

**2024 Mountain Regional Synchronized Skating Championships  
Practice Schedule  
January 26, 2024**

Team Name	Club	Category	Warm Up Area	Enter Warm Up Area	Leave Warm Up Area	Dressing Room	Enter Dressing Room	Start time	End time	Leave Dressing Room
Ice Crystals	Edmonton Synchronized SC	STAR 4	A	10:05 AM	10:35 AM	1	10:40 AM	11:00 AM	11:10 AM	11:30 AM
Icicles	Edmonton Synchronized SC	STAR 6	B	10:15 AM	10:45 AM	2	10:50 AM	11:10 AM	11:20 AM	11:40 AM
Edmonton Ice Edition	Gateway SC	Adult SYS II	C	10:25 AM	10:55 AM	3	11:00 AM	11:20 AM	11:30 AM	11:50 AM
Northern Eclipse	Northern Lites Synchronized SC	STAR 8	D	10:35 AM	11:05 AM	4	11:10 AM	11:30 AM	11:40 AM	12:00 PM
NORTHERN LITES ADULT 2	Northern Lites Synchronized SC	Adult SYS II	E	10:45 AM	11:15 AM	5	11:20 AM	11:40 AM	11:50 AM	12:10 PM
		FLOOD						11:50 AM	12:05 PM	
Border Edges	Lloydminster FSC	STAR 4	A	11:10 AM	11:40 AM	1	11:45 AM	12:05 PM	12:15 PM	12:35 PM
Border Edges	Lloydminster FSC	Adult SYS III	B	11:20 AM	11:50 AM	2	11:55 AM	12:15 PM	12:25 PM	12:45 PM
Solstice Adult I	Calalta FSC	Adult SYS I	C	11:30 AM	12:00 PM	3	12:05 PM	12:25 PM	12:35 PM	12:55 PM
Solstice Juvenile	Carstairs FSC	Star 6	D	11:40 AM	12:10 PM	4	12:15 PM	12:35 PM	12:45 PM	1:05 PM
Solstice Adult III	Calalta FSC	Adult SYS III	E	11:50 AM	12:20 PM	5	12:25 PM	12:45 PM	12:55 PM	1:15 PM
		FLOOD						12:55 PM	1:10 PM	
Solstice Pre Novice	Calalta FSC	STAR 8	A	12:15 PM	12:45 PM	1	12:50 PM	1:10 PM	1:20 PM	1:40 PM
Black Gold Adult 1	Calgary Synchronized SC	Adult SYS I	B	12:25 PM	12:55 PM	2	1:00 PM	1:20 PM	1:30 PM	1:50 PM
Black Gold Juvenile	Calgary Synchronized SC	STAR 6	C	12:35 PM	1:05 PM	3	1:10 PM	1:30 PM	1:40 PM	2:00 PM
Black Gold Adult 2	Calgary Synchronized SC	Adult SYS II	D	12:45 PM	1:15 PM	4	1:20 PM	1:40 PM	1:50 PM	2:10 PM
Lethbridge Ice Angels	Lethbridge SC	STAR 8	E	12:55 PM	1:25 PM	5	1:30 PM	1:50 PM	2:00 PM	2:20 PM
		FLOOD						2:00 PM	2:15 PM	
Lethbridge Ice Angels	Lethbridge SC	Adult SYS II	A	1:20 PM	1:50 PM	1	1:55 PM	2:15 PM	2:25 PM	2:45 PM
University Of Manitoba Ice Intrepid	Hazelridge FSC	Adult SYS I	B	1:30 PM	2:00 PM	2	2:05 PM	2:25 PM	2:35 PM	2:55 PM
Skate of Mind	Vernon FSC	Adult SYS II	C	1:40 PM	2:10 PM	3	2:15 PM	2:35 PM	2:45 PM	3:05 PM
Northern Edges Star 4	Mile Zero FSC	STAR 4	D	1:50 PM	2:20 PM	4	2:25 PM	2:45 PM	2:55 PM	3:15 PM
Northern Edges Adult 2	Mile Zero FSC	Adult SYS II	E	2:00 PM	2:30 PM	5	2:35 PM	2:55 PM	3:05 PM	3:25 PM
		FLOOD						3:05 PM	3:20 PM	
Northern Edges Star 8	Mile Zero FSC	STAR 8	A	2:25 PM	2:55 PM	1	3:00 PM	3:20 PM	3:30 PM	3:50 PM
Ice Spirits	Aldergrove FSC	Adult SYS II	B	2:35 PM	3:05 PM	2	3:10 PM	3:30 PM	3:40 PM	4:00 PM
Snow Crystals	Aldergrove FSC	STAR 6	C	2:45 PM	3:15 PM	3	3:20 PM	3:40 PM	3:50 PM	4:10 PM
Cascadia Adult 1	Greater Vancouver Synchronized SC	Adult SYS I	D	2:55 PM	3:25 PM	4	3:30 PM	3:50 PM	4:00 PM	4:20 PM
Cascadia Adult 2	Greater Vancouver Synchronized SC	Adult SYS II	E	3:05 PM	3:35 PM	5	3:40 PM	4:00 PM	4:10 PM	4:30 PM
		FLOOD						4:10 PM	4:25 PM	
Cascadia PreNovice	Greater Vancouver Synchronized SC	STAR 8	A	3:30 PM	4:00 PM	1	4:05 PM	4:25 PM	4:35 PM	4:55 PM
Cascadia Adult 3	Greater Vancouver Synchronized SC	Adult SYS III	B	3:40 PM	4:10 PM	2	4:15 PM	4:35 PM	4:45 PM	5:05 PM
Ice X-quisite	Lower Mainland Synchronized SC	Adult SYS II	C	3:50 PM	4:20 PM	3	4:25 PM	4:45 PM	4:55 PM	5:15 PM
LMSSC Ice X-pectation	Lower Mainland Synchronized SC	STAR 6	D	4:00 PM	4:30 PM	4	4:35 PM	4:55 PM	5:05 PM	5:25 PM
Ice X-perience	Lower Mainland Synchronized SC	Adult SYS III	E	4:10 PM	4:40 PM	5	4:45 PM	5:05 PM	5:15 PM	5:35 PM
		FLOOD						5:15 PM	5:30 PM	
Ice X-cel	Lower Mainland Synchronized SC	Novice	A	4:35 PM	5:05 PM	1	5:10 PM	5:30 PM	5:40 PM	6:00 PM
Black Gold Novice	Calgary Synchronized SC	Novice	B	4:45 PM	5:15 PM	2	5:20 PM	5:40 PM	5:50 PM	6:10 PM
Solstice Novice	Calalta FSC	Novice	C	4:55 PM	5:25 PM	3	5:30 PM	5:50 PM	6:00 PM	6:20 PM
Icicles	Aldergrove FSC	Novice	D	5:05 PM	5:35 PM	4	5:40 PM	6:00 PM	6:10 PM	6:30 PM
		FLOOD						6:10 PM	6:25 PM	
ARTSSA Stars	Ashcroft Academy of Skating	Gold	E	5:30 PM	6:00 PM	5	6:05 PM	6:25 PM	6:37 PM	6:57 PM
Cascadia	Greater Vancouver Synchronized SC	Gold	A	5:42 PM	6:12 PM	1	6:17 PM	6:37 PM	6:49 PM	7:09 PM
Solstice Junior	Calalta FSC	Junior	B	5:54 PM	6:24 PM	2	6:29 PM	6:49 PM	6:59 PM	7:19 PM
Lower Mainland Junior	Lower Mainland Synchronized SC	Junior	C	6:04 PM	6:34 PM	3	6:39 PM	6:59 PM	7:09 PM	7:29 PM
		FLOOD						7:09 PM	7:24 PM	
Black Gold Elite 12	Calgary Synchronized SC	Senior Elite 12	D	6:29 PM	6:59 PM	4	7:04 PM	7:24 PM	7:34 PM	7:54 PM
Black Gold Open	Calgary Synchronized SC	Open	E	6:39 PM	7:09 PM	5	7:14 PM	7:34 PM	7:46 PM	8:06 PM
Ice x Calibur	Lower Mainland Synchronized SC	Open	A	6:51 PM	7:21 PM	1	7:26 PM	7:46 PM	7:58 PM	8:18 PM
		FLOOD						7:58 PM	8:13 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.