

Practice Schedule 2023 Mountain Regional Synchronized Skating Championships
Friday Jan 20, 2023

19-Jan

Team Name	Category	Warm Up Area	Enter Warm Up	Exit Warm Up	Dressing Room	Enter Dressing Room	On Ice	Off Ice	Leave Dressing Room
Northern Lites	Adult III	Sinclair Centre - Active Studio	11:45	12:05	1	12:10	12:30	12:40	13:00
		Bill Copeland	11:55	12:15	2	12:20	12:40	12:50	13:10
		Sinclair Centre - Active Studio	12:05	12:25	3	12:30	12:50	13:00	13:20
		Bill Copeland	12:15	12:35	4	12:40	13:00	13:10	13:30
		Sinclair Centre - Active Studio	12:25	12:45	5	12:50	13:10	13:20	13:40
Flood							13:20	13:35	
		Bill Copeland	12:50	13:10	1	13:15	13:35	13:45	14:05
ESSC	Juvenile	Sinclair Centre - Active Studio	13:00	13:20	2	13:25	13:45	13:55	14:15
ESSC	Pre Novice	Bill Copeland	13:10	13:30	3	13:35	13:55	14:05	14:25
Black Gold	Pre Novice	Sinclair Centre - Active Studio	13:20	13:40	4	13:45	14:05	14:15	14:35
		Bill Copeland	13:30	13:50	5	13:55	14:15	14:25	14:45
Flood							14:25	14:40	
Black Gold	Adult I	Sinclair Centre - Active Studio	13:55	14:15	1	14:20	14:40	14:50	15:10
Black Gold	Juvenile	Bill Copeland	14:05	14:25	2	14:30	14:50	15:00	15:20
Black Gold	Adult II	Sinclair Centre - Active Studio	14:15	14:35	3	14:40	15:00	15:10	15:30
Black Gold	Adult II	Bill Copeland	14:25	14:45	4	14:50	15:10	15:20	15:40
		Sinclair Centre - Active Studio	14:35	14:55	5	15:00	15:20	15:30	15:50
Flood							15:30	15:45	
State of Mind Vernon		Bill Copeland	15:00	15:20	1	15:25	15:45	15:55	16:15
		Sinclair Centre - Active Studio	15:10	15:30	2	15:35	15:55	16:05	16:25
		Bill Copeland	15:20	15:40	3	15:45	16:05	16:15	16:35
Team Cosmopolitan	Adult III	Sinclair Centre - Active Studio	15:30	15:50	4	15:55	16:15	16:25	16:45
Team Cosmopolitan	Adult III	Bill Copeland	15:40	16:00	5	16:05	16:25	16:35	16:55
Flood							16:35	16:50	
Solstice	Juvenile	Sinclair Centre - Active Studio	16:05	16:25	1	16:30	16:50	17:00	17:20
Solstice	Pre Novice	Bill Copeland	16:15	16:35	2	16:40	17:00	17:10	17:30
Cascadia		Sinclair Centre - Active Studio	16:25	16:45	3	16:50	17:10	17:20	17:40
Cascadia		Bill Copeland	16:35	16:55	4	17:00	17:20	17:30	17:50
Cascadia		Sinclair Centre - Active Studio	16:45	17:05	5	17:10	17:30	17:40	18:00
Flood							17:40	17:54	
OFFICIAL PRACTICE ICE									
Black Gold	Open	Bill Copeland	17:10	17:30	1	17:34	17:54	18:06	18:26
		Sinclair Centre - Active Studio	17:20	17:40	2	17:45	18:06	18:18	18:38
Ice x Calibur	Open	Bill Copeland	17:30	17:50	3	17:55	18:18	18:30	18:50
Flood							18:30	18:45	
Solstice	Novice	Sinclair Centre - Active Studio	17:40	18:00	4	18:05	18:45	18:55	19:15
Ice X-cel	Novice	Bill Copeland	17:50	18:10	5	18:15	18:55	19:05	19:25
Icicles	Novice	Sinclair Centre - Active Studio	18:00	18:20	1	18:25	19:05	19:15	19:35

* On Site Contact at Sinclair Centre - McKenna Nickel