

2024 Mountain Regional Synchronized Skating Championships
Team Schedule
January 27 - 28, 2024

SATURDAY, JANUARY 27										
Category	Team Name	Club	Warm Up Area	Enter Warm Up Area	Leave Warm Up Area	Dressing Room	Enter Dressing Room	On Ice	Leave Ice	Leave Dressing Room
Adult III	Solstice Adult III	Calalta FSC	A	8:15 AM	8:35 AM	1	8:40 AM	9:00 AM	9:05 AM	9:25 AM
Adult III	Cascadia Adult III	Greater Vancouver Synchronized SC	B	8:20 AM	8:40 AM	2	8:45 AM	9:05 AM	9:11 AM	9:31 AM
Adult III	Ice X-perience	Lower Mainland Synchronized SC	C	8:26 AM	8:46 AM	3	8:51 AM	9:11 AM	9:17 AM	9:37 AM
Adult III	Border Edges	Lloydminster FSC	D	8:32 AM	8:52 AM	4	8:57 AM	9:17 AM	9:22 AM	9:42 AM
FLOOD								9:22 AM	9:37 AM	
STAR 6	LMSSC Ice X-pectation	Lower Mainland Synchronized SC	E	8:52 AM	9:12 AM	5	9:17 AM	9:37 AM	9:43 AM	10:03 AM
STAR 6	Snow Crystals	Aldergrove FSC	A	8:58 AM	9:18 AM	1	9:23 AM	9:43 AM	9:50 AM	10:10 AM
STAR 6	Black Gold Juvenile	Calgary Synchronized SC	B	9:05 AM	9:25 AM	2	9:30 AM	9:50 AM	9:56 AM	10:16 AM
STAR 6	Icicles	Edmonton Synchronized SC	C	9:11 AM	9:31 AM	3	9:36 AM	9:56 AM	10:02 AM	10:22 AM
STAR 6	Solstice Juvenile	Carstairs FSC	D	9:17 AM	9:37 AM	4	9:42 AM	10:02 AM	10:08 AM	10:28 AM
FLOOD								10:08 AM	10:23 AM	
Adult II	Ice X-quisite	Lower Mainland Synchronized SC	E	9:38 AM	9:58 AM	5	10:03 AM	10:23 AM	10:30 AM	10:50 AM
Adult II	Black Gold Adult II	Calgary Synchronized SC	A	9:45 AM	10:05 AM	1	10:10 AM	10:30 AM	10:37 AM	10:57 AM
Adult II	Ice Spirits	Aldergrove FSC	B	9:52 AM	10:12 AM	2	10:17 AM	10:37 AM	10:45 AM	11:05 AM
Adult II	Lethbridge Ice Angels	Lethbridge SC	C	10:00 AM	10:20 AM	3	10:25 AM	10:45 AM	10:52 AM	11:12 AM
FLOOD								10:52 AM	11:07 AM	
Adult II	Northern Edges Adult II	Mile Zero FSC	D	10:22 AM	10:42 AM	4	10:47 AM	11:07 AM	11:14 AM	11:34 AM
Adult II	Cascadia Adult II	Greater Vancouver Synchronized SC	E	10:29 AM	10:49 AM	5	10:54 AM	11:14 AM	11:21 AM	11:41 AM
Adult II	Northern Lites Adult II	Northern Lites Synchronized SC	A	10:36 AM	10:56 AM	1	11:01 AM	11:21 AM	11:28 AM	11:48 AM
Adult II	Skate of Mind	Vernon FSC	B	10:43 AM	11:03 AM	2	11:08 AM	11:28 AM	11:35 AM	11:55 AM
Adult II	Edmonton Ice Edition	Gateway SC	C	10:50 AM	11:10 AM	3	11:15 AM	11:35 AM	11:43 AM	12:03 PM
FLOOD								11:43 AM	11:58 AM	
STAR 8	Cascadia Pre-Novice	Greater Vancouver Synchronized SC	D	11:13 AM	11:33 AM	4	11:38 AM	11:58 AM	12:05 PM	12:25 PM
STAR 8	Northern Edges Star 8	Mile Zero FSC	E	11:20 AM	11:40 AM	5	11:45 AM	12:05 PM	12:12 PM	12:32 PM
STAR 8	Lethbridge Ice Angels	Lethbridge SC	A	11:27 AM	11:47 AM	1	11:52 AM	12:12 PM	12:19 PM	12:39 PM
STAR 8	Northern Eclipse	Northern Lites Synchronized SC	B	11:34 AM	11:54 AM	2	11:59 AM	12:19 PM	12:26 PM	12:46 PM
STAR 8	Solstice Pre Novice	Calalta FSC	C	11:41 AM	12:01 PM	3	12:06 PM	12:26 PM	12:33 PM	12:53 PM
FLOOD / BREAK								12:33 PM	1:03 PM	
Adult I	University Of Manitoba Ice Intrepid	Hazelridge FSC	D	12:18 PM	12:38 PM	4	12:43 PM	1:03 PM	1:10 PM	1:30 PM
Adult I	Solstice Adult I	Calalta FSC	E	12:25 PM	12:45 PM	5	12:50 PM	1:10 PM	1:17 PM	1:37 PM
Adult I	Black Gold Adult I	Calgary Synchronized SC	A	12:32 PM	12:52 PM	1	12:57 PM	1:17 PM	1:24 PM	1:44 PM
Adult I	Cascadia Adult I	Greater Vancouver Synchronized SC	B	12:39 PM	12:59 PM	2	1:04 PM	1:24 PM	1:31 PM	1:51 PM
FLOOD								1:31 PM	1:46 PM	

2024 Mountain Regional Synchronized Skating Championships

Team Schedule

January 27 - 28, 2024

SATURDAY, JANUARY 27										
Category	Team Name	Club	Warm Up Area	Enter Warm Up Area	Leave Warm Up Area	Dressing Room	Enter Dressing Room	On Ice	Leave Ice	Leave Dressing Room
Novice	Ice X-cel	Lower Mainland Synchronized SC	C	1:01 PM	1:21 PM	3	1:26 PM	1:46 PM	1:54 PM	2:14 PM
Novice	Black Gold Novice	Calgary Synchronized SC	D	1:09 PM	1:29 PM	4	1:34 PM	1:54 PM	2:02 PM	2:22 PM
Novice	Solstice Novice	Calalta FSC	E	1:17 PM	1:37 PM	5	1:42 PM	2:02 PM	2:09 PM	2:29 PM
Novice	Icicles	Aldergrove FSC	A	1:24 PM	1:44 PM	1	1:49 PM	2:09 PM	2:17 PM	2:37 PM
FLOOD								2:17 PM	2:32 PM	
Senior Elite 12 Short Program	Black Gold Elite 12	Calgary Synchronized SC	B	1:47 PM	2:07 PM	2	2:12 PM	2:32 PM	2:38 PM	2:58 PM
Gold	ARTSSA Stars	Ashcroft Academy of Skating	C	1:53 PM	2:13 PM	3	2:18 PM	2:38 PM	2:46 PM	3:06 PM
Gold	Cascadia	Greater Vancouver Synchronized SC	D	2:01 PM	2:21 PM	4	2:26 PM	2:46 PM	2:53 PM	3:13 PM
FLOOD								2:53 PM	3:08 PM	
Junior Short Program	Solstice Junior	Calalta FSC	E	2:23 PM	2:43 PM	5	2:48 PM	3:08 PM	3:14 PM	3:34 PM
Junior Short Program	Lower Mainland Junior	Lower Mainland Synchronized SC	A	2:29 PM	2:49 PM	1	2:54 PM	3:14 PM	3:20 PM	3:40 PM
Open	Black Gold Open	Calgary Synchronized SC	B	2:35 PM	2:55 PM	2	3:00 PM	3:20 PM	3:29 PM	3:49 PM
Open	Ice x Calibur	Lower Mainland Synchronized SC	C	2:44 PM	3:04 PM	3	3:09 PM	3:29 PM	3:39 PM	3:59 PM
FLOOD								3:39 PM	3:54 PM	
STAR 4	Northern Edges Star 4	Mile Zero FSC	D	3:04 PM	3:24 PM	4	3:34 PM	3:54 PM	3:59 PM	4:14 PM
STAR 4	Solstice Elementary Calgary	Calalta FSC	E	3:09 PM	3:29 PM	5	3:39 PM	3:59 PM	4:05 PM	4:20 PM
STAR 4	Border Edges	Lloydminster FSC	A	3:15 PM	3:35 PM	1	3:45 PM	4:05 PM	4:11 PM	4:26 PM
STAR 4	Solstice Elementary Carstairs	Carstairs FSC	B	3:21 PM	3:41 PM	5	3:51 PM	4:11 PM	4:16 PM	4:31 PM
STAR 4	Ice Crystals	Edmonton Synchronized SC	C	3:26 PM	3:46 PM	2	3:56 PM	4:16 PM	4:22 PM	4:37 PM
STAR 4	Black Gold Star 4	Calgary Synchronized SC	D	3:32 PM	3:52 PM	3	4:02 PM	4:22 PM	4:28 PM	4:43 PM
FLOOD								4:28 PM	4:43 PM	
Adult III			E	3:58 PM	4:18 PM	4	4:23 PM	4:43 PM	4:48 PM	5:08 PM
Adult III			A	4:03 PM	4:23 PM	5	4:28 PM	4:48 PM	4:54 PM	5:14 PM
Adult III			B	4:09 PM	4:29 PM	1	4:34 PM	4:54 PM	5:00 PM	5:20 PM
Adult III			C	4:15 PM	4:35 PM	2	4:40 PM	5:00 PM	5:05 PM	5:25 PM
FLOOD								5:05 PM	5:20 PM	
STAR 6			D	4:35 PM	4:55 PM	3	5:00 PM	5:20 PM	5:26 PM	5:46 PM
STAR 6			E	4:41 PM	5:01 PM	4	5:06 PM	5:26 PM	5:33 PM	5:53 PM
STAR 6			A	4:48 PM	5:08 PM	5	5:13 PM	5:33 PM	5:39 PM	5:59 PM
STAR 6			B	4:54 PM	5:14 PM	1	5:19 PM	5:39 PM	5:45 PM	6:05 PM
STAR 6			C	5:00 PM	5:20 PM	2	5:25 PM	5:45 PM	5:51 PM	6:11 PM
FLOOD / BREAK								5:51 PM	6:21 PM	

2024 Mountain Regional Synchronized Skating Championships
Team Schedule
January 27 - 28, 2024

SATURDAY, JANUARY 27										
Category	Team Name	Club	Warm Up Area	Enter Warm Up Area	Leave Warm Up Area	Dressing Room	Enter Dressing Room	On Ice	Leave Ice	Leave Dressing Room
Adult II			D	5:36 PM	5:56 PM	3	6:01 PM	6:21 PM	6:28 PM	6:48 PM
Adult II			E	5:43 PM	6:03 PM	4	6:08 PM	6:28 PM	6:35 PM	6:55 PM
Adult II			A	5:50 PM	6:10 PM	5	6:15 PM	6:35 PM	6:43 PM	7:03 PM
Adult II			B	5:58 PM	6:18 PM	1	6:23 PM	6:43 PM	6:50 PM	7:10 PM
FLOOD								6:50 PM	7:05 PM	
Adult II			C	6:20 PM	6:40 PM	2	6:45 PM	7:05 PM	7:12 PM	7:32 PM
Adult II			D	6:27 PM	6:47 PM	3	6:52 PM	7:12 PM	7:19 PM	7:39 PM
Adult II			E	6:34 PM	6:54 PM	4	6:59 PM	7:19 PM	7:26 PM	7:46 PM
Adult II			A	6:41 PM	7:01 PM	5	7:06 PM	7:26 PM	7:33 PM	7:53 PM
Adult II			B	6:48 PM	7:08 PM	1	7:13 PM	7:33 PM	7:41 PM	8:01 PM
END OF DAY								7:41 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.

2024 Mountain Regional Synchronized Skating Championships
Team Schedule
January 27 - 28, 2024

SUNDAY, JANUARY 28

Category	Team Name	Club	Warm Up Area	Enter Warm Up Area	Leave Warm Up Area	Dressing Room	Enter Dressing Room	On Ice	Leave Ice	Leave Dressing Room
Senior Elite 12 Free Skate Practice	Black Gold Elite 12	Calgary Synchronized SC	A	6:45 AM	7:05 AM	1	7:10 AM	7:30 AM	7:42 AM	8:02 AM
Junior Free Skate Practice			B	6:57 AM	7:17 AM	2	7:22 AM	7:42 AM	7:54 AM	8:14 AM
Junior Free Skate Practice			C	7:09 AM	7:29 AM	3	7:34 AM	7:54 AM	8:06 AM	8:26 AM
FLOOD									8:06 AM	8:21 AM
STAR 8			D	7:45 AM	8:05 AM	4	8:10 AM	8:30 AM	8:37 AM	8:57 AM
STAR 8			E	7:52 AM	8:12 AM	5	8:17 AM	8:37 AM	8:44 AM	9:04 AM
STAR 8			A	7:59 AM	8:19 AM	1	8:24 AM	8:44 AM	8:51 AM	9:11 AM
STAR 8			B	8:06 AM	8:26 AM	2	8:31 AM	8:51 AM	8:58 AM	9:18 AM
STAR 8			C	8:13 AM	8:33 AM	3	8:38 AM	8:58 AM	9:05 AM	9:25 AM
FLOOD									9:05 AM	9:20 AM
Adult I	University Of Manitoba Ice Intrepid	Hazelridge FSC	D	8:35 AM	8:55 AM	4	9:00 AM	9:20 AM	9:27 AM	9:47 AM
Adult I			E	8:42 AM	9:02 AM	5	9:07 AM	9:27 AM	9:34 AM	9:54 AM
Adult I			A	8:49 AM	9:09 AM	1	9:14 AM	9:34 AM	9:41 AM	10:01 AM
Adult I			B	8:56 AM	9:16 AM	2	9:21 AM	9:41 AM	9:48 AM	10:08 AM
FLOOD									9:48 AM	10:03 AM
Novice			C	9:18 AM	9:38 AM	3	9:43 AM	10:03 AM	10:11 AM	10:31 AM
Novice			D	9:26 AM	9:46 AM	4	9:51 AM	10:11 AM	10:19 AM	10:39 AM
Novice			E	9:34 AM	9:54 AM	5	9:59 AM	10:19 AM	10:26 AM	10:46 AM
Novice			A	9:41 AM	10:01 AM	1	10:06 AM	10:26 AM	10:34 AM	10:54 AM
FLOOD									10:34 AM	10:49 AM
Senior Elite 12 Free Skate	Black Gold Elite 12	Calgary Synchronized SC	B	10:04 AM	10:24 AM	2	10:29 AM	10:49 AM	10:58 AM	11:18 AM
Gold			C	10:13 AM	10:33 AM	3	10:38 AM	10:58 AM	11:06 AM	11:26 AM
Gold			D	10:21 AM	10:41 AM	4	10:46 AM	11:06 AM	11:13 AM	11:33 AM
FLOOD									11:13 AM	11:28 AM
Junior Free Skate			E	10:43 AM	11:03 AM	5	11:08 AM	11:28 AM	11:37 AM	11:57 AM
Junior Free Skate			A	10:52 AM	11:12 AM	1	11:17 AM	11:37 AM	11:46 AM	12:06 PM
Open			B	11:01 AM	11:21 AM	2	11:26 AM	11:46 AM	11:55 AM	12:15 PM
Open			C	11:10 AM	11:30 AM	3	11:35 AM	11:55 AM	12:04 PM	12:24 PM
END OF DAY									12:04 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.

2024 Mountain Regional Synchronized Skating Championships
Team Schedule
January 27 - 28, 2024

SUNDAY, JANUARY 28										
Category	Team Name	Club	Warm Up Area	Enter Warm Up Area	Leave Warm Up Area	Dressing Room	Enter Dressing Room	On Ice	Leave Ice	Leave Dressing Room

2024 Mountain Regional Synchronized Skating Championships
Team Schedule
January 27 - 28, 2024

SUNDAY, JANUARY 28										
Category	Team Name	Club	Warm Up Area	Enter Warm Up Area	Leave Warm Up Area	Dressing Room	Enter Dressing Room	On Ice	Leave Ice	Leave Dressing Room