

**2026 Mountain Regional Synchronized Skating Championships
Team Schedule**

SATURDAY, JANUARY 31										
Category	Team Name	Club	Warm up Area	Enter WUA	Leave WUA	Dressing Room	Enter Dressing Room	On Ice	Leave Ice	Leave Dressing Room
Adult II	Skate of Mind	Vernon FSC	A	8:15 AM	8:35 AM	1	8:40 AM	9:00 AM	9:07 AM	9:27 AM
Adult II	Northern Edges Adult 2	Mile Zero FSC	B	8:22 AM	8:42 AM	2	8:47 AM	9:07 AM	9:14 AM	9:34 AM
Adult II	Northern Lites Adult 2	Northern Lites Synchronized Skating Club	C	8:29 AM	8:49 AM	3	8:54 AM	9:14 AM	9:21 AM	9:41 AM
Adult II	Black Gold	Calgary Synchronized SC	D	8:36 AM	8:56 AM	4	9:01 AM	9:21 AM	9:28 AM	9:48 AM
Adult II	Solstice Adult II	Calalta FSC	E	8:43 AM	9:03 AM	5	9:08 AM	9:28 AM	9:35 AM	9:55 AM
FLOOD									9:35 AM	9:50 AM
Adult II	Aldergrove Ice Spirits	Aldergrove FSC	A	9:05 AM	9:25 AM	1	9:30 AM	9:50 AM	9:58 AM	10:18 AM
Adult II	Cascadia	Greater Vancouver Synchronized Skating Club	B	9:13 AM	9:33 AM	2	9:38 AM	9:58 AM	10:05 AM	10:25 AM
Adult II	Lethbridge Ice Angels	Lethbridge SC	C	9:20 AM	9:40 AM	3	9:45 AM	10:05 AM	10:12 AM	10:32 AM
Adult II	Ice X-quisite	Lower Mainland Synchronized SC	D	9:27 AM	9:47 AM	4	9:52 AM	10:12 AM	10:19 AM	10:39 AM
Adult II	Edmonton Ice Edition	Gateway SC	E	9:34 AM	9:54 AM	5	9:59 AM	10:19 AM	10:26 AM	10:46 AM
FLOOD									10:26 AM	10:41 AM
Adult III	Ponoka Ice Sensations	Skate Ponoka Club	A	9:56 AM	10:16 AM	1	10:21 AM	10:41 AM	10:47 AM	11:07 AM
Adult III	Lethbridge Ice Angels	Lethbridge SC	B	10:02 AM	10:22 AM	2	10:27 AM	10:47 AM	10:53 AM	11:13 AM
Adult III	Northern Lites Adult 3	Northern Lites Synchronized Skating Club	C	10:08 AM	10:28 AM	3	10:33 AM	10:53 AM	10:58 AM	11:18 AM
FLOOD									10:58 AM	11:13 AM
Adult III	Ice X-perience	Lower Mainland Synchronized SC	D	10:28 AM	10:48 AM	4	10:53 AM	11:13 AM	11:19 AM	11:39 AM
Adult III	Solstice Adult III	Calalta FSC	E	10:34 AM	10:54 AM	5	10:59 AM	11:19 AM	11:25 AM	11:45 AM
Adult III	Lloydminster Border Edges Adult 3	Lloydminster FSC	A	10:40 AM	11:00 AM	1	11:05 AM	11:25 AM	11:30 AM	11:50 AM
Adult III	It's Precision	Oak Bay FSC	B	10:45 AM	11:05 AM	2	11:10 AM	11:30 AM	11:36 AM	11:56 AM
FLOOD									11:36 AM	11:56 AM
Adult I	Solstice Adult I	Calalta FSC	C	11:11 AM	11:31 AM	3	11:36 AM	11:56 AM	12:03 PM	12:23 PM
Adult I	Black Gold	Calgary Synchronized SC	D	11:18 AM	11:38 AM	4	11:43 AM	12:03 PM	12:10 PM	12:30 PM
Adult I	ESSC Adult 1	Edmonton Synchronized SC	E	11:25 AM	11:45 AM	5	11:50 AM	12:10 PM	12:17 PM	12:37 PM
Adult I	Cascadia Adult 1	Greater Vancouver Synchronized Skating Club	A	11:32 AM	11:52 AM	1	11:57 AM	12:17 PM	12:25 PM	12:45 PM
FLOOD									12:25 PM	12:40 PM
Star 6	Black Gold	Calgary Synchronized SC	B	11:55 AM	12:15 PM	2	12:20 PM	12:40 PM	12:46 PM	1:06 PM
Star 6	Onyx Ice	Carstairs FSC	C	12:01 PM	12:21 PM	3	12:26 PM	12:46 PM	12:52 PM	1:12 PM
Star 6	Lethbridge Ice Angels	Lethbridge SC	D	12:07 PM	12:27 PM	4	12:32 PM	12:52 PM	12:58 PM	1:18 PM
Star 6	Ice Symmetrix	Maple Ridge SC	E	12:13 PM	12:33 PM	5	12:38 PM	12:58 PM	1:04 PM	1:24 PM
FLOOD									1:04 PM	1:19 PM
Star 6	Solar Ice	Delta FSC	A	12:34 PM	12:54 PM	1	12:59 PM	1:19 PM	1:25 PM	1:45 PM
Star 6	Icicles	Edmonton Synchronized SC	B	12:40 PM	1:00 PM	2	1:05 PM	1:25 PM	1:32 PM	1:52 PM
Star 6	Solstice Star 6	Calalta FSC	C	12:47 PM	1:07 PM	3	1:12 PM	1:32 PM	1:38 PM	1:58 PM
Star 6	Cascadia	Greater Vancouver Synchronized Skating Club	D	12:53 PM	1:13 PM	4	1:18 PM	1:38 PM	1:44 PM	2:04 PM
FLOOD									1:44 PM	1:59 PM

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Star 8	Ice Eclipse	Edmonton Synchronized SC	E	1:14 PM	1:34 PM	5	1:39 PM	1:59 PM	2:06 PM	2:26 PM	
Star 8	Onyx Ice	Carstairs FSC	A	1:21 PM	1:41 PM	1	1:46 PM	2:06 PM	2:13 PM	2:33 PM	
Star 8	Lloydminster Star 8	Lloydminster FSC	B	1:28 PM	1:48 PM	2	1:53 PM	2:13 PM	2:20 PM	2:40 PM	
Star 8	Ice Symmetrix	Maple Ridge SC	C	1:35 PM	1:55 PM	3	2:00 PM	2:20 PM	2:27 PM	2:47 PM	
FLOOD									2:27 PM	2:42 PM	
Star 8	Northern Edges Star 8	Mile Zero FSC	D	1:57 PM	2:17 PM	4	2:22 PM	2:42 PM	2:49 PM	3:09 PM	
Star 8	Icicles	Aldergrove FSC	E	2:04 PM	2:24 PM	5	2:29 PM	2:49 PM	2:56 PM	3:16 PM	
Star 8	Lethbridge Ice Angels	Lethbridge SC	A	2:11 PM	2:31 PM	1	2:36 PM	2:56 PM	3:03 PM	3:23 PM	
Star 8	Triple Edge	Three Hills FSC	B	2:18 PM	2:38 PM	2	2:43 PM	3:03 PM	3:10 PM	3:30 PM	
FLOOD									3:10 PM	3:25 PM	
Star 4	Ice Crystals	Edmonton Synchronized SC	C	2:40 PM	3:00 PM	3	3:05 PM	3:25 PM	3:31 PM	3:48 PM	
Star 4	Aurora Fusion	Yellowknife SC	D	2:46 PM	3:06 PM	4	3:11 PM	3:31 PM	3:36 PM	3:53 PM	
Star 4	Solstice Star 4	Calalta FSC	E	2:51 PM	3:11 PM	5	3:16 PM	3:36 PM	3:42 PM	3:59 PM	
FLOOD									3:42 PM	3:57 PM	
Star 4	Black Gold	Calgary Synchronized SC	A	3:12 PM	3:32 PM	1	3:37 PM	3:57 PM	4:03 PM	4:20 PM	
Star 4	Onyx Ice	Carstairs FSC	B	3:18 PM	3:38 PM	2	3:43 PM	4:03 PM	4:08 PM	4:25 PM	
Star 4	Northern Edges Star 4	Mile Zero FSC	C	3:23 PM	3:43 PM	3	3:48 PM	4:08 PM	4:14 PM	4:31 PM	
FLOOD									4:14 PM	4:29 PM	
Novice	Black Gold	Calgary Synchronized SC	D	3:44 PM	4:04 PM	4	4:09 PM	4:29 PM	4:36 PM	4:56 PM	
Novice	Ice X-cel	Lower Mainland Synchronized SC	E	3:51 PM	4:11 PM	5	4:16 PM	4:36 PM	4:44 PM	5:04 PM	
Open	Black Gold	Calgary Synchronized SC	A	3:59 PM	4:19 PM	1	4:24 PM	4:44 PM	4:53 PM	5:13 PM	
Open	Solstice Open	Calalta FSC	B	4:08 PM	4:28 PM	2	4:33 PM	4:53 PM	5:02 PM	5:22 PM	
Open	Ice x Calibur	Lower Mainland Synchronized SC	C	4:17 PM	4:37 PM	3	4:42 PM	5:02 PM	5:11 PM	5:31 PM	
FLOOD									5:11 PM	5:26 PM	
Gold	Edmonton Edge	Edmonton Synchronized SC	D	4:41 PM	5:01 PM	4	5:06 PM	5:26 PM	5:33 PM	5:53 PM	
Gold	Cascadia	Greater Vancouver Synchronized Skating Club	E	4:48 PM	5:08 PM	5	5:13 PM	5:33 PM	5:41 PM	6:01 PM	
Junior Short	Lower Mainland Junior	Lower Mainland Synchronized SC	A	4:56 PM	5:16 PM	1	5:21 PM	5:41 PM	5:47 PM	6:07 PM	
FLOOD									5:47 PM	6:07 PM	
Adult II	Team 1		B	5:22 PM	5:42 PM	2	5:47 PM	6:07 PM	6:14 PM	6:34 PM	
Adult II	Team 2		C	5:29 PM	5:49 PM	3	5:54 PM	6:14 PM	6:21 PM	6:41 PM	
Adult II	Team 3		D	5:36 PM	5:56 PM	4	6:01 PM	6:21 PM	6:28 PM	6:48 PM	
Adult II	Team 4		E	5:43 PM	6:03 PM	5	6:08 PM	6:28 PM	6:36 PM	6:56 PM	
Adult II	Team 5		A	5:51 PM	6:11 PM	1	6:16 PM	6:36 PM	6:43 PM	7:03 PM	
FLOOD									6:43 PM	6:58 PM	
Adult II	Team 6		B	6:13 PM	6:33 PM	2	6:38 PM	6:58 PM	7:05 PM	7:25 PM	
Adult II	Team 7		C	6:20 PM	6:40 PM	3	6:45 PM	7:05 PM	7:12 PM	7:32 PM	
Adult II	Team 8		D	6:27 PM	6:47 PM	4	6:52 PM	7:12 PM	7:19 PM	7:39 PM	
Adult II	Team 9		E	6:34 PM	6:54 PM	5	6:59 PM	7:19 PM	7:26 PM	7:46 PM	
Adult II	Team 10		A	6:41 PM	7:01 PM	1	7:06 PM	7:26 PM	7:34 PM	7:54 PM	
FLOOD									7:34 PM	7:49 PM	

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Team Schedule**

Adult III	Team 1		B	7:04 PM	7:24 PM	2	7:29 PM	7:49 PM	7:54 PM	8:14 PM
Adult III	Team 2		C	7:09 PM	7:29 PM	3	7:34 PM	7:54 PM	8:00 PM	8:20 PM
Adult III	Team 3		D	7:15 PM	7:35 PM	4	7:40 PM	8:00 PM	8:06 PM	8:26 PM
FLOOD								8:06 PM	8:21 PM	
Adult III	Team 4		E	7:36 PM	7:56 PM	5	8:01 PM	8:21 PM	8:26 PM	8:46 PM
Adult III	Team 5		A	7:41 PM	8:01 PM	1	8:06 PM	8:26 PM	8:32 PM	8:52 PM
Adult III	Team 6		B	7:47 PM	8:07 PM	2	8:12 PM	8:32 PM	8:38 PM	8:58 PM
Adult III	Team 7		C	7:53 PM	8:13 PM	3	8:18 PM	8:38 PM	8:43 PM	9:03 PM
FLOOD								8:43 PM	8:58 PM	
Adult I	Team 1		D	8:13 PM	8:33 PM	4	8:38 PM	8:58 PM	9:05 PM	9:25 PM
Adult I	Team 2		E	8:20 PM	8:40 PM	5	8:45 PM	9:05 PM	9:13 PM	9:33 PM
Adult I	Team 3		A	8:28 PM	8:48 PM	1	8:53 PM	9:13 PM	9:20 PM	9:40 PM
Adult I	Team 4		B	8:35 PM	8:55 PM	2	9:00 PM	9:20 PM	9:27 PM	9:47 PM
END OF DAY								9:27 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.

**2026 Mountain Regional Synchronized Skating Championships
Team Schedule**

SUNDAY, FEBRUARY 1										
Category	Team Name	Club	Warm up Area	Enter WUA	Leave WUA	Dressing Room	Enter Dressing Room	On Ice	Leave Ice	Leave Dressing Room
Junior Free	Practice		E	7:15 AM	7:35 AM	5	7:40 AM	8:00 AM	8:12 AM	8:32 AM
FLOOD								8:12 AM	8:27 AM	
Star 6	Team 1		A	7:45 AM	8:05 AM	1	8:10 AM	8:30 AM	8:36 AM	8:56 AM
Star 6	Team 2		B	7:51 AM	8:11 AM	2	8:16 AM	8:36 AM	8:42 AM	9:02 AM
Star 6	Team 3		C	7:57 AM	8:17 AM	3	8:22 AM	8:42 AM	8:48 AM	9:08 AM
Star 6	Team 4		D	8:03 AM	8:23 AM	4	8:28 AM	8:48 AM	8:54 AM	9:14 AM
FLOOD								8:54 AM	9:09 AM	
Star 6	Team 5		E	8:24 AM	8:44 AM	5	8:49 AM	9:09 AM	9:15 AM	9:35 AM
Star 6	Team 6		A	8:30 AM	8:50 AM	1	8:55 AM	9:15 AM	9:22 AM	9:42 AM
Star 6	Team 7		B	8:37 AM	8:57 AM	2	9:02 AM	9:22 AM	9:28 AM	9:48 AM
Star 6	Team 8		C	8:43 AM	9:03 AM	3	9:08 AM	9:28 AM	9:34 AM	9:54 AM
FLOOD								9:34 AM	9:49 AM	
Star 8	Team 1		D	9:04 AM	9:24 AM	4	9:29 AM	9:49 AM	9:56 AM	10:16 AM
Star 8	Team 2		E	9:11 AM	9:31 AM	5	9:36 AM	9:56 AM	10:03 AM	10:23 AM
Star 8	Team 3		A	9:18 AM	9:38 AM	1	9:43 AM	10:03 AM	10:10 AM	10:30 AM
Star 8	Team 4		B	9:25 AM	9:45 AM	2	9:50 AM	10:10 AM	10:17 AM	10:37 AM
FLOOD								10:17 AM	10:32 AM	
Star 8	Team 5		C	9:47 AM	10:07 AM	3	10:12 AM	10:32 AM	10:39 AM	10:59 AM
Star 8	Team 6		D	9:54 AM	10:14 AM	4	10:19 AM	10:39 AM	10:46 AM	11:06 AM
Star 8	Team 7		E	10:01 AM	10:21 AM	5	10:26 AM	10:46 AM	10:53 AM	11:13 AM
Star 8	Team 8		A	10:08 AM	10:28 AM	1	10:33 AM	10:53 AM	11:00 AM	11:20 AM
FLOOD								11:00 AM	11:15 AM	
Novice	Team 1		B	10:30 AM	10:50 AM	2	10:55 AM	11:15 AM	11:22 AM	11:42 AM
Novice	Team 2		C	10:37 AM	10:57 AM	3	11:02 AM	11:22 AM	11:30 AM	11:50 AM
Open	Team 1		D	10:45 AM	11:05 AM	4	11:10 AM	11:30 AM	11:39 AM	11:59 AM
Open	Team 2		E	10:54 AM	11:14 AM	5	11:19 AM	11:39 AM	11:48 AM	12:08 PM
Open	Team 3		A	11:03 AM	11:23 AM	1	11:28 AM	11:48 AM	11:57 AM	12:17 PM
FLOOD								11:57 AM	12:12 PM	
Gold	Team 1		B	11:27 AM	11:47 AM	2	11:52 AM	12:12 PM	12:19 PM	12:39 PM
Gold	Team 2		C	11:34 AM	11:54 AM	3	11:59 AM	12:19 PM	12:27 PM	12:47 PM
Junior Free	Lower Mainland Junior	Lower Mainland Synchronized SC	D	11:42 AM	12:02 PM	4	12:07 PM	12:27 PM	12:35 PM	12:55 PM
END OF DAY								12:35 PM		

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