

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 |
| Downington 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 |
| Ridley High School | Game Day | 11:54 | 11:46 | 11:38 | 11:30 |
| Abington High School | Game Day | 12:02 | 11:54 | 11:46 | 11:38 |
| Owen J Roberts High School | Game Day | 12:10 | 12:02 | 11:54 | 11:46 |
| West Chester East High School | Game Day | 12:18 | 12:10 | 12:02 | 11:54 |
| Council Rock North High School | Game Day | 12:26 | 12:18 | 12:10 | 12:02 |
| Penncrest High School | Game Day | 12:34 | 12:26 | 12:18 | 12:10 |
| 3A Large and Coed CHAMPIONS ANNOUNCED & BREAK | | | | | |
| Radnor High School | 3A Small | 1:16 | 1:08 | 1:00 | 12:52 |
| Pennridge High School | 3A Small | 1:24 | 1:16 | 1:08 | 1:00 |
| Avon Grove High School | 3A Small | 1:32 | 1:24 | 1:16 | 1:08 |
| Marple Newtown High School | 3A Small | 1:40 | 1:32 | 1:24 | 1:16 |
| Souderton High School | 3A Small | 1:48 | 1:40 | 1:32 | 1:24 |
| Springfield High School | 3A Small | 1:56 | 1:48 | 1:40 | 1:32 |
| Methacton High School | 3A Small | 2:04 | 1:56 | 1:48 | 1:40 |
| Upper Merion Area High School | 3A Small | 2:12 | 2:04 | 1:56 | 1:48 |
| Sun Valley High School | 3A Small | 2:20 | 2:12 | 2:04 | 1:56 |
| Interboro High School | 3A Small | 2:28 | 2:20 | 2:12 | 2:04 |
| Spring-Ford High School | 3A Small | 2:36 | 2:28 | 2:20 | 2:12 |
| Downington East High School | 3A Small | 2:44 | 2:36 | 2:28 | 2:20 |
| Pennsbury High School | 3A Small | 2:52 | 2:44 | 2:36 | 2:28 |
| Central Bucks South High School | 3A Small | 3:00 | 2:52 | 2:44 | 2:36 |
| Central Bucks East High School | 3A Small | 3:08 | 3:00 | 2:52 | 2:44 |
| Garnet Valley High School | 3A Small | 3:16 | 3:08 | 3:00 | 2:52 |
| Upper Dublin High School | Game Day | 3:24 | 3:16 | 3:08 | 3:00 |
| Hatboro Horsham High School | Game Day | 3:32 | 3:24 | 3:16 | 3:08 |
| Spring-Ford High School | Game Day | 3:40 | 3:32 | 3:24 | 3:16 |
| Garnet Valley High School | Game Day | 3:48 | 3:40 | 3:32 | 3:24 |
| Awards | | | | | |