

2023 Mountain Regional Synchronized Skating Championships

Bill Copeland Arena

Tentative Schedule as at January 19, 2023 - Subject to Change

FRIDAY - JAN 20					
Start	End	Category	Prog	No.	Duration
17:54	18:30	Practice - OPEN		3	0:36
18:30	18:45	FLOOD			0:15
18:30	19:00	Practice - NOVICE		3	0:30
SATURDAY - JAN 21					
9:00	9:35	Adult II	F1	5	0:35
9:35	9:55	FLOOD			0:20
9:55	10:25	Pre-Novice	F1	4	0:30
10:25	10:45	FLOOD			0:20
10:45	11:25	Juvenile	F1	5	0:40
11:25	11:45	FLOOD			0:20
11:45	12:25	Adult III	F1	6	0:40
12:25	12:45	FLOOD			0:20
12:45	13:15	Open	F1	3	0:30
13:15	13:35	FLOOD			0:20
13:35	14:00	Novice	F1	3	0:25
14:00	14:20	FLOOD			0:20
14:20	14:40	Adult I	F1	3	0:20
14:40	15:00	FLOOD			0:20
15:00	15:35	Adult II	F2	5	0:35
15:35	15:55	FLOOD			0:20
15:55	16:10	Junior	Sh	2	0:15
16:10	16:20	STAR 4	F	2	0:10
16:20	16:30	STAR 3	F	1	0:10
16:30	16:50	FLOOD			0:20
16:50	17:30	Adult III	F2	6	0:40
17:30	17:50	FLOOD			0:20
17:50	18:05	Adult I	F2	3	0:15
SUNDAY - JAN 22					
9:00	9:30	Pre-Novice	F2	4	0:30
9:30	9:45	FLOOD			0:15
9:45	10:25	Juvenile	F2	5	0:40
10:25	10:40	FLOOD			0:15
10:40	11:10	Open	F2	3	0:30
11:10	11:25	FLOOD			0:15
11:25	11:50	Novice	F2	3	0:25
11:50	12:05	FLOOD			0:15
12:05	12:25	Junior	F	2	0:20