

McArthur Island Sports Centre - Kamloops, BC

PRACTICE SCHEDULE - 02 February 2010 *(SUBJECT TO CHANGE)*

Practice Rink - Thursday March 11, 2010	Practice Rink- Friday March 12, 2010
<p>12:00 - 12:30 Preliminary Ladies 10&U (1-10) 12:30 - 13:00 Preliminary Ladies 10&U (11-21) 13:00 - 13:15 Flood 13:15 - 13:45 Preliminary Ladies 11&O (1-10) 13:45 - 14:15 Preliminary Ladies 11&O (11-20) 14:15 - 14:45 Preliminary Men 14:45 - 15:00 Flood 15:00 - 16:00 Open Ice (Buy On) 16:00 - 16:30 Introductory Interpretive 16:30 - 17:00 Bronze Interpretive 17:00 End of Day</p>	<p>7:00 - 7:30 BT Creative Skill 7:30 - 8:00 ST Creative Skill 8:00 - 8:30 GT Creative Skill 8:30 - 9:30 Silver Interpretive 9:30 - 9:45 Flood 9:45 - 10:15 Gold Interpretive 10:15 - 10:45 BT Interpretive 10:45 - 11:15 ST Interpretive 11:15 - 11:30 Flood 11:30 - 12:00 GT Interpretive 12:00 - 12:30 Junior Bronze Men 12:30 - 13:00 Senior Bronze Men 13:00 - 13:15 Flood 13:15 - 13:45 Junior Bronze Ladies 13&O (1-10) 13:45 - 14:15 Junior Bronze Ladies 13&O (11-20) 14:15 - 14:30 Flood 14:30 - 15:00 Preliminary Dance 15:00 - 16:00 Open Ice (Buy On) 16:00 End of Day</p>
Practice Rink- Saturday March 13, 2010	Practice Rink- Sunday March 14, 2010
<p>7:30 - 8:00 BT Free Skate 8:00 - 8:30 ST Free Skate 8:30 - 9:15 Open Ice (Buy On) 9:15 - 9:30 Flood 9:30 - 10:00 GT Free Skate 10:00 - 10:30 Gold Ladies FS 10:30 - 10:45 Flood 10:45 - 11:15 Junior Bronze Ladies 12&U (1-9) 11:15 - 11:45 Junior Bronze Ladies 12&U (10-19) 11:45 - 12:00 Flood 12:00 - 12:30 Open Ice (Buy On) 12:30 - 13:00 Senior Bronze Ladies (1-10) 13:00 - 13:30 Senior Bronze Ladies (11-20) 13:30 - 13:45 Flood 13:45 - 14:45 Open Ice (Buy On) 14:45 - 15:15 Junior Silver Ladies 15:15 - 15:30 Flood 15:30 - 16:00 Senior Silver Ladies 16:00 End of Day</p>	<p>7:30 - 8:00 Pre Juvenile Men 8:00 - 8:30 Juvenile Men 8:30 - 9:00 Pre Juvenile Ladies 9:00 - 9:15 Break 9:15 - 9:30 Flood 9:30 - 10:00 Juvenile Ladies 10:00 - 10:20 Special Olympics Level 1 Elements 10:20 - 10:40 Special Olympics Level 2 & 3 Elements 10:40 - 11:00 Special Olympics Level 4,5 & 6 Technical 11:00 - 11:15 Flood 11:15 - 11:35 Special Olympics - all Dance 11:35 - 11:55 Special Olympics Level 1 Free Skate 11:55 - 12:15 Special Olympics Level 2 & 3 Free Skate 12:15 - 12:35 Special Olympics Level 4,5 & 6 Free Skate 12:35 End of Day</p>