

Competition Schedule 2023 Mountain Regional Synchronized Skating Championships  
Saturday Jan 21, 2023

19-Jan-23

Category	Team Name	Club	Warm Up Area	Enter Warm Up	Exit Warm Up	Dressing Room	Enter Dressing Room	On Ice	Off Ice	Leave Dressing Room
	Solstice Open	Calalta FSC	Bill Copeland - downstairs	7:25	7:40	5	7:40	8:00	8:12	8:32
<b>Flood</b>								<b>9:35</b>	<b>9:55</b>	
Adult II	Ice X-quisite	Lower Mainland SSC	Sinclair Centre -Fitness Studio	8:20	8:35	1	8:40	9:00	9:07	9:27
Adult II	Ice Spirits	Aldergrove FSC	Bill Copeland - downstairs	8:30	8:45	2	8:47	9:07	9:14	9:34
Adult II	Cascadia Adult II	Greater Vancouver SSC	Sinclair Centre -Fitness Studio	8:35	8:50	3	8:54	9:14	9:21	9:41
Adult II	Black Gold Adult II	Calgary SSC	Bill Copeland - downstairs	8:45	9:00	4	9:01	9:21	9:28	9:48
Adult II	Skate of Mind	Vernon FSC	Sinclair Centre -Fitness Studio	8:50	9:05	5	9:08	9:28	9:35	9:55
<b>Flood</b>								<b>9:35</b>	<b>9:55</b>	
Pre Novice	Cascadia Pre Novice	Greater Vancouver SSC	Bill Copeland - downstairs	9:15	9:30	1	9:35	9:55	10:03	10:23
Pre Novice	Ice Eclipse	Edmonton SSC	Sinclair Centre -Fitness Studio	9:20	9:35	2	9:43	10:03	10:10	10:30
Pre Novice	Black Gold Pre Novice	Calgary SSC	Bill Copeland - downstairs	9:30	9:45	3	9:50	10:10	10:18	10:38
Pre Novice	Solstice Pre Novice	Calalta FSC	Sinclair Centre -Fitness Studio	9:35	9:50	4	9:58	10:18	10:25	10:45
<b>Flood</b>								<b>10:25</b>	<b>10:45</b>	
Juvenile	Solstice Juvenile	Calalta FSC	Bill Copeland - downstairs	10:10	10:25	5	10:25	10:45	10:53	11:13
Juvenile	Snow Crystals	Aldergrove FSC	Sinclair Centre -Fitness Studio	10:10	10:25	1	10:33	10:53	11:01	11:21
Juvenile	Black Gold Juvenile	Calgary SSC	Bill Copeland - downstairs	10:25	10:40	2	10:41	11:01	11:09	11:29
Juvenile	Ice X-pectation	Lower Mainland SSC	Sinclair Centre -Fitness Studio	10:25	10:40	3	10:49	11:09	11:17	11:37
Juvenile	Icicles	Edmonton SSC	Bill Copeland - downstairs	10:40	10:55	4	10:57	11:17	11:25	11:45
<b>Flood</b>								<b>11:25</b>	<b>11:45</b>	
Adult III	Whistler Mountain Eagles	Whistler SC	Bill Copeland - downstairs	11:05	11:20	5	11:25	11:45	11:52	12:12
Adult III	Ice X-perience	Lower Mainland SSC	Sinclair Centre -Fitness Studio	11:10	11:25	1	11:32	11:52	11:59	12:19
Adult III	Solstice Adult III	Calalta FSC	Bill Copeland - downstairs	11:20	11:35	2	11:39	11:59	12:06	12:26
Adult III	Ice Vizion	Juan de Fuca SSC	Sinclair Centre -Fitness Studio	11:25	11:40	3	11:46	12:06	12:13	12:33
Adult III	Team Cosmopolitan	Powel River SC	Bill Copeland - downstairs	11:35	11:50	4	11:53	12:13	12:20	12:40
Adult III	Northern Lites	Nothern Lites SSC	Sinclair Centre -Fitness Studio	11:40	11:55	5	12:00	12:20	12:27	12:47
<b>Flood</b>	<b>FLOOD</b>							<b>12:27</b>	<b>12:45</b>	
Open	Black Gold Open	Calgary SSC	Bill Copeland - downstairs	12:05	12:20	1	12:25	12:45	12:55	13:15
Open	Solstice Open	Calalta FSC	Sinclair Centre -Fitness Studio	12:15	12:30	2	12:35	12:55	13:05	13:25
Open	Ice X-calibur	Lower Mainland SSC	Bill Copeland - downstairs	12:20	12:35	3	12:45	13:05	13:15	13:35
<b>Flood</b>	<b>FLOOD</b>							<b>13:15</b>	<b>13:35</b>	
Novice	Solstice Novice	Calalta FSC	Bill Copeland - downstairs	12:55	13:10	4	13:15	13:35	13:43	14:03
Novice	Ice X-cel	Lower Mainland SSC	Sinclair Centre -Fitness Studio	13:05	13:20	5	13:23	13:43	13:51	14:11
Novice	Icicles	Aldergrove FSC	Bill Copeland - downstairs	13:10	13:25	1	13:31	13:51	13:59	14:19
<b>Flood</b>	<b>FLOOD</b>							<b>14:00</b>	<b>14:20</b>	
Adult I	Cascadia Adult I	Greater Vancouver SSC	Sinclair Centre -Fitness Studio	13:35	13:50	2	14:00	14:20	14:27	14:47
Adult I	Black Gold Adult I	Calgary SSC	Bill Copeland - downstairs	13:50	14:05	3	14:07	14:27	14:34	14:54
Adult I	Solstice Adult I	Calalta FSC	Sinclair Centre -Fitness Studio	13:50	14:05	4	14:14	14:34	14:41	15:01
<b>Flood</b>	<b>Starting Order</b>							<b>14:40</b>	<b>15:00</b>	
Adult II - F2	1		Bill Copeland - downstairs	14:20	14:35	5	14:40	15:00	15:07	15:27
Adult II - F2	2		Sinclair Centre -Fitness Studio	14:25	14:40	1	14:47	15:07	15:14	15:34
Adult II - F2	3		Bill Copeland - downstairs	14:35	14:50	2	14:54	15:14	15:21	15:41
Adult II - F2	4		Sinclair Centre -Fitness Studio	14:40	14:55	3	15:01	15:21	15:28	15:48
Adult II - F2	5		Bill Copeland - downstairs	14:50	15:05	4	15:08	15:28	15:35	15:55
<b>Flood</b>								<b>15:35</b>	<b>15:55</b>	
Junior Short	Solstice Junior	Calalta FSC	Sinclair Centre -Fitness Studio	15:10	15:25	4	15:35	15:55	16:02	16:22
Junior Short	Lower Mainland Junior	Lower Mainland SSC	Bill Copeland - downstairs	15:25	15:40	5	15:42	16:02	16:10	16:30
STAR 4	Solar Ice	Delta SC	Sinclair Centre -Fitness Studio	15:25	15:40	1	15:50	16:10	16:15	16:35
STAR 4	Snowflakes	Aldergrove FSC	Bill Copeland - downstairs	15:40	15:55	2	15:55	16:15	16:20	16:40
STAR 3	Juan de Fuca Twilights	Juan de Fuca SSC	Sinclair Centre -Fitness Studio	15:40	15:55	3	16:00	16:20	16:30	16:50
<b>Flood</b>	<b>Starting Order</b>							<b>16:30</b>	<b>16:50</b>	
Adult III - F2	1		Bill Copeland - downstairs	16:10	16:25	4	16:30	16:50	16:57	17:17
Adult III - F2	2		Sinclair Centre -Fitness Studio	16:15	16:30	5	16:37	16:57	17:04	17:24
Adult III - F2	3		Bill Copeland - downstairs	16:25	16:40	1	16:44	17:04	17:11	17:31
Adult III - F2	4		Sinclair Centre -Fitness Studio	16:30	16:45	2	16:51	17:11	17:18	17:38
Adult III - F2	5		Bill Copeland - downstairs	16:40	16:55	3	16:58	17:18	17:25	17:45
Adult III - F2	6		Sinclair Centre -Fitness Studio	16:45	17:00	4	17:05	17:25	17:32	17:52
<b>Flood</b>	<b>Starting Order</b>							<b>17:32</b>	<b>17:50</b>	
Adult I - F2	1		Bill Copeland	17:10	17:25	5	17:30	17:50	17:55	18:15
Adult I - F2	2		Sinclair Centre -Fitness Studio	17:15	17:30	1	17:35	17:55	18:00	18:20
Adult I - F2	3		Bill Copeland	17:25	17:40	2	17:40	18:00	18:05	18:25

MEDALS

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