

## 2025 - East Kootenay Invitational

Jan 17-19, 2025 - Sparwood, B.C.

*Tentative Schedule as of Dec 20 - Subject to Change*

DAY 1 - Friday January 17						
Start	End	Category	Prog	Group	No.	Duration
8:00	8:25	STAR 4 13&O	FS	1	6	0:25
8:25	8:50	STAR 4 13&O	FS	2	7	0:25
8:50	9:20	STAR 4 U13	FS	1	7	0:30
9:20	9:50	STAR 4 U13	FS	2	8	0:30
9:50	10:10	STAR 4 U10	FS		4	0:20
10:10	10:20	STAR 2 Elements	E	1	6	0:10
10:20	10:30	STAR 2 Elements	E	2	6	0:10
10:30	10:45	STAR 2 Elements	E	3	7	0:15
10:45	11:00	STAR 2 Elements	E	4	7	0:15
11:00	11:20	STAR 5 Elements	E		9	0:20
11:20	11:30	STAR 6 Elements	E		3	0:10
11:30	11:40	Gold Elements	E		5	0:10
11:40	11:55	FLOOD				0:15
11:55	12:20	STAR 3	FS	1	8	0:25
12:20	12:45	STAR 3	FS	2	8	0:25
12:45	13:10	STAR 3	FS	3	8	0:25
13:10	13:35	STAR 3	FS	4	8	0:25
13:35	14:00	STAR 3	FS	5	8	0:25
14:00	14:25	STAR 3	FS	6	8	0:25
14:25	14:35	STAR 5 Team Elements	E		4	0:10
14:35	14:45	STAR 4 Team Elements	E		5	0:10
14:45	15:00	FLOOD				0:15
15:00	15:20	STAR 2	FS	1	7	0:20
15:20	15:40	STAR 2	FS	2	7	0:20
15:40	16:00	STAR 2	FS	3	7	0:20
16:00	16:20	STAR 2	FS	4	7	0:20
16:20	16:40	STAR 2	FS	5	7	0:20
16:40	17:00	STAR 2	FS	6	7	0:20
17:00	17:15	FLOOD				0:15
17:15	17:25	STAR 4 Elements	E	1	6	0:10
17:25	17:40	STAR 4 Elements	E	2	7	0:15
17:40	17:55	STAR 3 Elements	E	1	8	0:15
17:55	18:10	STAR 3 Elements	E	2	8	0:15
18:10	18:25	Juvenile U12 Women	FS		2	0:15
18:25	19:10	STAR 7	SP	1	8	0:45
19:10	19:25	FLOOD				0:15
19:25	19:35	STAR 3 Team Elements	E		3	0:10
19:35	19:45	STAR 2 Team Elements	E		4	0:10
19:45	20:30	STAR 7	SP	1	8	0:45
20:30	20:55	STAR 9	SP		4	0:25
20:55	21:15	Pre-Novice Women	SP		3	0:20
21:15	21:25	Adult Gold Artistic			2	0:10

DAY 2 - Saturday January 18						
Start	End	Category	Prog	Group	No.	Duration
8:00	8:30	STAR 1 - SIDE A		1	5	0:30
		STAR 1 - SIDE B		2	5	
8:30	9:00	STAR 1 - SIDE A		3	5	0:30
		STAR 1 - SIDE B		4	5	
9:00	9:30	STAR 1 - SIDE A		5	5	0:30
		STAR 1 - SIDE B		6	6	
9:30	9:55	STAR 1		7	6	0:25
9:55	10:10	FLOOD				0:15
10:10	10:50	STAR 5 U13	FS		8	0:40
10:50	11:40	STAR 5 13&O	FS	1	9	0:50
11:40	12:30	STAR 5 13&O	FS	2	9	0:50
12:30	12:45	FLOOD				0:15
12:45	14:05	STAR 6	FS		14	1:20
14:05	14:25	STAR 8	FS		3	0:20
14:25	14:55	STAR 10 + GOLD	FS		1+3	0:30
14:55	15:20	Pre-Novice Women	FS		3	0:25
15:20	15:30	Adult Gold Women	FS		1	0:10
15:30	15:45	FLOOD				0:15
15:45	16:45	STAR 5 Artistic		1	16	1:00
16:45	17:45	STAR 5 Artistic		2	16	1:00
17:45	18:30	STAR 7 Artistic		1	11	0:45
18:30	19:15	STAR 7 Artistic		2	12	0:45
19:15	19:30	FLOOD				0:15
19:30	20:20	STAR 9 Artistic			13	0:50
20:20	21:05	Gold Artistic			9	0:45

DAY 3 - Sunday January 19						
Start	End	Category	Prog	Group	No.	Duration
8:00	8:20	Solo Dance STAR 2/3 Follow	PD		8	0:20
8:20	9:15	Solo Dance STAR 4/5 Follow	PD		9	0:55
9:15	9:45	Solo Dance STAR 6/7 Follow	PD		5	0:30
9:45	10:00	FLOOD				0:15
10:00	10:45	Solo Dance STAR 8/9 Follow	PD		7	0:45
10:45	11:45	Solo Dance STAR 10/Gold Follow	PD		9	1:00
11:45	12:05	Individual Showcase 1			8	0:20
12:05	12:20	Individual Showcase 2 + 3			2+3	0:15
12:20	12:35	Group Showcase 1			4	0:15
12:35	12:45	Group Showcase 2			3	0:10
12:45	13:15	Group Showcase 3			7	0:30
13:15	13:25	Group Showcase 4			2	0:10