



## Plainview-Old Bethpage Cheerleading Competition

### January 10th, 2026

\$5 entrance fee for spectators (*Cash or Venmo Only*)  
\*DOORS OPEN AT 9:00am for spectators\*

**Plainview-Old Bethpage Middle School**  
121 Central Park Rd, Plainview, NY 11803

### Session 1: Middle School, JV C and JV Coed

Team	Warm Up (10 min)	Competition Time
Howitt Middle School (MS)	9:45	10:00
Berner Middle School (MS)	9:55	10:10
Plainview-Old Bethpage Middle School (MS)	10:05	10:20
Woodland Middle School (MS)	10:15	10:30
Oceanside Middle School (MS)	10:25	10:40
J.W. Dodd Middle School (MS)	10:35	10:50
Island Trees Memorial Middle School (MS)	10:45	11:00
Cold Spring Harbor Middle School (MS)	10:55	11:10
Seaford Middle School (MS)	11:05	11:20
Locust Valley Middle School (MS)	11:15	11:30
Carle Place Middle School (MS)	11:25	11:40
Cold Spring Harbor High School (JV C)	11:35	11:50
Seaford High School (JV C)	11:45	12:00
Clarke High School (JV Coed)	11:55	12:10
New Hyde Park Memorial HS (JV Coed)	12:05	12:20
<b>RESULTS</b>		12:30

**CLEAR GYM**



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### Session 2: JV A and Varsity A

Team	Warm Up (10 min)	Competition Time
East Meadow High School (JV A)	12:45	1:00
Massapequa High School (JV A)	12:55	1:10
Syosset High School (JV A)	1:05	1:20
Freeport High School (JV A)	1:15	1:30
Oceanside High School (JV A)	1:25	1:40
Herricks High School (JV A)	1:35	1:50
East Meadow High School (A)	1:45	2:00
Oceanside High School (A)	1:55	2:10
Syosset High School (A)	2:05	2:20
Baldwin High School (A)	2:15	2:30
Massapequa High School (A)	2:25	2:40
Port Washington High School (A)	2:35	2:50
Plainview-Old Bethpage JFK High School (A)	2:45	3:00
<b>RESULTS</b>		3:10

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### Session 3: Varsity Coed and Varsity C

Team	Warm Up (10 min)	Competition Time
Valley Stream North High School (COED)	3:25	3:40
Freeport High School (COED)	3:35	3:50
Roosevelt High School (COED)	3:45	4:00
Carle Place High School (COED)	3:55	4:10
Glen Cove High School (COED)	4:05	4:20
North Shore High School (C)	4:15	4:30
Cold Spring Harbor Jr. Sr. High School (C)	4:25	4:40
Malverne High School (C)	4:35	4:50
Seaford High School (C)	4:45	5:00
East Rockaway High School (C)	4:55	5:10
Oyster Bay High School (C)	5:05	5:20
Island Trees High School (C)	5:15	5:30
West Hempstead High School (C)	5:25	5:40
<b>RESULTS</b>		5:50

**CLEAR GYM**



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#### Attention Coaches:

- The competition will be held at Plainview-Old Bethpage Middle School, **NOT THE HIGH SCHOOL**

Plainview-Old Bethpage Middle School  
121 Central Park Rd, Plainview, NY 11803

- Teams, please have your bus drop you off and pick you up in the **back parking lot, off of Central Park Road (by the solar panels)**. Buses are permitted to park in the back parking lot. Spectators may enter and park near the main entrance, off of Southern Parkway.

