



Synchro Monitoring 2023 Dressing Room Schedule

SATURDAY - OCTOBER 21, 2023							
Team	Category	Dressing Room #	Dressing Room In Time	On Ice Time	Off Ice Time	Ice Duration	Dressing Room Out Time
LMSSC Junior	Junior Short	1	8:00	9:00	10:00	1:00	10:30
LMSSC X-perience	Adult III	2	9:00	10:00	10:30	0:30	11:00
GVSSC Cascadia	Intermediate	3	9:30	10:30	11:30	1:00	12:00
FLOOD & Break				11:30	12:00	0:30	
GVSSC Cascadia	Adult II	4	11:00	12:00	12:45	0:45	13:15
GVSSC Cascadia	Pre Novice	1	11:45	12:45	13:30	0:45	14:00
GVSSC Cascadia	Adult I	2	12:30	13:30	14:30	1:00	15:00
FLOOD & Break				14:30	15:00	0:30	
LMSSC Ice X-quisite	Adult II	3	14:00	15:00	15:45	0:45	16:15
LMSSC Ice X-Calibur	Open	4	14:45	15:45	16:45	1:00	17:15

SUNDAY - OCTOBER 22, 2023							
Team	Category	Dressing Room #	Dressing Room In Time	On Ice Time	Off Ice Time	Ice Duration	Dressing Room Out Time
LMSSC Junior	Junior Free	1	8:00	9:00	10:00	1:00	10:30
LMSSC Ice X-pectation	Juvenile	2	9:00	10:00	10:45	0:45	11:15
Aldergrove Snow Crystals	Juvenile	3	9:45	10:45	11:30	0:45	12:00
FLOOD				11:30	11:45	0:15	
Aldergrove Ice Spirits	Adult II	4	10:45	11:45	12:30	0:45	13:00
Aldergrove Icicles	Novice	1	11:30	12:30	13:30	1:00	14:00
LMSSC Ice X-cel	Novice	2	12:30	13:30	14:30	1:00	15:00