08pm	Hall 2	7:20pm
Indigo	4:11pm	5:11pm	5:46pm	Dance	7:20pm
Sapphire	5:10pm	6:10pm	6:45pm	Dance	8:10pm

Awards

Please note, awards do not take priority over your meet times for crossover athletes if there are any schedule clashes. **Athletes must attend awards in their competition uniform/costume with no cover ups, cheer/dance shoes and hair still in place.** After the awards you will be free to take pictures with the banner/trophy and then must return it to the team mom to be brought back to the academy.

Hair

Cheer:

Hair for all cheer teams is a high curly ponytail. Please make sure fringe and baby hairs are scraped back and secured. Ponytails should be as high as possible (preferably a palms width from the hairline). Bows should be secured with extra bobble/hair pins. Volume can be added to the top of the ponytail to help secure bows in place. Athletes with hair length above the shoulders are permitted a half up half down style. Fringe should still be pinned back where possible.

Dance:

Ocean & Royal - Low bun with a centre parting & hair slide.

Aquamarine - Low ponytail with centre parting & bubble braid.

Cobalt, Steel, Indigo & Sapphire - Low ponytail with centre parting

Makeup

All athletes must wear a red lipstick (not optional). Please use a lip stain, lip pencil or matte lipstick that won't smudge. Eye make-up is optional for all U10 teams. U12 and above should aim for a smoky bronzed eye.

Fake eyelashes are permitted but please make sure you use a strong eyelash glue and choose an appropriate length for competing.

Uniforms/Costumes

Please make sure any bra straps are appropriate for the competition uniform/dance costumes and aren't visible. White trainer socks only are permitted for cheer, with no visible colours or ankles socks allowed. Lyrical teams need to be wearing skin colour pants and dance tights.

All jewellery should be removed, including clear plugs and hair bands on wrists. We will not be responsible for any jewellery that has to be removed in the warm up room.

Competition Checklist

- Competition uniform/dance costume
- Cheer trainers/dance shoes
- Scrunchies
- Dance hair accessories
- White trainer socks
- Skin colour tights & pants (lyrical teams)
- Athlete wristband
- Make up
- Hair spray
- Hair grips
- Asthma Inhalers
- Cover up
- All jewellery removed