

| CLINIC - William Blount, January 20, 2024 | | | Doors open 10AM | | | | | Draft 3, 1/9/24 | |
|--|------|---|------------------------|---------|-----------|-------------|-----------------|---------------------------|--|
| Jan 20 | | Check-in no later than (30 mins before warmup) | Warmup | Holding | Enter Gym | Performance | interval time | Completely out of the gym | |
| CLINIC | | | 15 min | 5 min | | | | | |
| WB Orange | SRA2 | 1005 | 1035 | 1050 | 1055 | 1100 | 15 | 1115 | |
| HIPE RED | SRA2 | 1025 | 1055 | 1110 | 1115 | 1120 | 15 | 1135 | |
| HIPE BLUE | SA | 1045 | 1115 | 1130 | 1135 | 1140 | 15 | 1155 | |
| Seymour JV | SRA2 | 1105 | 1135 | 1150 | 1155 | 1200 | 15 | 1215 | |
| Alcoa | SRA | 1125 | 1155 | 1210 | 1215 | 1220 | 15 | 1235 | |
| Clinton Winterguard | SRA | 1145 | 1215 | 1230 | 1235 | 1240 | 15 | 1255 | |
| Seymour Varsity | SO | 1205 | 1235 | 1250 | 1255 | 100 | 15 | 115 | |
| Lenoir City Junior Varsity | SRA2 | 1225 | 1255 | 110 | 115 | 120 | 15 | 135 | |
| Lenoir City Varsity | SRA | 1245 | 115 | 130 | 135 | 140 | 15 | 155 | |
| Grace Independent Fierce IRAA | IRA2 | 105 | 135 | 150 | 155 | 200 | 15 | 215 | |
| Grace Independent Fierce | IA | 125 | 155 | 210 | 215 | 220 | 15 | 235 | |
| Lakeway Christian Academy | SRA2 | 145 | 215 | 230 | 235 | 240 | 15 | 255 | |
| WB Blue | SA2 | 205 | 235 | 250 | 255 | 300 | 15 | 315 | |
| Break | | | | | | | Break | 15 | |
| Master Class with Courtney | | | | | start | 3:30 | Finish | 5:00 | |
| | | | | | | | Building closes | 6:00 PM | |