

Mountain Regionals 2018 Team Schedule
January 27-28

SATURDAY, JANUARY 27

Category	Team Name	Club	Warm up Zone	Enter WUZ	Leave WUZ	Dressing Room	Enter Dressing Room	On Ice	Leave Ice	Leave Dressing Room
Adult III	Wild Age-ility	Wild Rose FSC	1	8:15 AM	8:35 AM	1	8:40 AM	9:00 AM	9:05 AM	9:25 AM
Adult III	Ice X-perience	Lower Mainland Synchronized SC	2	8:20 AM	8:40 AM	2	8:45 AM	9:05 AM	9:11 AM	9:31 AM
Adult III	Northern Lites	Figure 8 FSC	3	8:26 AM	8:46 AM	3	8:51 AM	9:11 AM	9:17 AM	9:37 AM
Adult III	Crystal-Ice-ations	Mile O FSC	4	8:32 AM	8:52 AM	4	8:57 AM	9:17 AM	9:22 AM	9:42 AM
FLOOD										
Adult II	Black Gold	Calgary Synchronized Skating Club	5	8:57 AM	9:17 AM	5	9:22 AM	9:42 AM	9:51 AM	10:06 AM
Adult II	Ice X-quisite	Lower Mainland Synchronized SC	6	9:06 AM	9:26 AM	1	9:31 AM	9:51 AM	10:00 AM	10:15 AM
Adult II	Skate of Mind	Vernon Figure Skating Club	1	9:15 AM	9:35 AM	2	9:40 AM	10:00 AM	10:08 AM	10:23 AM
Adult II	Border Edges	Lloydminster Skating Club	2	9:23 AM	9:43 AM	3	9:48 AM	10:08 AM	10:17 AM	10:32 AM
Adult II	Ice Spirits	Aldergrove Skating Club	3	9:32 AM	9:52 AM	4	9:57 AM	10:17 AM	10:26 AM	10:41 AM
Adult II	Northern Lites	Figure 8 FSC	4	9:41 AM	10:01 AM	5	10:06 AM	10:26 AM	10:34 AM	10:49 AM
FLOOD										
Elementary	Ice X-pectation	Lower Mainland Synchronized SC	5	10:09 AM	10:29 AM	1	10:34 AM	10:54 AM	11:00 AM	11:20 AM
Elementary	Lethbridge Ice Angels	Lethbridge Skating Club	6	10:15 AM	10:35 AM	2	10:40 AM	11:00 AM	11:06 AM	11:26 AM
Elementary	Edmonton Ice Dream	Edmonton Synchronized Skating Club	1	10:21 AM	10:41 AM	3	10:46 AM	11:06 AM	11:11 AM	11:31 AM
Elementary	Solstice	Crossfield Skating Club	2	10:26 AM	10:46 AM	4	10:51 AM	11:11 AM	11:17 AM	11:37 AM
OPENING CEREMONIES AND FLOOD										
Beginner I	Edmonton Ice Crystals	Edmonton Synchronized Skating Club	3	11:22 AM	11:42 AM	5	11:47 AM	12:07 PM	12:12 PM	12:29 PM
Beginner I	Northern Lites	Figure 8 FSC	4	11:27 AM	11:47 AM	1	11:52 AM	12:12 PM	12:17 PM	12:34 PM
Beginner II	Lethbridge Ice Angels	Lethbridge Skating Club	5	11:32 AM	11:52 AM	2	11:57 AM	12:17 PM	12:23 PM	12:40 PM
Beginner II	Ice Sensations	Skate Ponoka	6	11:38 AM	11:58 AM	3	12:03 PM	12:23 PM	12:29 PM	12:46 PM
Break										
Juvenile	Edmonton Icicles	Edmonton Synchronized Skating Club	1	11:59 AM	12:19 PM	4	12:24 PM	12:44 PM	12:50 PM	1:10 PM
Juvenile	Ice Symmetrix	Maple Ridge Skating Club	2	12:05 PM	12:25 PM	5	12:30 PM	12:50 PM	12:56 PM	1:16 PM
Juvenile	Icicles	Aldergrove Skating Club	3	12:11 PM	12:31 PM	1	12:36 PM	12:56 PM	1:02 PM	1:22 PM
Juvenile	Black Gold	Calgary Synchronized Skating Club	4	12:17 PM	12:37 PM	2	12:42 PM	1:02 PM	1:08 PM	1:28 PM
FLOOD										
Pre-Novice	Crystal-ice-ation	Mile O FSC	5	12:43 PM	1:03 PM	3	1:08 PM	1:28 PM	1:35 PM	1:55 PM
Pre-Novice	Black Ice	Aldergrove Skating Club	6	12:50 PM	1:10 PM	4	1:15 PM	1:35 PM	1:42 PM	2:02 PM
Pre-Novice	Ponoka Ice Sensations	Skate Ponoka	1	12:57 PM	1:17 PM	5	1:22 PM	1:42 PM	1:49 PM	2:09 PM
Pre-Novice	Black Gold	Calgary Synchronized Skating Club	2	1:04 PM	1:24 PM	1	1:29 PM	1:49 PM	1:56 PM	2:16 PM
FLOOD										
Pre-Novice	Edmonton Ice Eclipse	Edmonton Synchronized Skating Club	3	1:31 PM	1:51 PM	2	1:56 PM	2:16 PM	2:23 PM	2:43 PM
Pre-Novice	Solstice	Carstairs Skating Club	4	1:38 PM	1:58 PM	3	2:03 PM	2:23 PM	2:30 PM	2:50 PM
Pre-Novice	Ice X-cel	Lower Mainland Synchronized SC	5	1:45 PM	2:05 PM	4	2:10 PM	2:30 PM	2:37 PM	2:57 PM
Pre-Novice	Ice Symmetrix	Maple Ridge Skating Club	6	1:52 PM	2:12 PM	5	2:17 PM	2:37 PM	2:44 PM	3:04 PM
FLOOD										
Intermediate	Solstice	Calalta Figure Skating Club	1	2:19 PM	2:39 PM	1	2:44 PM	3:04 PM	3:12 PM	3:32 PM
Intermediate	Ice Angels	Aldergrove Skating Club	2	2:27 PM	2:47 PM	2	2:52 PM	3:12 PM	3:20 PM	3:40 PM
Intermediate	Lethbridge Ice Angels	Lethbridge Skating Club	3	2:35 PM	2:55 PM	3	3:00 PM	3:20 PM	3:28 PM	3:48 PM
FLOOD										
Open	Ice X Calibur	Lower Mainland Synchronized SC	4	3:03 PM	3:23 PM	4	3:28 PM	3:48 PM	3:57 PM	4:17 PM
Open	Sakura	Greater Vancouver Synchronized Skating Club	5	3:12 PM	3:32 PM	5	3:37 PM	3:57 PM	4:06 PM	4:26 PM
Open	Solstice	Calalta Figure Skating Club	6	3:21 PM	3:41 PM	1	3:46 PM	4:06 PM	4:15 PM	4:35 PM
Open	Black Gold	Calgary Synchronized Skating Club	1	3:30 PM	3:50 PM	2	3:55 PM	4:15 PM	4:24 PM	4:44 PM
FLOOD										
Adult I	Edmonton Ice Edition	Gateway SC	2	3:59 PM	4:19 PM	3	4:24 PM	4:44 PM	4:52 PM	5:12 PM
Adult I	Black Gold	Calgary Synchronized Skating Club	3	4:07 PM	4:27 PM	4	4:32 PM	4:52 PM	5:00 PM	5:20 PM
Adult I	Cypress	Greater Vancouver Synchronized Skating Club	4	4:15 PM	4:35 PM	5	4:40 PM	5:00 PM	5:07 PM	5:27 PM
FLOOD (and supper break)										
Elementary			5	4:52 PM	5:12 PM	1	5:17 PM	5:37 PM	5:43 PM	6:03 PM
Elementary			6	4:58 PM	5:18 PM	2	5:23 PM	5:43 PM	5:49 PM	6:09 PM
Elementary			1	5:04 PM	5:24 PM	3	5:29 PM	5:49 PM	5:54 PM	6:14 PM
Elementary			2	5:09 PM	5:29 PM	4	5:34 PM	5:54 PM	6:00 PM	6:20 PM
FLOOD										
Adult III			3	5:35 PM	5:55 PM	5	6:00 PM	6:20 PM	6:26 PM	6:46 PM
Adult III			4	5:41 PM	6:01 PM	1	6:06 PM	6:26 PM	6:31 PM	6:51 PM
Adult III			5	5:46 PM	6:06 PM	2	6:11 PM	6:31 PM	6:37 PM	6:57 PM
Adult III			6	5:52 PM	6:12 PM	3	6:17 PM	6:37 PM	6:43 PM	7:03 PM
FLOOD										
Adult II			1	6:18 PM	6:38 PM	4	6:43 PM	7:03 PM	7:11 PM	7:26 PM
Adult II			2	6:26 PM	6:46 PM	5	6:51 PM	7:11 PM	7:20 PM	7:35 PM
Adult II			3	6:35 PM	6:55 PM	1	7:00 PM	7:20 PM	7:29 PM	7:44 PM
Adult II			4	6:44 PM	7:04 PM	2	7:09 PM	7:29 PM	7:37 PM	7:52 PM
Adult II			5	6:52 PM	7:12 PM	3	7:17 PM	7:37 PM	7:46 PM	8:01 PM
Adult II			6	7:01 PM	7:21 PM	4	7:26 PM	7:46 PM	7:55 PM	8:10 PM
END OF DAY										

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

**Mountain Regionals 2018 Team Schedule
January 27-28**

SUNDAY, JANUARY 28										
Category	Team Name	Club	Warm up Zone	Enter WUZ	Leave WUZ	Dressing Room	Enter Dressing Room	On Ice	Leave Ice	Leave Dressing Room
Juvenile			1	8:15 AM	8:35 AM	1	8:40 AM	9:00 AM	9:06 AM	9:26 AM
Juvenile			2	8:21 AM	8:41 AM	2	8:46 AM	9:06 AM	9:12 AM	9:32 AM
Juvenile			3	8:27 AM	8:47 AM	3	8:52 AM	9:12 AM	9:18 AM	9:38 AM
Juvenile			4	8:33 AM	8:53 AM	4	8:58 AM	9:18 AM	9:24 AM	9:44 AM
FLOOD								9:24 AM	9:44 AM	
Pre-Novice			5	8:59 AM	9:19 AM	5	9:24 AM	9:44 AM	9:51 AM	10:11 AM
Pre-Novice			6	9:06 AM	9:26 AM	1	9:31 AM	9:51 AM	9:58 AM	10:18 AM
Pre-Novice			1	9:13 AM	9:33 AM	2	9:38 AM	9:58 AM	10:05 AM	10:25 AM
Pre-Novice			2	9:20 AM	9:40 AM	3	9:45 AM	10:05 AM	10:12 AM	10:32 AM
FLOOD								10:12 AM	10:32 AM	
Pre-Novice			3	9:47 AM	10:07 AM	4	10:12 AM	10:32 AM	10:39 AM	10:59 AM
Pre-Novice			4	9:54 AM	10:14 AM	5	10:19 AM	10:39 AM	10:46 AM	11:06 AM
Pre-Novice			5	10:01 AM	10:21 AM	1	10:26 AM	10:46 AM	10:53 AM	11:13 AM
Pre-Novice			6	10:08 AM	10:28 AM	2	10:33 AM	10:53 AM	11:00 AM	11:20 AM
FLOOD								11:00 AM	11:20 AM	
Intermediate			1	10:35 AM	10:55 AM	3	11:00 AM	11:20 AM	11:28 AM	11:48 AM
Intermediate			2	10:43 AM	11:03 AM	4	11:08 AM	11:28 AM	11:36 AM	11:56 AM
Intermediate			3	10:51 AM	11:11 AM	5	11:16 AM	11:36 AM	11:44 AM	12:04 PM
FLOOD								11:44 AM	12:04 PM	
Open			4	11:19 AM	11:39 AM	1	11:44 AM	12:04 PM	12:13 PM	12:33 PM
Open			5	11:28 AM	11:48 AM	2	11:53 AM	12:13 PM	12:22 PM	12:42 PM
Open			6	11:37 AM	11:57 AM	3	12:02 PM	12:22 PM	12:31 PM	12:51 PM
Open			1	11:46 AM	12:06 PM	4	12:11 PM	12:31 PM	12:40 PM	1:00 PM
FLOOD								12:40 PM	1:00 PM	
Adult I			2	12:15 PM	12:35 PM	5	12:40 PM	1:00 PM	1:08 PM	1:28 PM
Adult I			3	12:23 PM	12:43 PM	1	12:48 PM	1:08 PM	1:16 PM	1:36 PM
Adult I			4	12:31 PM	12:51 PM	2	12:56 PM	1:16 PM	1:23 PM	1:43 PM
END OF DAY					1:23 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.