

**Mountain Regionals 2018 Practice Schedule
January 26**

FRIDAY, JANUARY 26									
Team Name	Category	Warm up Zone	Enter WUZ	Leave WUZ	Dressing Room	Enter Dressing Room	Start time	End time	Leave Dressing Room
	Beginner 1	1	8:15 AM	8:35 AM	1	8:40 AM	9:00 AM	9:10 AM	9:30 AM
	Beginner 1	2	8:25 AM	8:45 AM	2	8:50 AM	9:10 AM	9:20 AM	9:40 AM
	Beginner 2	3	8:35 AM	8:55 AM	3	9:00 AM	9:20 AM	9:30 AM	9:50 AM
	Beginner 2	4	8:45 AM	9:05 AM	4	9:10 AM	9:30 AM	9:40 AM	10:00 AM
	FLOOD						9:40 AM	10:00 AM	
	Elementary	5	9:15 AM	9:35 AM	5	9:40 AM	10:00 AM	10:10 AM	10:30 AM
	Elementary	6	9:25 AM	9:45 AM	1	9:50 AM	10:10 AM	10:20 AM	10:40 AM
	Elementary	1	9:35 AM	9:55 AM	2	10:00 AM	10:20 AM	10:30 AM	10:50 AM
	Elementary	2	9:45 AM	10:05 AM	3	10:10 AM	10:30 AM	10:40 AM	11:00 AM
	Pre-Juvenile	3	9:55 AM	10:15 AM	4	10:20 AM	10:40 AM	10:50 AM	11:10 AM
	FLOOD						10:50 AM	11:10 AM	
	Juvenile	4	10:25 AM	10:45 AM	5	10:50 AM	11:10 AM	11:20 AM	11:40 AM
	Juvenile	5	10:35 AM	10:55 AM	1	11:00 AM	11:20 AM	11:30 AM	11:50 AM
	Juvenile	6	10:45 AM	11:05 AM	2	11:10 AM	11:30 AM	11:40 AM	12:00 PM
	Juvenile	1	10:55 AM	11:15 AM	3	11:20 AM	11:40 AM	11:50 AM	12:10 PM
	FLOOD						11:50 AM	12:10 PM	
	Pre-Novice	2	11:25 AM	11:45 AM	4	11:50 AM	12:10 PM	12:20 PM	12:40 PM
	Pre-Novice	3	11:35 AM	11:55 AM	5	12:00 PM	12:20 PM	12:30 PM	12:50 PM
	Pre-Novice	4	11:45 AM	12:05 PM	1	12:10 PM	12:30 PM	12:40 PM	1:00 PM
	Pre-Novice	5	11:55 AM	12:15 PM	2	12:20 PM	12:40 PM	12:50 PM	1:10 PM
	FLOOD						12:50 PM	1:10 PM	
	Pre-Novice	6	12:25 PM	12:45 PM	3	12:50 PM	1:10 PM	1:20 PM	1:40 PM
	Pre-Novice	1	12:35 PM	12:55 PM	4	1:00 PM	1:20 PM	1:30 PM	1:50 PM
	Pre-Novice	2	12:45 PM	1:05 PM	5	1:10 PM	1:30 PM	1:40 PM	2:00 PM
	FLOOD						1:40 PM	2:00 PM	
	Adult III	3	1:15 PM	1:35 PM	1	1:40 PM	2:00 PM	2:10 PM	2:30 PM
	Adult III	4	1:25 PM	1:45 PM	2	1:50 PM	2:10 PM	2:20 PM	2:40 PM
	Adult III	5	1:35 PM	1:55 PM	3	2:00 PM	2:20 PM	2:30 PM	2:50 PM
	Adult III	6	1:45 PM	2:05 PM	4	2:10 PM	2:30 PM	2:40 PM	3:00 PM
	FLOOD						2:40 PM	3:00 PM	
	Adult II	1	2:15 PM	2:35 PM	5	2:40 PM	3:00 PM	3:10 PM	3:30 PM
	Adult II	2	2:25 PM	2:45 PM	1	2:50 PM	3:10 PM	3:20 PM	3:40 PM
	Adult II	3	2:35 PM	2:55 PM	2	3:00 PM	3:20 PM	3:30 PM	3:50 PM
	Adult II	4	2:45 PM	3:05 PM	3	3:10 PM	3:30 PM	3:40 PM	4:00 PM
	Adult II	5	2:55 PM	3:15 PM	4	3:20 PM	3:40 PM	3:50 PM	4:10 PM
	Adult II	6	3:05 PM	3:25 PM	5	3:30 PM	3:50 PM	4:00 PM	4:20 PM
	FLOOD						3:50 PM	4:10 PM	
	Adult I	1	3:25 PM	3:45 PM	1	3:50 PM	4:10 PM	4:20 PM	4:40 PM
	Adult I	2	3:35 PM	3:55 PM	2	4:00 PM	4:20 PM	4:30 PM	4:50 PM
	Adult I	3	3:45 PM	4:05 PM	3	4:10 PM	4:30 PM	4:40 PM	5:00 PM
	FLOOD						4:40 PM	5:00 PM	
	Intermediate	4	4:15 PM	4:35 PM	4	4:40 PM	5:00 PM	5:12 PM	5:32 PM
	Intermediate	5	4:27 PM	4:47 PM	5	4:52 PM	5:12 PM	5:24 PM	5:44 PM
	Intermediate	6	4:39 PM	4:59 PM	1	5:04 PM	5:24 PM	5:36 PM	5:56 PM
	FLOOD						5:36 PM	5:56 PM	
	Open	1	5:11 PM	5:31 PM	2	5:36 PM	5:56 PM	6:08 PM	6:28 PM
	Open	2	5:23 PM	5:43 PM	3	5:48 PM	6:08 PM	6:20 PM	6:40 PM
	Open	3	5:35 PM	5:55 PM	4	6:00 PM	6:20 PM	6:32 PM	6:52 PM
	Open	4	5:47 PM	6:07 PM	5	6:12 PM	6:32 PM	6:44 PM	7:04 PM
	END OF DAY						6:44 PM		

Coaches must notify the Technical Representative if your team is practicing or competing with fewer than your regular number of skaters (due to illness or injury) to avoid penalties to elements in your program(s). If a skater becomes ill or injured in the dressing room immediately prior to taking the ice, the coach must notify the Ice Level Referee.