

**Ice Fest Synchronized Skating Invitational
Practice Schedule**

Hosted by the Carstairs Skating Club

Team Name	Category	Dressing Room	Enter Dressing Room	Start time	End time	Leave Dressing Room
Icenergy	Pre-Novice	1	8:10 AM	8:30 AM	8:40 AM	9:00 AM
Icenergy	Beginner II	2	8:20 AM	8:40 AM	8:50 AM	9:10 AM
Black Gold	Beginner II	3	8:30 AM	8:50 AM	9:00 AM	9:20 AM
Northern Lites	Adult II	4	8:40 AM	9:00 AM	9:10 AM	9:30 AM
Northern Lites	Adult III	5	8:50 AM	9:10 AM	9:20 AM	9:40 AM
Edmonton Ice Crystals	Beginner I	6	9:00 AM	9:20 AM	9:30 AM	9:50 AM
	FLOOD			9:30 AM	9:45 AM	

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.