

## Practice Schedule 2022 Mountain Regional Synchronized Skating Championships

Team Name	Category	Dressing Room	Warm up Area	Enter Warm up	Exit Warm up	Enter Dressing Room	Start time	End time	Leave Dressing Room
Solstice Adult 1	Adult 1	1	A	4:15 PM	4:35 PM	4:40 PM	5:00 PM	5:10 PM	5:30 PM
Solstice Adult 3	Adult 3	2	B	4:25 PM	4:45 PM	4:50 PM	5:10 PM	5:20 PM	5:40 PM
Solstice Juvenile	Juvenile	3	C	4:35 PM	4:55 PM	5:00 PM	5:20 PM	5:30 PM	5:50 PM
Solstice Pre-Novice	Pre-Novice	4	D	4:45 PM	5:05 PM	5:10 PM	5:30 PM	5:40 PM	6:00 PM
Black Gold Pre-Novice	Pre-Novice	5	E	4:55 PM	5:15 PM	5:20 PM	5:40 PM	5:50 PM	6:10 PM
<b>Flood</b>							<b>5:50 PM</b>	<b>6:05 PM</b>	
Black Gold Adult 1	Adult 1	1	A	5:20 PM	5:40 PM	5:45 PM	6:05 PM	6:15 PM	6:35 PM
Black Gold Adult 2	Adult 2	2	B	5:30 PM	5:50 PM	5:55 PM	6:15 PM	6:25 PM	6:45 PM
Black Gold Juvenile	Juvenile	3	C	5:40 PM	6:00 PM	6:05 PM	6:25 PM	6:35 PM	6:55 PM
Black Gold Elementary	Elementary	4	D	5:50 PM	6:10 PM	6:15 PM	6:35 PM	6:45 PM	7:05 PM
Edmonton Icicles	Juvenile	5	E	6:00 PM	6:20 PM	6:25 PM	6:45 PM	6:55 PM	7:15 PM
<b>Flood</b>							<b>6:55 PM</b>	<b>7:10 PM</b>	
Edmonton Ice Eclipse	Pre-Novice	1	A	6:25 PM	6:45 PM	6:50 PM	7:10 PM	7:20 PM	7:40 PM
Ice Edition	Adult 1	2	B	6:35 PM	6:55 PM	7:00 PM	7:20 PM	7:30 PM	7:50 PM
Northern Lites Adult 2	Adult 2	3	C	6:45 PM	7:05 PM	7:10 PM	7:30 PM	7:40 PM	8:00 PM
Northern Lites Beginner 1	Beginner 1	4	D	6:55 PM	7:15 PM	7:20 PM	7:40 PM	7:50 PM	8:10 PM
Northern Lites Elementary	Elementary	5	E	7:05 PM	7:25 PM	7:30 PM	7:50 PM	8:00 PM	8:20 PM
<b>Flood</b>							<b>8:00 PM</b>	<b>8:15 PM</b>	
Border Edges	Adult 3	1	A	7:30 PM	7:50 PM	7:55 PM	8:15 PM	8:25 PM	8:45 PM
Lethbridge Ice Angels	Elementary	2	B	7:40 PM	8:00 PM	8:05 PM	8:25 PM	8:35 PM	8:55 PM
Solstice Intermediate	Intermediate	3	C	7:50 PM	8:10 PM	8:15 PM	8:35 PM	8:46 PM	9:06 PM
Black Gold Open	Open	4	D	8:01 PM	8:21 PM	8:26 PM	8:46 PM	8:58 PM	9:18 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.