

Team Schedule 2022 Mountain Regional Synchronized Skating Championships

Saturday, January 29										
Category	Team Name	Club	Dressing Room	Warm up Area	Enter Warm up	Exit Warm up	Enter Dressing Room	On Ice	Leave Ice	Leave Dressing Room
Senior Short Practice	NEXXICE	Burlington Skating Centre	6	A	8:45 AM	9:05 AM	9:10 AM	9:30 AM	9:40 AM	10:00 AM
Adult I	Ice Edition	Gateway SC	2	B	9:15 AM	9:35 AM	9:40 AM	10:00 AM	10:08 AM	10:28 AM
Adult I	Black Gold Adult I	Calgary Synchronized SC	3	C	9:23 AM	9:43 AM	9:48 AM	10:08 AM	10:16 AM	10:36 AM
Adult I	Solstice Adult I	Calalta FSC	4	D	9:31 AM	9:51 AM	9:56 AM	10:16 AM	10:24 AM	10:44 AM
Adult II	Ice X-quisite	Lower Mainland Synchronized SC						10:24 AM	10:32 AM	
Adult II	Black Gold Adult II	Calgary Synchronized SC	5	E	9:47 AM	10:07 AM	10:12 AM	10:32 AM	10:40 AM	11:00 AM
Adult II	Northern Lites Adult II	Northern Lites Synchronized SC	1	A	9:55 AM	10:15 AM	10:20 AM	10:40 AM	10:49 AM	11:09 AM
Adult III	Ice X-perience	Lower Mainland Synchronized SC						10:49 AM	10:55 AM	
Adult III	Solstice Adult III	Calalta FSC	2	B	10:10 AM	10:30 AM	10:35 AM	10:55 AM	11:01 AM	11:21 AM
Adult III	Border Edges	Lloydminster FSC	3	C	10:16 AM	10:36 AM	10:41 AM	11:01 AM	11:07 AM	11:27 AM
Junior Short	Lower Mainland Junior	Lower Mainland Synchronized SC						11:27 AM	11:33 AM	
Senior Short	NEXXICE	Burlington Skating Centre	6	D	10:49 AM	11:09 AM	11:14 AM	11:34 AM	11:40 AM	12:00 PM
Beginner I	Black Gold Beginner I	Calgary Synchronized SC	1	E	11:10 AM	11:30 AM	11:35 AM	11:55 AM	12:00 PM	12:20 PM
Beginner I	Northern Lites Beginner	Northern Lites Synchronized SC	2	A	11:15 AM	11:35 AM	11:40 AM	12:00 PM	12:05 PM	12:25 PM
Beginner II	Solstice Beginner II	Calalta FSC	3	B	11:20 AM	11:40 AM	11:45 AM	12:05 PM	12:11 PM	12:31 PM
Elementary	Lethbridge Ice Angels	Lethbridge FSC	4	C	11:46 AM	12:06 PM	12:11 PM	12:31 PM	12:38 PM	12:53 PM
Elementary	Solstice Elementary	Carstairs FSC	5	D	11:53 AM	12:13 PM	12:18 PM	12:38 PM	12:45 PM	1:00 PM
Elementary	Northern Lites Elementary	Northern Lites Synchronized SC	1	E	12:00 PM	12:20 PM	12:25 PM	12:45 PM	12:53 PM	1:13 PM
Elementary	Black Gold Elementary	Calgary Synchronized SC	2	A	12:08 PM	12:28 PM	12:33 PM	12:53 PM	1:00 PM	1:15 PM
Senior Free Practice	NEXXICE	Burlington Skating Centre	6	B	12:35 PM	12:55 PM	1:00 PM	1:20 PM	1:26 PM	1:41 PM
Juvenile	Ice X-pectation	Lower Mainland Synchronized SC						1:52 PM	1:58 PM	
Juvenile	Snow Crystals	Aldergrove FSC						1:58 PM	2:05 PM	
Juvenile	Black Gold Juvenile	Calgary Synchronized SC	3	C	1:20 PM	1:40 PM	1:45 PM	2:05 PM	2:12 PM	2:32 PM
Juvenile	Solstice Juvenile	Carstairs FSC	4	D	1:27 PM	1:47 PM	1:52 PM	2:12 PM	2:18 PM	2:38 PM
Juvenile	Edmonton Icicles	Edmonton Synchronized SC	5	E	1:33 PM	1:53 PM	1:58 PM	2:18 PM	2:26 PM	2:46 PM
Pre-Novice	Solstice Pre-Novice	Calalta FSC	6	A	1:41 PM	2:01 PM	2:06 PM	2:26 PM	2:33 PM	2:53 PM
Pre-Novice	Black Gold Pre-Novice	Calgary Synchronized SC	1	B	1:48 PM	2:08 PM	2:13 PM	2:33 PM	2:40 PM	3:00 PM
Pre-Novice	Edmonton Ice Eclipse	Edmonton Synchronized SC	2	C	1:55 PM	2:15 PM	2:20 PM	2:40 PM	2:48 PM	3:08 PM
Novice	Icicles	Aldergrove FSC						3:08 PM	3:16 PM	
Novice	Ice X-cel	Lower Mainland Synchronized SC						3:16 PM	3:24 PM	
Intermediate	Solstice Intermediate	Calalta FSC	3	D	2:39 PM	2:59 PM	3:04 PM	3:24 PM	3:33 PM	3:53 PM
Junior Free	Lower Mainland Junior	Lower Mainland Synchronized SC						3:33 PM	3:42 PM	
Open	Ice X-calibur	Lower Mainland Synchronized SC						3:52 PM	4:01 PM	
Open	Black Gold Open	Calgary Synchronized SC	4	E	3:16 PM	3:36 PM	3:41 PM	4:01 PM	4:10 PM	4:30 PM
Senior Free	NEXXICE	Burlington Skating Centre	6	A	3:26 PM	3:46 PM	3:51 PM	4:11 PM	4:21 PM	4:41 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 immediately prior to taking the ice, the coach must notify the Ice Level Referee.