

2024 - CNC Regional Championship

January 19-21, 2024

Tentative Schedule as at Dec 30, 2023 - Subject to Change

Friday Jan 19

| Rink 1 | | | | | | | Rink 2 | | | | | | |
|--------|-------|-----------------------|------|-------|-----|----------|--------|-------|-----------------------|-----------------|-------|-----|----------|
| Start | End | Category | Prog | Group | No. | Duration | Start | End | Category | Prog | Group | No. | Duration |
| 9:00 | 9:30 | STAR 3 | F | 1 | 7 | 0:30 | 9:00 | 9:10 | STAR 9/10 Elements | E | | 2 | 0:10 |
| 9:30 | 10:00 | STAR 3 | F | 2 | 7 | 0:30 | 9:10 | 9:25 | STAR 7/8 Elements | E | | 5 | 0:15 |
| 10:00 | 10:30 | STAR 3 | F | 3 | 8 | 0:30 | 9:25 | 9:40 | STAR 6 Elements | E | | 6 | 0:15 |
| 10:30 | 11:00 | STAR 3 | F | 4 | 8 | 0:30 | 9:40 | 9:55 | STAR 5 Elements | E | 1 | 5 | 0:15 |
| 11:00 | 11:15 | FLOOD | | | | 0:15 | 9:55 | 10:10 | STAR 5 Elements | E | 2 | 6 | 0:15 |
| 11:15 | 11:45 | STAR 3 | F | 5 | 8 | 0:30 | 10:10 | 10:35 | STAR 2 Elements | E | 1 | 8 | 0:25 |
| 11:45 | 12:15 | STAR 3 | F | 6 | 8 | 0:30 | 10:35 | 11:00 | STAR 2 Elements | E | 2 | 8 | 0:25 |
| 12:15 | 13:20 | STAR 7 Women | S | | 11 | 1:05 | 11:00 | 11:25 | STAR 2 Elements | E | 3 | 8 | 0:25 |
| | | STAR 7 Men | S | | 1 | | | 11:25 | 11:50 | STAR 2 Elements | E | 4 | 8 |
| 13:20 | 13:35 | FLOOD | | | | 0:15 | 11:50 | 12:05 | FLOOD | | | | 0:15 |
| 13:35 | 14:15 | STAR 9 Women | S | | 7 | 0:40 | 12:05 | 12:30 | STAR 2 Elements | E | 5 | 8 | 0:25 |
| 14:15 | 14:35 | Pre-Novice Women | S | | 2 | 0:20 | 12:30 | 12:55 | STAR 2 Elements | E | 6 | 8 | 0:25 |
| 14:35 | 14:55 | Adult Silver Freeski | F | | 2 | 0:20 | 12:55 | 13:20 | STAR 2 Elements | E | 7 | 9 | 0:25 |
| 14:55 | 15:10 | FLOOD | | | | 0:15 | 13:20 | 13:40 | STAR 3 Elements | E | 1 | 8 | 0:20 |
| 15:10 | 15:35 | STAR 2/3 Dance | | | 4 | 0:25 | 13:40 | 14:00 | STAR 3 Elements | E | 2 | 8 | 0:20 |
| 15:35 | 15:55 | STAR 4/5 dance | | | 3 | 0:20 | 14:00 | 14:20 | STAR 3 Elements | E | 3 | 8 | 0:20 |
| 15:55 | 16:15 | STAR 6/7 dance | | | 3 | 0:20 | 14:20 | 14:35 | FLOOD | | | | 0:15 |
| 16:15 | 16:25 | Gold Dance | | | 4 | 0:10 | 14:35 | 15:00 | STAR 4 Elements | E | 1 | 9 | 0:25 |
| 16:25 | 16:45 | Individual Showcase 1 | | 7 | 7 | 0:20 | 15:00 | 15:25 | STAR 4 Elements | E | 2 | 9 | 0:25 |
| 16:45 | 17:05 | Individual Showcase 1 | | 8 | 7 | 0:20 | 15:25 | 15:45 | Individual Showcase 1 | | 1 | 7 | 0:20 |
| 17:05 | 17:25 | Individual Showcase 1 | | 9 | 7 | 0:20 | 15:45 | 16:05 | Individual Showcase 1 | | 2 | 8 | 0:20 |
| 17:25 | 17:45 | Individual Showcase 1 | | 10 | 7 | 0:20 | 16:05 | 16:25 | Individual Showcase 1 | | 3 | 8 | 0:20 |
| 17:45 | 18:05 | Individual Showcase 1 | | 11 | 7 | 0:20 | 16:25 | 16:45 | Individual Showcase 1 | | 4 | 8 | 0:20 |
| | | | | | | | 16:45 | 17:05 | Individual Showcase 1 | | 5 | 8 | 0:20 |
| | | | | | | | 17:05 | 17:25 | Individual Showcase 1 | | 6 | 8 | 0:20 |
| | | | | | | | 17:25 | 17:40 | FLOOD | | | | 0:15 |
| | | | | | | | 17:40 | 18:00 | Individual Showcase 2 | | 1 | 6 | 0:20 |
| | | | | | | | 18:00 | 18:20 | Individual Showcase 2 | | 2 | 6 | 0:20 |
| | | | | | | | 18:20 | 18:40 | Individual Showcase 2 | | 3 | 7 | 0:20 |
| | | | | | | | 18:40 | 19:00 | Individual Showcase 2 | | 4 | 7 | 0:20 |

Saturday Jan 20

| Rink 1 | | | | | | | Rink 2 | | | | | | | |
|--------|-------|------------------------|------|-------|-----|----------|--------|-------|------------------|-----------------|-------|-----|----------|------|
| Start | End | Category | Prog | Group | No. | Duration | Start | End | Category | Prog | Group | No. | Duration | |
| 8:30 | 8:50 | Pre-Novice Women | F | | 2 | 0:20 | 8:30 | 9:00 | STAR 2 | F | 1 | 8 | 0:30 | |
| | | Gold Women | F | | 1 | | | 9:00 | 9:30 | STAR 2 | F | 2 | 8 | 0:30 |
| 8:50 | 9:10 | STAR 10 Women | F | | 2 | 0:20 | 9:30 | 10:00 | STAR 2 | F | 3 | 8 | 0:30 | |
| 9:10 | 9:35 | STAR 8 Women | F | | 4 | 0:25 | 10:00 | 10:30 | STAR 2 | F | 4 | 8 | 0:30 | |
| 9:35 | 10:15 | STAR 6 Women | F | | 7 | 0:40 | 10:30 | 11:00 | STAR 2 | F | 5 | 8 | 0:30 | |
| 10:15 | 10:30 | STAR 6 Men | F | | 2 | 0:15 | 11:00 | 11:30 | STAR 2 | F | 6 | 8 | 0:30 | |
| 10:30 | 10:45 | FLOOD | | | | 0:15 | 11:30 | 11:45 | FLOOD | | | | 0:15 | |
| 10:45 | 11:15 | STAR 4 Women U13 | F | 1 | 8 | 0:30 | 11:45 | 12:15 | STAR 2 | F | 7 | 7 | 0:30 | |
| 11:15 | 11:45 | STAR 4 Women U13 | F | 2 | 8 | 0:30 | 12:15 | 12:45 | STAR 2 | F | 8 | 7 | 0:30 | |
| 11:45 | 12:15 | STAR 4 Women 13 & Over | F | 1 | 7 | 0:30 | 12:45 | 13:15 | STAR 2 | F | 9 | 7 | 0:30 | |
| 12:15 | 12:45 | STAR 4 Women 13 & Over | F | 2 | 7 | 0:30 | 13:15 | 13:45 | STAR 2 | F | 10 | 7 | 0:30 | |
| 12:45 | 13:15 | STAR 4 Women 13 & Over | F | 3 | 7 | 0:30 | 13:45 | 14:15 | STAR 2 | F | 11 | 7 | 0:30 | |
| 13:15 | 13:30 | FLOOD | | | | 0:15 | 14:15 | 14:30 | FLOOD | | | | 0:15 | |
| 13:30 | 14:15 | STAR 9 Artistic | A | | 9 | 0:45 | 14:30 | 14:55 | STAR 1 Elements | E | 1 | 6 | 0:25 | |
| | | Gold Artistic | A | | 1 | | | 14:55 | 15:20 | STAR 1 Elements | E | 2 | 6 | 0:25 |
| | | Adult Gold Artistic | A | | 1 | | | 15:20 | 15:45 | STAR 1 Elements | E | 3 | 6 | 0:25 |
| 14:15 | 15:15 | STAR 7 Artistic | A | | 15 | 1:00 | 15:45 | 16:10 | STAR 1 Elements | E | 4 | 6 | 0:25 | |
| 15:15 | 16:00 | STAR 5 Artistic | A | 1 | 11 | 0:45 | 16:10 | 16:35 | STAR 1 Elements | E | 5 | 6 | 0:25 | |
| 16:00 | 16:45 | STAR 5 Artistic | A | 2 | 11 | 0:45 | 16:35 | 17:00 | STAR 1 Elements | E | 6 | 6 | 0:25 | |
| 16:45 | 17:30 | STAR 5 Artistic | A | 3 | 11 | 0:45 | 17:00 | 17:25 | STAR 1 Elements | E | 7 | 6 | 0:25 | |
| 17:30 | 17:45 | FLOOD | | | | 0:15 | 17:25 | 17:50 | STAR 1 Elements | E | 8 | 6 | 0:25 | |
| 17:45 | 18:30 | STAR 5 Artistic | A | 4 | 11 | 0:45 | 17:50 | 18:15 | STAR 1 Elements | E | 9 | 6 | 0:25 | |
| 18:30 | 19:15 | STAR 5 Artistic | A | 5 | 10 | 0:45 | 18:15 | 18:30 | FLOOD | | | | 0:15 | |
| 19:15 | 19:30 | Group Showcase 3 | | | 3 | 0:15 | 18:30 | 18:50 | Group Showcase 2 | | | 6 | 0:20 | |
| | | | | | | | 18:50 | 19:20 | Group Showcase 1 | | | 9 | 0:30 | |

Sunday Jan 21

| Rink 1 | | | | | | | Rink 2 | | | | | | |
|--------|-------|------------------------|------|-------|-----|----------|--------|------|----------------------|----------------------|-------|-----|----------|
| Start | End | Category | Prog | Group | No. | Duration | Start | End | Category | Prog | Group | No. | Duration |
| 8:30 | 9:00 | Juvenile Women | F | | 4 | 0:30 | 8:00 | 8:30 | Star 4 Team Elements | E | 1 | 9 | 0:30 |
| | | Juvenile Men | F | | 1 | | | 8:30 | 8:40 | Star 6 Team Elements | E | 1 | 2 |
| 9:00 | 9:50 | STAR 5 Women U13 | F | | 10 | 0:50 | 8:40 | 8:50 | Star 3 Team Elements | E | 1 | 2 | 0:10 |
| 9:50 | 10:40 | STAR 5 Women 13 & Over | F | 1 | 10 | 0:50 | 8:50 | 9:25 | Star 2 Team Elements | E | 1 | 11 | 0:35 |
| 10:40 | 11:30 | STAR 5 Women 13 & Over | F | 2 | 9 | 0:50 | | | | | | | |