

MOUNTAIN CUP 2025

/// T&R COSTA RICA



DOKUMENTATION STAND : 09.03.2026

IMPORTANT:

- We kindly ask you to be on time at **Check In B** at **09:00** a.m.
- At the check-in, the clubs must line up in the teams and order of registration.
- The times on the timetable are mat times. Please assemble a few minutes beforehand so that you can perform in time. (The performance area is 14m wide and 12m deep).
- Each team must provide a coach for the Coaches Hour. The Coaches Hour takes place at **09:00** in the review room.
- Wear outdoor shoes when changing halls.
- At the Opening Ceremony you will enter as the **7. group**. Assembly of all teams is at **09:15**.
- The application of hairspray and glitter is only permitted in the outside area. Cleaning costs will be charged to the teams.
- If a team is unable to perform, this must be reported to the technical department in the performance hall.

Vaduz, 08. März 2025 - Sportzentrum Mühleholz I und II

NICE TO KNOW

/// INFOS

FACTS

over 900 athletes
750 visitors
16 cheerleading clubs
69 performances
22 categories
approx. 70 helpers in action

OUR OFFERS

Free livestream
- The Youtube stream will be linked on our homepage
Free photos of all teams
- The photos will be linked on our homepage
Review room
- After the performances, the teams can watch their own routine
Photo box
Merch stands
Catering stands

PAYMENT OPTIONS

In Liechtenstein, the Swiss franc is the common means of payment. You can pay with TWINT, EC card or cash.

PETS

Pets are not allowed anywhere on the premises.

WASTE

Where there are a lot of people, a lot of waste is produced. For the good of all, but also for the sake of our environment, we ask you for active support. There are marked PET collection containers.

SANITATION

In cooperation with the Vaduz Samaritan Association first aid will be offered during the event. The Samaritans are located in the warm-up and performance hall.

EAR PROTECTION

The wearing of ear protection is mandatory for small children. We will distribute free earplugs for children and adults at the entrance. A cheerleading championship can be very loud.

DRUGS

The consumption of alcohol and any kind of drugs at the Mountain Cup is prohibited. Smoking is only permitted in the designated smoking area.

Anyone who violates the rules on addictive substances may be expelled from the site.

AWARENESS

The Mountain Cup strives for a positive and inclusive atmosphere. Assaultive, transgressive or discriminatory behavior will not be tolerated. The awareness team in blue shirts and yellow vests is ready to intervene immediately and create a protected area. A 'safe space' is also available. In the event of problems or observations, you can also go to the box office or the kiosk to contact the awareness team. Together with the security company interventions are always de-escalated.

**INDIVIDUAL AND
PUBLIC TRANSPORT**

/// PARKING LOTS

ACCESS

The sports facility is easily accessible via the highway exit in Buchs/Schaan or Sevelen/Vaduz.

INDIVIDUAL TRAFFIC

On the day of the event, the school's temporary parking lot may also be used. However, this only offers a limited number of parking spaces. Parking is also available at the nearby outdoor public pool on the day of the competition.

We recommend that you form car pools. This will protect the environment and there will be enough parking spaces for more visitors.

DROP OFF OF THE TEAMS

Teams arriving by car can get out directly in front of the gym and register at check-in.

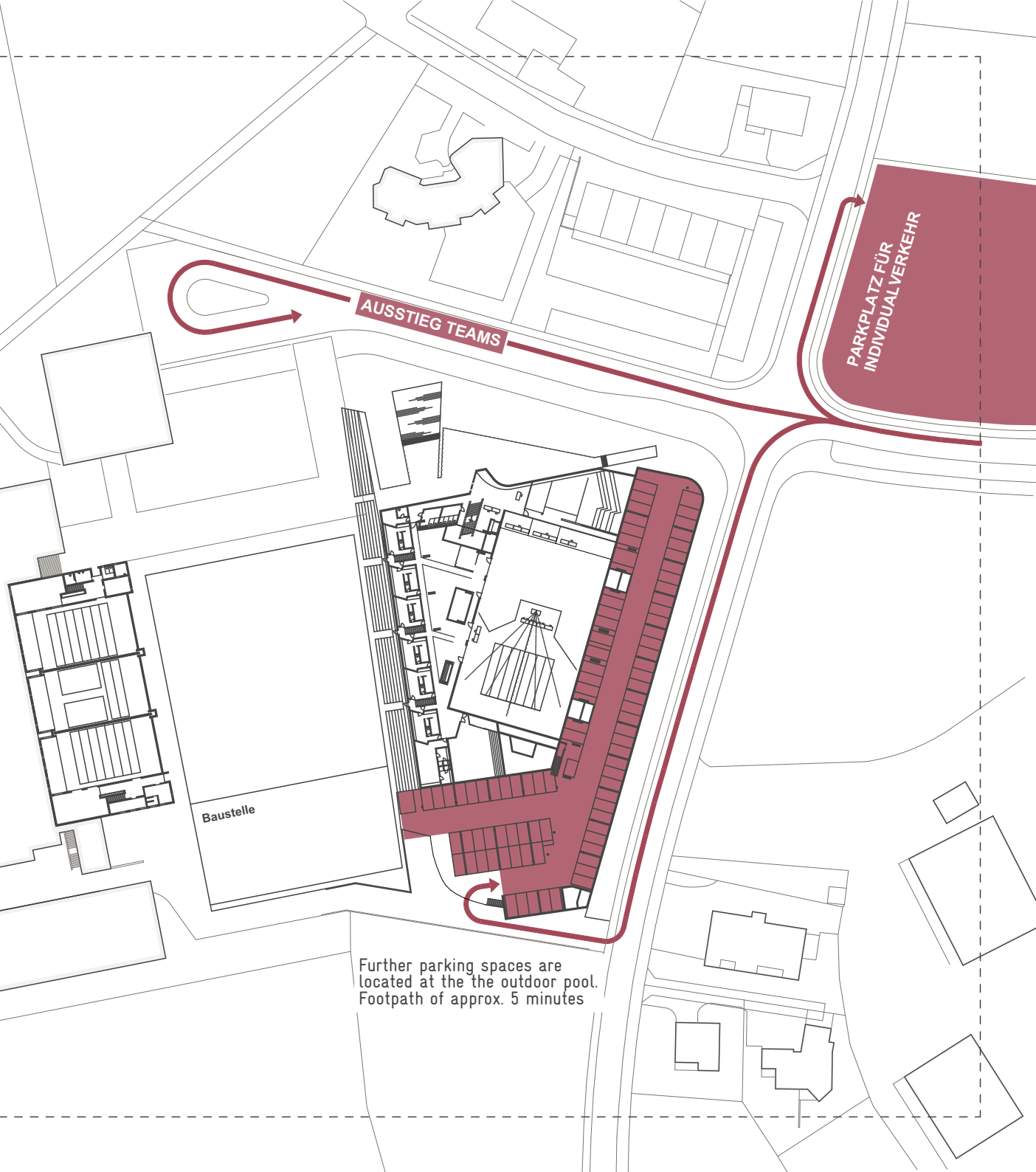
Each team has its own check-in time to avoid long waiting times.

CAR PARKING

There are plenty of parking spaces for cars at the Rheinpark Stadium in Vaduz. These are subject to a charge and cost CHF 5 per day (no guarantee).

» Rheinparkstadion, 9490 Vaduz «

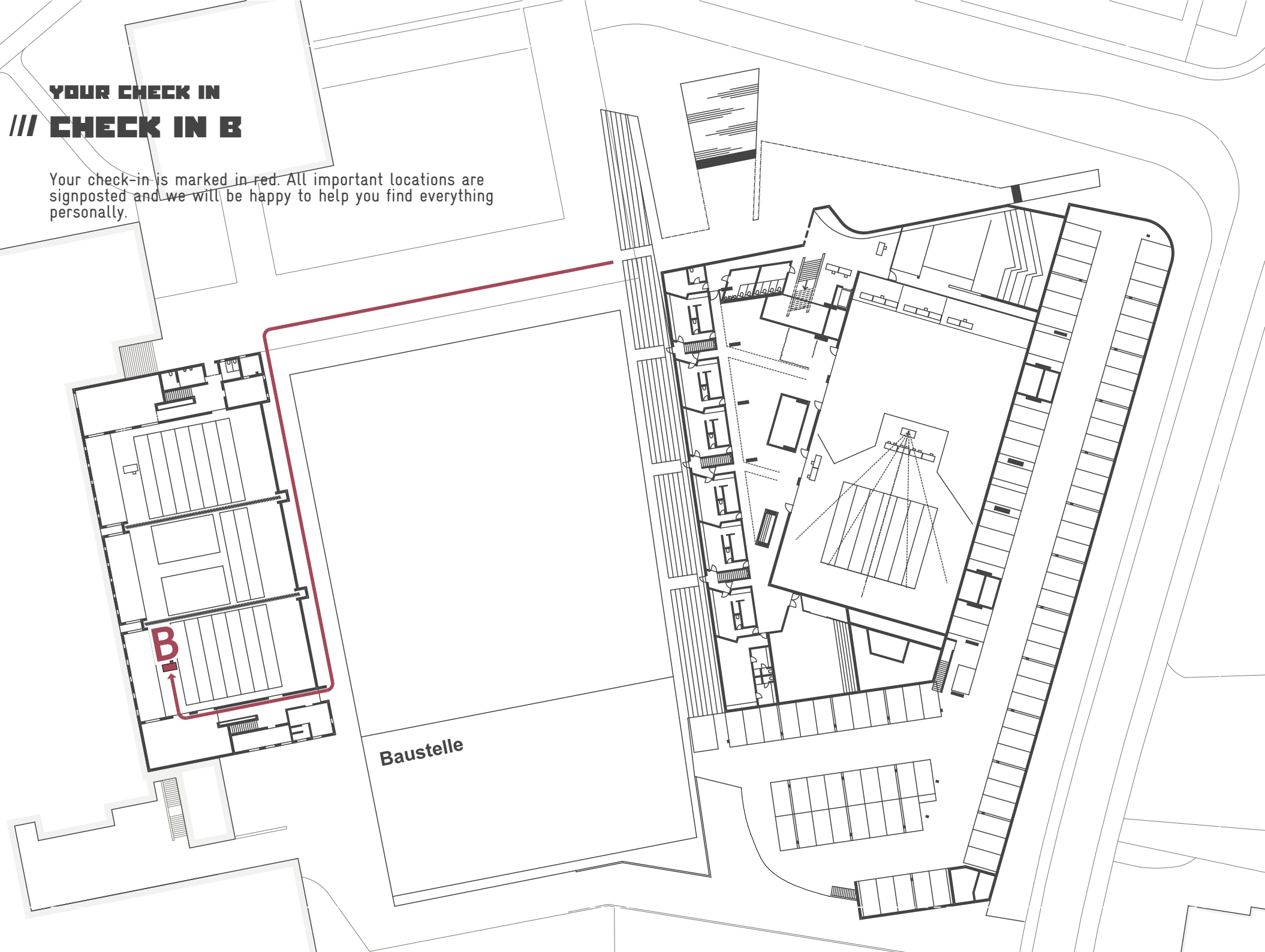
Mehr Informationen findet ihr unter:
<https://www.mountaincup.ch>



Further parking spaces are located at the the outdoor pool. Footpath of approx. 5 minutes

YOUR CHECK IN
/// CHECK IN B

Your check-in is marked in red. All important locations are signposted and we will be happy to help you find everything personally.



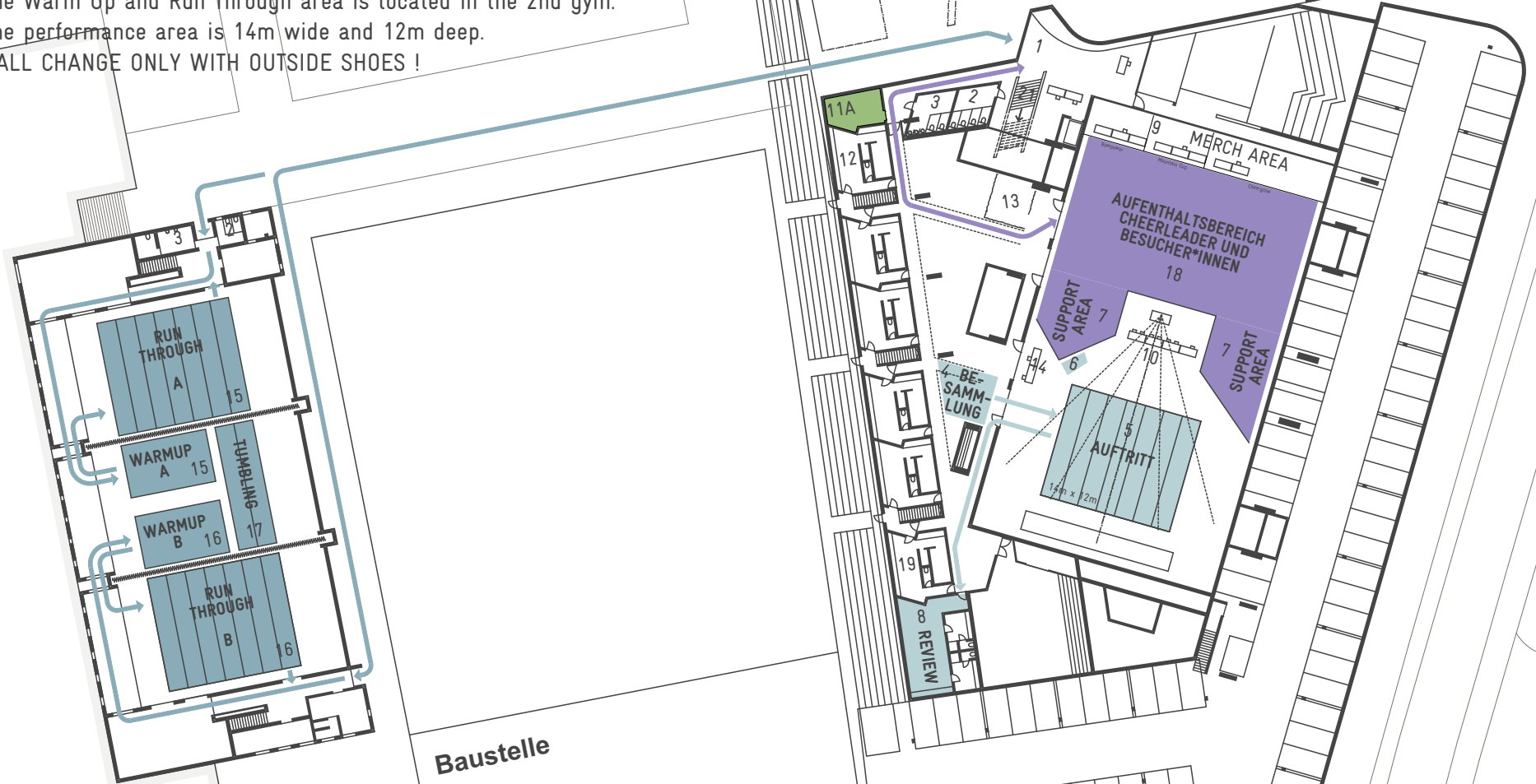
LOWER LEVEL T&Q COSTA RICA

Your wardrobe is marked GREEN.

The Warm Up and Run Through area is located in the 2nd gym.

The performance area is 14m wide and 12m deep.

HALL CHANGE ONLY WITH OUTSIDE SHOES !



- Warm Up und Run Through
- Auftrittsbereiche nur für Athlet*innen und Befugte
- Aufenthaltsbereich (Verpflegung)
- Aufenthaltsbereich (kein Essen od. offene Getränke)
- Garderobe T&Q Costa Rica

- | | | | |
|------------------------|---------------------|--|---------------------------------------|
| 1 Eingang / Ausgang | 7 Support Area | 13 Sanität | 19 Judges Raum |
| 2 Damen WC | 8 Review | 14 Audio und Video | 20 Warmes Essen Getränke |
| 3 Herren WC | 9 Merch Area | 15 Warmup / Run-Through A | 21 Kaffee, Kuchen und Getränke |
| 4 Besammlung | 10 Judges | 16 Warmup / Run-Through B | 22 Raucherzone |
| 5 Auftrittfläche | 11 Garderobe | 17 Tumbling | 23 Bon Verkauf |
| 6 Wartebereich Coaches | 12 Garderobe Herren | 18 Aufenthaltsbereich ohne Verpflegung | 24 Aufenthaltsbereich mit Verpflegung |

UPPER LEVEL T&Q COSTA RICA

There is a strict ban on eating and drinking on the stage.

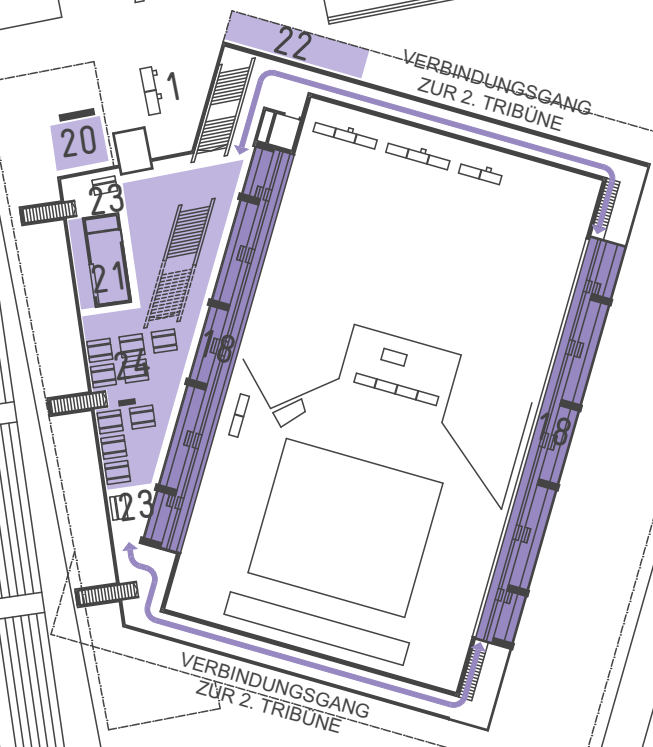
- Warm Up und Run Through
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- Aufenthaltsbereich (Verpflegung)
- Aufenthaltsbereich (kein Essen od. offene Getränke)
- Garderobe T&Q Costa Rica

Baustelle

- 1 Eingang / Ausgang
- 2 Damen WC
- 3 Herren WC
- 4 Besammlung
- 5 Auftrittfläche
- 6 Wartebereich Coaches
- 7 Support Area
- 8 Review
- 9 Merch Area
- 10 Judges
- 11 Garderobe
- 12 Garderobe Herren

Baustelle

- 13 Sanität
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- 15 Warmup / Run Through A
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- 18 Aufenthaltsbereich ohne Verpflegung
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FOOD FOR THE WHOLE DAY

/// FOOD

This year we will also be offering you cold and warm meals again. We accept cash, EC card and Twint.

You will find the various offers on the upper floor.

ESSEN

- 8.- CHF Gerstensuppe
- 10.- CHF Gerstensuppe mit Wienerli *
- 6.- CHF Hot Dog
- 6.- CHF Pommes Frites
- 8.- CHF Pommes Frites mit Wienerli *
- 12.- CHF Bowl (Reis, Mais, Gurke, Karotte, Rotkohl, Sesam usw.)

* Du kannst zwischen Schweine- oder Geflügelwürstli wählen

GETRÄENKE

- 4.- CHF Kaffee, Tee (Pfefferminz, Früchtemischung)
- 3.- CHF Espresso
- 5.- CHF Softgetränke (5dl Flasche)

(Cola, Cola Zero, Elmer Citro, Shorley, Ice Tea Lemon, Ice Tea Pesca, Valser still & prickelnd, Rivella rot, Rivella blau, Focus Water Ananas/Pineapple & Mango, Focus Water Lemon & Lime Pet)

DESSERTS

- 3.- CHF Torte, Kuchen, Gebäck, Muffins
- 3.- CHF Süssigkeitssäckli (süss, sauer)
- 1.- CHF Schoggistängeli
- 2.- CHF Gipfeli, Weggli
- 3.- CHF Butterbrezel

allfällige Änderungen sind vorbehalten



TIMETABLE T&Q Costa Rica							
MOUNTAIN CUP 2026							
Opening Ceremony						9:30	
Teams	Clubs	Categories	W-Up	R-THR.	Comp.	Panel	
Groupstunts, Partner Stunts, Two Base, Individuals							
1	Blue Mountain	Fire Allstars	Primary Group Stunt - L2	9:29	9:35	10:00	A
2	Skybreakers	Winterthur Warriors Cheerleader	Youth All Girl Group Stunt - L3	9:32	9:38	10:03	B
3	Blue Waves	Fire Allstars	Primary Group Stunt - L2	9:35	9:41	10:06	A
4	Sparkling Sapphire	Winterthur Warriors Cheerleader	Youth All Girl Group Stunt - L3	9:38	9:44	10:09	B
5	Blue Spirits	Fire Allstars	Primary Group Stunt - L2	9:41	9:47	10:12	A
6	Glorious Sapphire	Winterthur Warriors Cheerleader	Youth All Girl Group Stunt - L3	9:44	9:50	10:15	B
7	Gladiators Gold Spirit	Gladiators Cheerleader	Youth All Girl Group Stunt - L4	9:47	9:53	10:18	A
8	Shining Sapphire	Winterthur Warriors Cheerleader	Youth All Girl Group Stunt - L3	9:50	9:56	10:21	B
9	HBC Iconicbirds	Hummingbird Cheerleading Club	Youth All Girl Group Stunt - L4	9:53	9:59	10:24	A
10	Capital Flyes	TVL Cheerleader	Youth All Girl Group Stunt - L3	9:56	10:02	10:27	B
11	Blue Divas	Fire Allstars	Youth All Girl Group Stunt - L4	9:59	10:05	10:30	A
12	Capital Snakes	TVL Cheerleader	Youth All Girl Group Stunt - L3	10:02	10:08	10:33	B
13	Gladiators A-Team	Gladiators Cheerleader	Senior Partner Stunt - L6	10:05	10:11	10:36	A
10 minute break						10:39	
14	Maia	Hummingbird Cheerleading Club	Youth Individual - L3	10:18	10:24	10:49	B
15	cancelled - Nino & Stitch	AcroBasel	Senior Partner Stunt - L6	10:21	10:27	10:52	A
16	Una	Fire Allstars	Youth Individual - L3	10:24	10:30	10:55	B
17	Gladiators Leviosa	Gladiators Cheerleader	Senior Partner Stunt - L6	10:27	10:33	10:58	A
18	Straeten Amy	TVL Cheerleader	Youth Individual - L3	10:30	10:36	11:01	B
19	Jojo und Noah	CheerInMotion Augsburg	Senior Partner Stunt - L6	10:33	10:39	11:04	A
20	Blue Ember	Fire Allstars	Senior Two Base - L6	10:36	10:42	11:07	B
21	Laura & Kilian	Fire Allstars	Senior Partner Stunt - L6	10:39	10:45	11:10	A
22	Alexandra Mia	Gladiators Cheerleader	Junior Individual - L4	10:42	10:48	11:13	B
23	T&Q Costa Rica	T&Q Costa Rica	Senior Partner Stunt - L6	10:45	10:51	11:16	A
30 minute break						11:19	
Peewee Cheer, Youth Cheer							
24	Snow Paws	Wildcats Allstars Cheerleader	Mini Cheer - L0	11:14	11:24	11:49	B
25	Blue Flash	Fire Allstars	Primary Cheer - L2	11:19	11:29	11:54	A
26	Gladiators Seahorses	Gladiators Cheerleader	Mini Cheer - L0	11:24	11:34	11:59	B
27	HBC Spirit	Hummingbird Cheerleading Club	Primary Cheer - L2	11:29	11:39	12:04	A
28	HBC Magic	Hummingbird Cheerleading Club	Mini Cheer - L0	11:34	11:44	12:09	B
29	Warriors Crystals	Winterthur Warriors Cheerleader	Youth All Girl Cheer - L2	11:39	11:49	12:14	A
30	Gladiators Pegasus	Gladiators Cheerleader	Primary Cheer - L0	11:44	11:54	12:19	B
31	Capital Fireflies	TVL Cheerleader	Youth All Girl Cheer - L2	11:49	11:59	12:24	A
32	Tapsy Paws	Wildcats Allstars Cheerleader	Primary Cheer - L0	11:54	12:04	12:29	B
33	Gladiators Shells	Gladiators Cheerleader	Youth All Girl Cheer - L2	11:59	12:09	12:34	A
34	HBC Shine	Hummingbird Cheerleading Club	Primary Cheer - L1	12:04	12:14	12:39	B
35	Blue Gleams	Fire Allstars	Youth All Girl Cheer - L2	12:09	12:19	12:44	A
36	ACT Lynxes	Acrobatic Cheer Ticino	Primary Cheer - L1	12:14	12:24	12:49	B
37	Silver Shadows	Black Devils Cheerleader	Youth All Girl Cheer - L2	12:19	12:29	12:54	A
38	Little Angels	Tyrolean Angels Cheerleader	Primary Cheer - L1	12:24	12:34	12:59	B
10 minute break						13:04	
39	HBC Passion	Hummingbird Cheerleading Club	Youth All Girl Cheer - L2	12:39	12:49	13:14	A
40	InCrease	CheerInMotion Augsburg	Primary Cheer - L1	12:44	12:54	13:19	B
41	INC Glitterstars	INC Langenthal	Youth All Girl Cheer - L2	12:49	12:59	13:24	A
42	Warriors Gems	Winterthur Warriors Cheerleader	Primary Cheer - L1	12:54	13:04	13:29	B
43	Frosty Cats	Wildcats Allstars Cheerleader	Youth All Girl Cheer - L3	12:59	13:09	13:34	A
44	Sparkling Shadows	Black Devils Cheerleader	Primary Cheer - L1	13:04	13:14	13:39	B
45	HBC Vision	Hummingbird Cheerleading Club	Youth All Girl Cheer - L3	13:09	13:19	13:44	A
46	INC Silverstars	INC Langenthal	Primary Cheer - L1	13:14	13:24	13:49	B
47	ACT Tigers	Acrobatic Cheer Ticino	Youth Coed Cheer - L2	13:19	13:29	13:54	A
48	Gladiators Unicorns	Gladiators Cheerleader	Primary Cheer - L1	13:24	13:34	13:59	B
49	InCredible	CheerInMotion Augsburg	Cheer Showcase	13:29	13:39	14:04	A
50	Polar Paws	Wildcats Allstars Cheerleader	Primary Cheer - L1	13:34	13:44	14:09	B
51	Shiny Angels	Tyrolean Angels Cheerleader	Cheer Showcase	13:39	13:49	14:14	A
52	Capital Bugs	TVL Cheerleader	Primary Cheer - L1	13:44	13:54	14:19	B
53	Patriots Shooting Stars	Telfs Patriots Cheerleader	Cheer Showcase	13:49	13:59	14:24	A
10 minute break						14:29	
Junior Cheer, Senior Cheer							
54	Ice Birds	Basel Ravens Cheerleader	Junior All Girl Cheer - L3	14:04	14:14	14:39	B
55	Blue Lights	Fire Allstars	Senior All Girl Cheer - L3	14:09	14:19	14:44	A
56	Blue Flames	Fire Allstars	Junior All Girl Cheer - L3	14:14	14:24	14:49	B
57	Warriors Jade	Winterthur Warriors Cheerleader	Senior All Girl Cheer - L3	14:19	14:29	14:54	A
58	Capital Bees	TVL Cheerleader	Junior All Girl Cheer - L3	14:24	14:34	14:59	B
59	Blizzard Cats	Wildcats Allstars Cheerleader	Senior All Girl Cheer - L3	14:29	14:39	15:04	A
60	Warriors Rubies	Winterthur Warriors Cheerleader	Junior All Girl Cheer - L3	14:34	14:44	15:09	B
61	Gladiators Golden Phoenix	Gladiators Cheerleader	Senior Coed Cheer - L4	14:39	14:49	15:14	A
62	HBC Fierce	Hummingbird Cheerleading Club	Junior All Girl Cheer - L4	14:44	14:54	15:19	B
63	Black Ravens	Basel Ravens Cheerleader	Senior All Girl Cheer - L4	14:49	14:59	15:24	A
64	Patriots X-Plosion	Telfs Patriots Cheerleader	Cheer Showcase	14:54	15:04	15:29	B
65	HBC Force	Hummingbird Cheerleading Club	Senior All Girl Cheer - L4	14:59	15:09	15:34	A
66	HSG Cheerleading	University of St. Gallen	Senior All Girl Cheer - L2	15:04	15:14	15:39	B
67	Capital Hornets	TVL Cheerleader	Senior All Girl Cheer - L4	15:09	15:19	15:44	A
68	Warriors Diamonds	Winterthur Warriors Cheerleader	Senior All Girl Cheer - L5	15:14	15:24	15:49	B
69	Blue Fire	Fire Allstars	Senior All Girl Cheer - L4	15:19	15:29	15:54	A
10 minute break						15:59	
Fun Challenges						16:09	
Awards						16:39	
End						17:19	

TIK TAK...

TIMETABLE

T&Q Costa Rica				
MOUNTAIN CUP 2026				
Opening Ceremony				09:30
Teams	W-UP	R-THR.	COMP.	P
23 T&Q Costa Rica	10:45	10:51	11:16	A
30 minute break				
Fun Challenges				
Awards				
End				

li-life web+it

die-SHOW.ch
SOUND & LIGHT SARGANS



DANKE AN UNSERE

SPONSOREN

Wir vom Mountain Cup wären ohne den persönliche Einsatz und Ehrgeiz von unseren ehrenamtlichen Helfern*innen nicht da wo wir jetzt sind. Durch die Unterstützung unserer Sponsoren und Partner wäre das alles nicht möglich! Ohne die materielle oder finanzielle Unterstützung wäre ein Anlass wie der Mountain Cup kaum zu realisieren!