

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
Edmonton Ice Crystals	Beginner 1	1	8:15 AM	8:35 AM	1	8:40 AM	9:00 AM	9:10 AM	9:30 AM
Northern Lites	Beginner 1	2	8:25 AM	8:45 AM	2	8:50 AM	9:10 AM	9:20 AM	9:40 AM
Lethbridge Ice Angels	Beginner 2	3	8:35 AM	8:55 AM	3	9:00 AM	9:20 AM	9:30 AM	9:50 AM
Ice Sensations	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	
Ice X-pectation	Elementary	5	9:15 AM	9:35 AM	5	9:40 AM	10:00 AM	10:10 AM	10:30 AM
Lethbridge Ice Angels	Elementary	6	9:25 AM	9:45 AM	1	9:50 AM	10:10 AM	10:20 AM	10:40 AM
Edmonton Ice Dream	Elementary	1	9:35 AM	9:55 AM	2	10:00 AM	10:20 AM	10:30 AM	10:50 AM
Solstice	Elementary	2	9:45 AM	10:05 AM	3	10:10 AM	10:30 AM	10:40 AM	11:00 AM
	FLOOD						10:40 AM	11:00 AM	
Edmonton Icicles	Juvenile	3	10:15 AM	10:35 AM	4	10:40 AM	11:00 AM	11:10 AM	11:30 AM
Ice Symmetrix	Juvenile	4	10:25 AM	10:45 AM	5	10:50 AM	11:10 AM	11:20 AM	11:40 AM
Icicles	Juvenile	5	10:35 AM	10:55 AM	1	11:00 AM	11:20 AM	11:30 AM	11:50 AM
Black Gold	Juvenile	6	10:45 AM	11:05 AM	2	11:10 AM	11:30 AM	11:40 AM	12:00 PM
	FLOOD						11:40 AM	12:00 PM	
Cyrstal-ice-ation	Pre-Novice	1	11:15 AM	11:35 AM	3	11:40 AM	12:00 PM	12:10 PM	12:30 PM
Black Ice	Pre-Novice	2	11:25 AM	11:45 AM	4	11:50 AM	12:10 PM	12:20 PM	12:40 PM
Ponoka Ice Sensations	Pre-Novice	3	11:35 AM	11:55 AM	5	12:00 PM	12:20 PM	12:30 PM	12:50 PM
Black Gold	Pre-Novice	4	11:45 AM	12:05 PM	1	12:10 PM	12:30 PM	12:40 PM	1:00 PM
	FLOOD						12:40 PM	1:00 PM	
Edmonton Ice Eclipse	Pre-Novice	5	12:15 PM	12:35 PM	2	12:40 PM	1:00 PM	1:10 PM	1:30 PM
Solstice	Pre-Novice	6	12:25 PM	12:45 PM	3	12:50 PM	1:10 PM	1:20 PM	1:40 PM
Ice X-cel	Pre-Novice	1	12:35 PM	12:55 PM	4	1:00 PM	1:20 PM	1:30 PM	1:50 PM
Ice Symmetrix	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	
Wild Age-ility	Adult III	3	1:15 PM	1:35 PM	1	1:40 PM	2:00 PM	2:10 PM	2:30 PM
Ice X-perience	Adult III	4	1:25 PM	1:45 PM	2	1:50 PM	2:10 PM	2:20 PM	2:40 PM
Northern Lites	Adult III	5	1:35 PM	1:55 PM	3	2:00 PM	2:20 PM	2:30 PM	2:50 PM
Crystal-ice-ations	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	
Black Gold	Adult II	1	2:15 PM	2:35 PM	5	2:40 PM	3:00 PM	3:10 PM	3:30 PM
Ice X-quisite	Adult II	2	2:25 PM	2:45 PM	1	2:50 PM	3:10 PM	3:20 PM	3:40 PM
Skate of Mind	Adult II	3	2:35 PM	2:55 PM	2	3:00 PM	3:20 PM	3:30 PM	3:50 PM
Border Edges	Adult II	4	2:45 PM	3:05 PM	3	3:10 PM	3:30 PM	3:40 PM	4:00 PM
Ice Spirits	Adult II	5	2:55 PM	3:15 PM	4	3:20 PM	3:40 PM	3:50 PM	4:10 PM
Northern Lites	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	
Edmonton Ice Edition	Adult I	1	3:25 PM	3:45 PM	1	3:50 PM	4:10 PM	4:20 PM	4:40 PM
Black Gold	Adult I	2	3:35 PM	3:55 PM	2	4:00 PM	4:20 PM	4:30 PM	4:50 PM
Cypress	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	
Solstice	Intermediate	4	4:15 PM	4:35 PM	4	4:40 PM	5:00 PM	5:12 PM	5:32 PM
Ice Angels	Intermediate	5	4:27 PM	4:47 PM	5	4:52 PM	5:12 PM	5:24 PM	5:44 PM
Lethbridge Ice Angels	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	
Ice X Calibur	Open	1	5:11 PM	5:31 PM	2	5:36 PM	5:56 PM	6:08 PM	6:28 PM
Sakura	Open	2	5:23 PM	5:43 PM	3	5:48 PM	6:08 PM	6:20 PM	6:40 PM
Solstice	Open	3	5:35 PM	5:55 PM	4	6:00 PM	6:20 PM	6:32 PM	6:52 PM
Black Gold	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.