

**Mountain Regionals 2026 Practice Schedule**  
**January 30**

Team Name	Category	Warm up Area	Enter WUA	Leave WUA	Dressing Room	Enter Dressing Room	Start time	End time	Leave Dressing Room
Ice Crystals	Star 4	A	9:15 AM	9:35 AM	1	9:40 AM	10:00 AM	10:10 AM	10:30 AM
Icicles	Star 6	B	9:25 AM	9:45 AM	2	9:50 AM	10:10 AM	10:21 AM	10:41 AM
Ice Eclipse	Star 8	C	9:36 AM	9:56 AM	3	10:01 AM	10:21 AM	10:32 AM	10:52 AM
ESSC Adult 1	Adult I	D	9:47 AM	10:07 AM	4	10:12 AM	10:32 AM	10:43 AM	11:03 AM
Edmonton Ice Edition	Adult II	E	9:58 AM	10:18 AM	5	10:23 AM	10:43 AM	10:54 AM	11:14 AM
	FLOOD						10:54 AM	11:09 AM	
NORTHERN LITES ADULT 2	Adult II	A	10:24 AM	10:44 AM	1	10:49 AM	11:09 AM	11:20 AM	11:40 AM
NORTHERN LITES ADULT 3	Adult III	B	10:35 AM	10:55 AM	2	11:00 AM	11:20 AM	11:30 AM	11:50 AM
Ponoka Ice Sensations	Adult III	C	10:45 AM	11:05 AM	3	11:10 AM	11:30 AM	11:40 AM	12:00 PM
Onyx Ice	Star 4	D	10:55 AM	11:15 AM	4	11:20 AM	11:40 AM	11:50 AM	12:10 PM
Onyx Ice	Star 6	E	11:05 AM	11:25 AM	5	11:30 AM	11:50 AM	12:01 PM	12:21 PM
	FLOOD						12:01 PM	12:16 PM	
Onyx Ice	Star 8	A	11:31 AM	11:51 AM	1	11:56 AM	12:16 PM	12:27 PM	12:47 PM
Lloydminster Star 8	Star 8	B	11:42 AM	12:02 PM	2	12:07 PM	12:27 PM	12:38 PM	12:58 PM
Lloydminster Border Edges Adult 3	Adult III	C	11:53 AM	12:13 PM	3	12:18 PM	12:38 PM	12:48 PM	1:08 PM
Solstice Adult II	Adult II	D	12:03 PM	12:23 PM	4	12:28 PM	12:48 PM	12:59 PM	1:19 PM
Solstice Adult I	Adult I	E	12:14 PM	12:34 PM	5	12:39 PM	12:59 PM	1:10 PM	1:30 PM
	FLOOD						1:10 PM	1:25 PM	
Solstice Adult III	Adult III	A	12:40 PM	1:00 PM	1	1:05 PM	1:25 PM	1:35 PM	1:55 PM
Solstice Star 6	Star 6	B	12:50 PM	1:10 PM	2	1:15 PM	1:35 PM	1:46 PM	2:06 PM
Black Gold	Star 6	C	1:01 PM	1:21 PM	3	1:26 PM	1:46 PM	1:57 PM	2:17 PM
Black Gold	Star 4	D	1:12 PM	1:32 PM	4	1:37 PM	1:57 PM	2:07 PM	2:27 PM
Black Gold	Adult II	E	1:22 PM	1:42 PM	5	1:47 PM	2:07 PM	2:18 PM	2:38 PM
	FLOOD						2:18 PM	2:33 PM	
Black Gold	Adult I	A	1:48 PM	2:08 PM	1	2:13 PM	2:33 PM	2:44 PM	3:04 PM
Triple Edge	Star 8	B	1:59 PM	2:19 PM	2	2:24 PM	2:44 PM	2:55 PM	3:15 PM
Lethbridge Ice Angels	Star 8	C	2:10 PM	2:30 PM	3	2:35 PM	2:55 PM	3:06 PM	3:26 PM
Lethbridge Ice Angels	Star 6	D	2:21 PM	2:41 PM	4	2:46 PM	3:06 PM	3:17 PM	3:37 PM
Lethbridge Ice Angels	Adult III	E	2:32 PM	2:52 PM	5	2:57 PM	3:17 PM	3:27 PM	3:47 PM
	FLOOD						3:27 PM	3:42 PM	
Lethbridge Ice Angels	Adult II	A	2:57 PM	3:17 PM	1	3:22 PM	3:42 PM	3:53 PM	4:13 PM
Aldergrove Ice Spirits	Adult II	B	3:08 PM	3:28 PM	2	3:33 PM	3:53 PM	4:04 PM	4:24 PM
Icicles	Star 8	C	3:19 PM	3:39 PM	3	3:44 PM	4:04 PM	4:15 PM	4:35 PM
Cascadia	Star 6	D	3:30 PM	3:50 PM	4	3:55 PM	4:15 PM	4:26 PM	4:46 PM
Cascadia	Adult II	E	3:41 PM	4:01 PM	5	4:06 PM	4:26 PM	4:37 PM	4:57 PM
	FLOOD						4:37 PM	4:52 PM	
Cascadia Adult 1	Adult I	A	4:07 PM	4:27 PM	1	4:32 PM	4:52 PM	5:03 PM	5:23 PM
Ice Symmetrix	Star 6	B	4:18 PM	4:38 PM	2	4:43 PM	5:03 PM	5:14 PM	5:34 PM
Ice Symmetrix	Star 8	C	4:29 PM	4:49 PM	3	4:54 PM	5:14 PM	5:25 PM	5:45 PM
Skate of Mind	Adult II	D	4:40 PM	5:00 PM	4	5:05 PM	5:25 PM	5:36 PM	5:56 PM
Solar Ice	Star 6	E	4:51 PM	5:11 PM	5	5:16 PM	5:36 PM	5:47 PM	6:07 PM
	FLOOD						5:47 PM	6:02 PM	
Ice X-perience	Adult III	A	5:17 PM	5:37 PM	1	5:42 PM	6:02 PM	6:12 PM	6:32 PM
Ice X-quisite	Adult II	B	5:27 PM	5:47 PM	2	5:52 PM	6:12 PM	6:23 PM	6:43 PM
Northern Edges Adult 2	Adult II	C	5:38 PM	5:58 PM	3	6:03 PM	6:23 PM	6:34 PM	6:54 PM
Northern Edges Star 8	Star 8	D	5:49 PM	6:09 PM	4	6:14 PM	6:34 PM	6:45 PM	7:05 PM
Northern Edges Star 4	Star 4	E	6:00 PM	6:20 PM	5	6:25 PM	6:45 PM	6:55 PM	7:15 PM
	FLOOD						6:55 PM	7:10 PM	
It's Precision	Adult III	A	6:25 PM	6:45 PM	1	6:50 PM	7:10 PM	7:20 PM	7:40 PM
Black Gold	Novice	B	6:35 PM	6:55 PM	2	7:00 PM	7:20 PM	7:31 PM	7:51 PM
Ice X-cel	Novice	C	6:46 PM	7:06 PM	3	7:11 PM	7:31 PM	7:42 PM	8:02 PM
Black Gold	Open	D	6:57 PM	7:17 PM	4	7:22 PM	7:42 PM	7:54 PM	8:14 PM
Solstice Open	Open	E	7:09 PM	7:29 PM	5	7:34 PM	7:54 PM	8:06 PM	8:26 PM
	FLOOD						8:06 PM	8:21 PM	
Ice x Calibur	Open	A	7:36 PM	7:56 PM	1	8:01 PM	8:21 PM	8:33 PM	8:53 PM
Edmonton Edge	Gold	B	7:48 PM	8:08 PM	2	8:13 PM	8:33 PM	8:44 PM	9:04 PM
Cascadia	Gold	C	7:59 PM	8:19 PM	3	8:24 PM	8:44 PM	8:55 PM	9:15 PM
Lower Mainland Junior	Junior Short	D	8:10 PM	8:30 PM	4	8:35 PM	8:55 PM	9:05 PM	9:25 PM
	FLOOD						9:05 PM	9:20 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.