

2025 Mountain Regional Synchronized Skating Championships

Minoru Arena

Tentative Schedule as of January 4, 2025 - Subject to Change

FRIDAY - January 24					
Start	End	Category	Prog	No.	Duration
17:30	18:30	Practice - GOLD		5	1:00
18:30	18:45	FLOOD			0:15
18:45	19:05	Practice - NOVICE		2	0:20
19:05	19:29	Practice - OPEN		2	0:24
SATURDAY - January 25					
Start	End	Category	Prog	No.	Duration
8:00	9:25	Adult II	F1	10	1:25
9:25	9:40	FLOOD			0:15
9:40	10:55	STAR 8	F1	8	1:15
10:55	11:10	FLOOD			0:15
11:10	12:40	STAR 6	F1	10	1:30
12:40	13:00	FLOOD			0:20
13:00	14:00	Adult III	F1	7	1:00
14:00	14:15	FLOOD			0:15
14:15	14:35	Open	F1	2	0:20
14:35	14:50	FLOOD			0:15
14:50	15:05	Novice	F1	2	0:15
15:05	15:20	FLOOD			0:15
15:20	15:50	Adult I	F1	4	0:30
15:50	16:05	FLOOD			0:15
16:05	16:45	Gold	F1	5	0:40
16:45	17:00	FLOOD			0:15
17:00	18:25	Adult II	F2	10	1:25
18:25	18:45	FLOOD			0:20
18:45	18:55	Junior	Sh	1	0:10
18:55	19:10	FLOOD			0:15
19:10	20:10	Adult III	F2	7	1:00
20:10	20:25	FLOOD			0:15
20:25	20:55	Adult I	F2	4	0:30
20:55	21:25	Adult Synchro Awards			0:30
SUNDAY - January 26					
Start	End	Category	Prog	No.	Duration
8:00	9:15	STAR 8	F2	8	1:15
9:15	9:30	FLOOD			0:15
9:30	11:00	STAR 6	F2	10	1:30
11:00	11:20	FLOOD			0:20
11:20	11:40	Open	F2	2	0:20
11:40	12:15	STAR 4	F	5	0:35
12:15	12:30	FLOOD			0:15
12:30	13:10	Gold	F2	5	0:40
13:10	13:25	FLOOD			0:15
13:25	13:40	Novice	F2	2	0:15
13:40	13:55	FLOOD			0:15
13:55	14:10	Junior	F	1	0:15
14:10	14:40	Synchro Awards			0:30