

| Class 5A-A | Check in-time | Stretch | Warmup mat A | Warmup mat B- 5 minutes | Warmup mat- C-5min. full floor | Perform (approximate) |
|-----------------------------|----------------------|----------------|---------------------|--------------------------------|---------------------------------------|------------------------------|
| Heritage Hall | 10:00 | 10:20 | 10:35 | 10:40 | 10:45 | 11:00 |
| Weatherford | 10:05 | 10:25 | 10:40 | 10:45 | 10:50 | 11:05 |
| Southmoore | 10:10 | 10:30 | 10:45 | 10:50 | 10:55 | 11:10 |
| Blanchard | 10:15 | 10:35 | 10:50 | 10:55 | 11:00 | 11:15 |
| Coweta | 10:20 | 10:40 | 10:55 | 11:00 | 11:05 | 11:20 |
| Glenpool | 10:25 | 10:45 | 11:00 | 11:05 | 11:10 | 11:25 |
| Chickasha | 10:30 | 10:50 | 11:05 | 11:10 | 11:15 | 11:30 |
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| Class 5a-B | | | | | | |
| Newcastle | 11:30 | 11:50 | 12:05 | 12:10 | 12:15 | 12:30 |
| Tuttle | 11:35 | 11:55 | 12:10 | 12:15 | 12:20 | 12:35 |
| Santa Fe South | 11:40 | 12:00 | 12:15 | 12:20 | 12:25 | 12:40 |
| Grove | 11:45 | 12:05 | 12:20 | 12:25 | 12:30 | 12:45 |
| Cache | 11:50 | 12:10 | 12:25 | 12:30 | 12:35 | 12:50 |
| Tahlequah | 11:55 | 12:15 | 12:30 | 12:35 | 12:40 | 12:55 |
| Claremore | 12:00 | 12:20 | 12:35 | 12:40 | 12:45 | 1:00 |
| Crossings Christian | 12:05 | 12:25 | 12:40 | 12:45 | 12:50 | 1:05 |
| Carl Albert | 12:10 | 12:30 | 12:45 | 12:50 | 1:00 | 1:10 |
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| | | | | | | |
| Class Small Co-ED-A | | | | | | |
| Perry | 1:00 | 1:20 | 1:35 | 1:40 | 1:45 | 2:00 |
| Sperry | 1:05 | 1:25 | 1:40 | 1:45 | 1:50 | 2:05 |
| Jay | 1:10 | 1:30 | 1:45 | 1:50 | 1:55 | 2:10 |
| Newkirk | 1:15 | 1:35 | 1:50 | 1:55 | 2:00 | 2:15 |
| Hugo | 1:20 | 1:40 | 1:55 | 2:00 | 2:05 | 2:20 |
| Haskill | 1:25 | 1:45 | 2:00 | 2:05 | 2:10 | 2:25 |
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| Class Small; Co-ED-B | | | | | | |
| Stigler | 2:30 | 2:50 | 3:05 | 3:10 | 3:15 | 3:30 |
| Sallisaw | 2:35 | 2:55 | 3:10 | 3:15 | 3:20 | 3:35 |
| Preston | 2:40 | 3:00 | 3:15 | 3:20 | 3:25 | 3:40 |
| Henryetta | 2:45 | 3:05 | 3:20 | 3:25 | 3:30 | 3:45 |
| Harrah | 2:50 | 3:10 | 3:25 | 3:30 | 3:35 | 3:50 |
| Bridge Creek | 2:55 | 3:15 | 3:30 | 3:35 | 3:40 | 3:55 |
| Sulphur | 3:00 | 3:20 | 3:35 | 3:40 | 3:45 | 4:00 |
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