

**District One Competitive Spirit Championships**  
**Saturday, December 13, 2025**

TEAM	Division	PERFORM	ON DECK	WARM UP	STRETCH
Central Bucks West High School	3A Large	9:30	9:22	9:14	9:06
Ridley High School	3A Large	9:38	9:30	9:22	9:14
Bishop Shanahan High School	3A Large	9:46	9:38	9:30	9:22
Council Rock North High School	3A Large	9:54	9:46	9:38	9:30
Plymouth Whitemarsh High School	3A Large	10:02	9:54	9:46	9:38
Haverford High School	3A Large	10:10	10:02	9:54	9:46
Norristown Area High School	3A Large	10:18	10:10	10:02	9:54
Neshaminy High School	3A Large	10:26	10:18	10:10	10:02
North Penn High School	3A Large	10:34	10:26	10:18	10:10
Upper Darby High School	3A Large	10:42	10:34	10:26	10:18
Abington High School	COED	10:50	10:42	10:34	10:26
Quakertown Community High School	COED	10:58	10:50	10:42	10:34
Perkiomen Valley High School	COED	11:06	10:58	10:50	10:42
Phoenixville Area High School	COED	11:14	11:06	10:58	10:50
Downingtown West High School	COED	11:22	11:14	11:06	10:58
Strath Haven High School	COED	11:30	11:22	11:14	11:06
Pope John Paul II High School	2A Small	11:38	11:30	11:22	11:14
Central Bucks West High School	Game Day	11:46	11:38	11:30	11:22
Owen J Roberts High School	Game Day	11:54	11:46	11:38	11:30
West Chester East High School	Game Day	12:02	11:54	11:46	11:38
Council Rock North High School	Game Day	12:10	12:02	11:54	11:46
Penncrest High School	Game Day	12:18	12:10	12:02	11:54
<b>3A Large and Coed CHAMPIONS ANNOUNCED &amp; BREAK</b>					
Radnor High School	3A Small	1:00	12:52	12:44	12:36
Penridge High School	3A Small	1:08	1:00	12:52	12:44
Avon Grove High School	3A Small	1:16	1:08	1:00	12:52
Marple Newtown High School	3A Small	1:24	1:16	1:08	1:00
Souderton High School	3A Small	1:32	1:24	1:16	1:08
Springfield High School	3A Small	1:40	1:32	1:24	1:16
Methacton High School	3A Small	1:48	1:40	1:32	1:24
Upper Merion Area High School	3A Small	1:56	1:48	1:40	1:32
Sun Valley High School	3A Small	2:04	1:56	1:48	1:40
Interboro High School	3A Small	2:12	2:04	1:56	1:48
Spring-Ford High School	3A Small	2:20	2:12	2:04	1:56
Downingtown East High School	3A Small	2:28	2:20	2:12	2:04
Pennsbury High School	3A Small	2:36	2:28	2:20	2:12
Central Bucks South High School	3A Small	2:44	2:36	2:28	2:20
Central Bucks East High School	3A Small	2:52	2:44	2:36	2:28
Garnet Valley High School	3A Small	3:00	2:52	2:44	2:36
Upper Dublin High School	Game Day	3:08	3:00	2:52	2:44
Bayard Rustin High School	Game Day	3:16	3:08	3:00	2:52
Hatboro Horsham High School	Game Day	3:24	3:16	3:08	3:00
Spring-Ford High School	Game Day	3:32	3:24	3:16	3:08
Garnet Valley High School	Game Day	3:40	3:32	3:24	3:16
<b>Awards</b>					