



Synchro Monitoring 2024 Dressing Room Schedule

FRIDAY - OCTOBER 18, 2024							
Team	Category	Dressing Room #	Dressing Room In Time	On Ice Time	Off Ice Time	Ice Duration	Dressing Room Out Time
Aldergrove Snow Crystals	Juvenile	1	14:30	15:30	16:15	0:45	16:45
LMSSC Ice X-pectation	Juvenile	2	15:15	16:15	17:00	0:45	17:30
Maple Ridge Ice Symmetrix	Juvenile	3	16:00	17:00	17:45	0:45	18:15
Delta Solar Ice	Juvenile	4	16:45	17:45	18:30	0:45	19:00
SATURDAY - OCTOBER 19, 2024							
Team	Category	Dressing Room #	Dressing Room In Time	On Ice Time	Off Ice Time	Ice Duration	Dressing Room Out Time
GVSSC Cascadia	Adult I	1	7:00	8:00	8:45	0:45	9:15
GVSSC Cascadia	Intermediate	2	7:45	8:45	9:45	1:00	10:15
GVSSC Cascadia	Adult II	3	8:45	9:45	10:30	0:45	11:00
FLOOD				10:30	10:45	0:15	
GVSSC Cascadia	Pre Novice	4	9:45	10:45	11:30	0:45	12:00
ARTSSA Stars	Intermediate	1	10:30	11:30	12:30	1:00	13:00
FLOOD & Break				12:30	13:00	0:30	
Whistler Mountain Edges	Adult II	2	12:00	13:00	13:45	0:45	14:15
LMSSC Ice X-cel	Novice	3	12:45	13:45	14:45	1:00	15:15
LMSSC Ice X-quisite	Adult II	4	13:45	14:45	15:30	0:45	16:00
FLOOD				15:30	15:45	0:15	
LMSSC Ice X-perience	Adult III	1	14:45	15:45	16:15	0:30	16:45
LMSSC Junior	Short Program	2	15:15	16:15	17:45	1:30	18:15
SUNDAY - OCTOBER 20, 2024							
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	7:00	8:00	9:30	1:30	10:00
LMSSC Ice X-calibur	Open	2	8:30	9:30	10:30	1:00	11:00
FLOOD				10:30	11:00	0:30	
Aldergrove Ice Spirits	Adult II	3	10:00	11:00	11:45	0:45	12:15
Aldergrove Icicles	Pre Novice	4	10:45	11:45	12:30	0:45	13:00
Maple Ridge Ice Symmetrix	Pre Novice	1	11:30	12:30	13:15	0:45	13:45
Delta Solar Ice	Intermediate	2	12:15	13:15	14:15	1:00	14:45