



Sacramento Traffic Pattern
Center for Spiritual Awareness
1275 Starboard Dr.
West Sacramento, CA 95691
May 14, 2022

#	Contestant	Arrival/ Covid Check-in 15 min.	Warm-up 30 min.	Room	Transition to Stage 5 min.	Stage Time 5 min.	Transition to Ready room 5 min.	Ready Room 5 min.	Transition to Stage 5 min.	Perform 12-15 min.	Open Div.?	Transition to Warm-up room to collect belongs & exit pattern (15 min.)
1	Whatever 4	10:00 AM	10:15 AM	B1	10:45 AM	10:50 AM	10:55 AM	11:00 AM	11:05 AM	11:10 AM	N	11:22 AM - 11:37 AM
2	Verve	10:40 AM	10:55 AM	C	11:25 AM	11:30 AM	11:35 AM	11:40 AM	11:45 AM	11:50 AM	N	12:02 PM - 12:17 PM
	Lunch											
	Contestant	Arrival/ Covid Check-in 30 min.	Warm-up 45 min.	Room	Transition to Stage 5 min.	Stage Time 15 min.	Transition to Ready room 5 min.	Ready Room 15 min.	Transition to Stage 5 min.	Perform 12-15 min.	Open Div.?	Transition to Warm-up room to collect belongs & exit pattern (20 min.)
4	Sacramento Valley	12:00 PM	12:30 PM	B1/B2	1:15 PM	1:20 PM	1:35 PM	1:40 PM	1:55 PM	2:00 PM	N	2:12 PM - 2:32 PM

- Notes:
1. As Contestants transition from Warm-up Room to the stage for their Stage Time, they will drop any **essential** belongings in the Ready Room where an assistant will be positioned to guard their belongings.
 2. While in the Ready Room, contestants will put personal belongings into a bag. The bag(s) will be given to the contestant's escort who will place them in a predetermined position (see diagram) and guard the bags during the contestants performance. After the performance the contestant will pick up the bag(s) to take back to their Warm-up Room for distribution.
 3. There will be no one guarding personal belongings in the Warm-up Room - leave valuables in locked vehicle.
 4. After performance, contestants will have a short window to vacate the Warm-up Room. If another competitor arrives to the Warm-up Room and the previous competitor has not vacated the space, the room will be unavailable to the previous competitor until the current competitor vacates the space.