

2023 - CNCR Regional Championships

January 20 - 22, 2023 | William's Lake

Tentative Schedule as at December 28, 2022 - Subject to Change

FRI - JAN 20						
Start	End	Category	Prog	Group	No.	Duration
9:00	9:50	STAR 2	F	1	13	0:50
9:50	10:40	STAR 2	F	2	14	0:50
10:40	11:35	STAR 2	F	3	14	0:55
11:35	11:50	FLOOD				0:15
11:50	12:45	STAR 3	F	1	14	0:55
12:45	13:45	STAR 3	F	2	14	1:00
13:45	14:10	STAR 4 Girls U13	F	1	6	0:25
14:10	14:35	STAR 4 Girls U13	F	2	7	0:25
14:35	14:50	FLOOD				0:15
14:50	15:20	STAR 4 Girls U13	F	3	7	0:30
15:20	15:50	STAR 4 Girls 13&O	F	1	7	0:30
15:50	16:20	STAR 4 Girls 13&O	F	2	7	0:30
16:20	16:50	Individual Showcase 1		1	7	0:30
16:50	17:20	Individual Showcase 1		2	7	0:30
17:20	17:50	Individual Showcase 1		3	7	0:30
17:50	18:05	FLOOD				0:15
18:05	18:35	Individual Showcase 1		4	8	0:30
18:35	19:05	Individual Showcase 2		1	7	0:30
19:05	19:35	Individual Showcase 2		2	7	0:30
19:35	19:55	Group Showcase 2			4	0:20
19:55	20:05	Group Showcase 3			2	0:10

SUN - JAN 22						
Start	End	Category	Prog	Group	No.	Duration
8:00	8:20	STAR 2 Team Elements			6	0:20
8:20	8:30	STAR 3 Team Elements			4	0:10
8:30	8:40	STAR 4 Team Elements			3	0:10
8:40	8:50	STAR 7/8 Team Elements			2	0:10
8:50	9:05	FLOOD				0:15
9:05	9:20	STAR 2 Elements		1	7	0:15
9:20	9:35	STAR 2 Elements		2	7	0:15
9:35	9:50	STAR 2 Elements		3	8	0:15
9:50	10:05	STAR 3 Elements		1	6	0:15
10:05	10:20	STAR 3 Elements		2	6	0:15
10:20	10:35	STAR 3 Elements		3	6	0:15
10:35	10:50	STAR 4 Elements		1	6	0:15
10:50	11:05	FLOOD				0:15
11:05	11:20	STAR 4 Elements		2	7	0:15
11:20	11:35	STAR 4 Elements		3	7	0:15
11:35	11:50	STAR 5 Elements		1	5	0:15
11:50	12:00	STAR 5 Elements		2	5	0:10
12:00	12:10	STAR 6 Elements			4	0:10
12:10	12:20	STAR 7/8 Elements			2	0:10
12:20	12:30	STAR 9/10 Elements			3	0:10

SAT - JAN 21						
Start	End	Category	Prog	Group	No.	Duration
8:45	9:30	STAR 7 Women	S		8	0:45
9:30	10:00	STAR 9 Women	S		4	0:30
		Pre-Novice Women	S		1	
10:00	10:50	STAR 5 Girls 13&O	F		11	0:50
10:50	11:05	FLOOD				0:15
11:05	11:30	STAR 1	E	1	6	0:25
11:30	11:50	STAR 1	E	2	6	0:20
11:50	12:10	STAR 1	E	3	6	0:20
12:10	12:30	STAR 1	E	4	6	0:20
12:30	12:50	STAR 1	E	5	6	0:20
12:50	13:05	FLOOD				0:15
13:05	13:25	STAR 5 Boys	F		1	0:20
		STAR 5 Girls U13	F		3	
13:25	13:45	STAR 6 Women	F		3	0:20
13:45	14:30	STAR 8 Women	F		7	0:45
14:30	14:50	STAR 10 Women	F		2	0:20
		Gold Women	F		1	
14:50	15:15	Pre-Juvenile Women	F		3	0:25
		Juvenile Women	F		1	
15:15	15:25	Pre-Novice Women	F		1	0:10
15:25	15:40	FLOOD				0:15
15:40	16:10	STAR 5 Artistic	A	1	8	0:30
16:10	16:40	STAR 5 Artistic	A	2	8	0:30
16:40	17:10	STAR 5 Artistic	A	3	8	0:30
17:10	17:35	STAR 7 Artistic	A	1	6	0:25
17:35	17:50	FLOOD				0:15
17:50	18:15	STAR 7 Artistic	A	2	6	0:25
18:15	18:40	STAR 7 Artistic	A	3	7	0:25
18:40	19:10	STAR 9 Artistic	A		4	0:30
		Gold Artistic	A		4	
19:10	19:25	FLOOD				0:15
19:25	19:40	STAR 2/3 Solo Dance - FOLLOW	PD		5	0:15
19:40	20:05	STAR 6/7 Solo Dance - FOLLOW	PD		4	0:25
20:05	20:20	STAR 10/Gold Solo Dance - FOLLOW	PD		2	0:15