

Competition Schedule 2025 Mountain Regional Synchronized Skating Championships  
Saturday Jan 25, 2025

21-Jan-25

Category	Team Name	Club	Warm Up Area	Enter Warm Up	Exit Warm Up	Dressing Room	Enter Dressing Room	On Ice	Off Ice	Leave Dressing Room
Adult II	Edmonton Ice Edition	Gateway SC	Hilton Hotel Warm Up Space 1	6:55	7:10	1	7:40	8:00	8:07	8:27
Adult II	Ice X-quisite	LMSSC	Hilton Hotel Warm Up Space 2	7:00	7:15	2	7:47	8:07	8:14	8:34
Adult II	Solstice Adult II	Calalta FSC	Hilton Hotel Warm Up Space 1	7:14	7:29	3	7:54	8:14	8:21	8:41
Adult II	Cascadia	GVSSC	Hilton Hotel Warm Up Space 2	7:21	7:36	4	8:01	8:21	8:28	8:48
Adult II	Lethbridge Ice Angels	Lethbridge SC	Hilton Hotel Warm Up Space 1	7:28	7:43	5	8:08	8:28	8:35	8:55
Flood	FLOOD							8:35	8:50	
Adult II	Whistler Mountain Edges	Whistler SC	Hilton Hotel Warm Up Space 2	7:50	8:05	1	8:30	8:50	8:57	9:17
Adult II	Northern Lites Adult II	Northern Lites Synchronized SC	Hilton Hotel Warm Up Space 1	7:57	8:12	2	8:37	8:57	9:04	9:24
Adult II	Ice Spirits	Aldergrove FSC	Hilton Hotel Warm Up Space 2	8:04	8:19	3	8:44	9:04	9:11	9:31
Adult II	Skate of Mind	Vernon FSC	Hilton Hotel Warm Up Space 1	8:11	8:26	4	8:51	9:11	9:18	9:38
Adult II	Black Gold	Calgary Synchronized SC	Hilton Hotel Warm Up Space 2	8:18	8:33	5	8:58	9:18	9:25	9:45
Flood	FLOOD							9:25	9:40	
STAR 8	Ice Symmetrix	Maple Ridge SC	Hilton Hotel Warm Up Space 1	8:40	8:55	1	9:20	9:40	9:48	10:08
STAR 8	Cascadia STAR 8	GVSSC	Hilton Hotel Warm Up Space 2	8:48	9:03	2	9:28	9:48	9:55	10:15
STAR 8	Ice Eclipse	Edmonton Synchronized SC	Hilton Hotel Warm Up Space 1	8:55	9:10	3	9:35	9:55	10:03	10:23
STAR 8	Onyx Ice	Carstairs SC	Hilton Hotel Warm Up Space 2	9:03	9:18	4	9:43	10:03	10:10	10:30
Flood	FLOOD							10:10	10:25	
STAR 8	Northern Lites Star 8	Northern Lites Synchronized SC	Hilton Hotel Warm Up Space 1	9:25	9:40	5	10:05	10:25	10:33	10:53
STAR 8	Skate of Mind Star 8	Vernon FSC	Hilton Hotel Warm Up Space 2	9:33	9:48	1	10:13	10:33	10:40	11:00
STAR 8	Lethbridge Ice Angels	Lethbridge SC	Hilton Hotel Warm Up Space 1	9:40	9:55	2	10:20	10:40	10:48	11:08
STAR 8	Icicles	Aldergrove FSC	Hilton Hotel Warm Up Space 2	9:48	10:03	3	10:28	10:48	10:55	11:15
Flood	FLOOD							10:55	11:10	
STAR 6	Solar Ice STAR 6	Delta SC	Hilton Hotel Warm Up Space 1	10:10	10:25	4	10:50	11:10	11:18	11:38
STAR 6	Ice Symmetrix	Maple Ridge SC	Hilton Hotel Warm Up Space 2	10:18	10:33	5	10:58	11:18	11:26	11:46
STAR 6	Onyx Ice	Carstairs SC	Hilton Hotel Warm Up Space 1	10:26	10:41	1	11:06	11:26	11:34	11:54
STAR 6	Lethbridge Ice Angels	Lethbridge SC	Hilton Hotel Warm Up Space 2	10:34	10:49	2	11:14	11:34	11:42	12:02
STAR 6	Lloydminster Border Edges	Lloydminster SC	Hilton Hotel Warm Up Space 1	10:42	10:57	3	11:22	11:42	11:50	12:10
Flood	FLOOD							11:50	12:05	
STAR 6	Solstice STAR 6	Calalta FSC	Hilton Hotel Warm Up Space 2	11:05	11:20	4	11:45	12:05	12:13	12:33
STAR 6	Black Gold	Calgary Synchronized SC	Hilton Hotel Warm Up Space 1	11:13	11:28	5	11:53	12:13	12:21	12:41
STAR 6	Snow Crystals	Aldergrove FSC	Hilton Hotel Warm Up Space 2	11:21	11:36	1	12:01	12:21	12:29	12:49
STAR 6	LMSSC Ice X-pectation	LMSSC	Hilton Hotel Warm Up Space 1	11:29	11:44	2	12:09	12:29	12:37	12:57
STAR 6	Icicles	Edmonton Synchronized SC	Hilton Hotel Warm Up Space 2	11:37	11:52	3	12:17	12:37	12:45	13:05
Flood	FLOOD							12:45	13:00	
Adult III	Cascadia	GVSSC	Hilton Hotel Warm Up Space 1	12:00	12:15	4	12:40	13:00	13:06	13:26
Adult III	Lloydminster Border Edges	Lloydminster SC	Hilton Hotel Warm Up Space 2	12:06	12:21	5	12:46	13:06	13:12	13:32
Adult III	Solstice Adult III	Calalta FSC	Hilton Hotel Warm Up Space 1	12:12	12:27	1	12:52	13:12	13:18	13:38
Flood	FLOOD							13:18	13:33	
Adult III	Coastal Ice	Powell River SC	Hilton Hotel Warm Up Space 2	12:33	12:48	2	13:13	13:33	13:39	13:59
Adult III	Ice X-perience	LMSSC	Hilton Hotel Warm Up Space 1	12:39	12:54	3	13:19	13:39	13:46	14:06
Adult III	It's Precision	Oak Bay FSC	Hilton Hotel Warm Up Space 2	12:46	13:01	4	13:26	13:46	13:53	14:13
Adult III	Adult 3	Northern Lites Synchronized SC	Hilton Hotel Warm Up Space 1	12:53	13:08	5	13:33	13:53	14:00	14:20
Flood	FLOOD							14:00	14:15	
Open	Ice x Calibur	LMSSC	Hilton Hotel Warm Up Space 2	13:15	13:30	1	13:55	14:15	14:25	14:45
Open	Solstice Open	Calalta FSC	Hilton Hotel Warm Up Space 1	13:25	13:40	2	14:05	14:25	14:35	14:55
Flood	FLOOD							14:35	14:50	
Novice	Black Gold	Calgary Synchronized SC	Hilton Hotel Warm Up Space 2	13:50	14:05	3	14:30	14:50	14:58	15:18
Novice	Ice X-cel	LMSSC	Hilton Hotel Warm Up Space 1	13:58	14:13	4	14:38	14:58	15:05	15:25
Flood	FLOOD							15:05	15:20	
Adult I	ESSC Adult I	Edmonton Synchronized SC	Hilton Hotel Warm Up Space 2	14:20	14:35	5	15:00	15:20	15:27	15:47
Adult I	Solstice Adult I	Calalta FSC	Hilton Hotel Warm Up Space 1	14:27	14:42	1	15:07	15:27	15:35	15:55
Adult I	Black Gold	Calgary Synchronized SC	Hilton Hotel Warm Up Space 2	14:35	14:50	2	15:15	15:35	15:42	16:02
Adult I	Cascadia	GVSSC	Hilton Hotel Warm Up Space 1	14:42	14:57	3	15:22	15:42	15:50	16:10
Flood	FLOOD							15:50	16:05	
Gold	Solar Ice Gold	Delta SC	Hilton Hotel Warm Up Space 2	15:05	15:20	4	15:45	16:05	16:13	16:33
Gold	ARTSSA STARS	Ashcroft Academy of Skating	Hilton Hotel Warm Up Space 1	15:13	15:28	5	15:53	16:13	16:21	16:41
Gold	Cascadia	GVSSC	Hilton Hotel Warm Up Space 2	15:21	15:36	1	16:01	16:21	16:29	16:49
Gold	Solstice Gold	Calalta FSC	Hilton Hotel Warm Up Space 1	15:29	15:44	2	16:09	16:29	16:37	16:57
Gold	Black Gold	Calgary Synchronized SC	Hilton Hotel Warm Up Space 2	15:37	15:52	3	16:17	16:37	16:45	17:05
Flood	Starting Order							16:45	17:00	
Adult II-F2		1	Hilton Hotel Warm Up Space 1	16:00	16:15	4	16:40	17:00	17:07	17:27
Adult II-F2		2	Hilton Hotel Warm Up Space 2	16:07	16:22	5	16:47	17:07	17:14	17:34
Adult II-F2		3	Hilton Hotel Warm Up Space 1	16:14	16:29	1	16:54	17:14	17:21	17:41
Adult II-F2		4	Hilton Hotel Warm Up Space 2	16:21	16:36	2	17:01	17:21	17:28	17:48
Adult II-F2		5	Hilton Hotel Warm Up Space 1	16:28	16:43	3	17:08	17:28	17:35	17:55
Flood	Starting Order							17:35	17:50	

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Category	Team Name	Club	Warm Up Area	Enter Warm Up	Exit Warm Up	Dressing Room	Enter Dressing Room	On Ice	Off Ice	Leave Dressing Room
Adult II-F2		6	Hilton Hotel Warm Up Space 2	16:50	17:05	4	17:30	17:50	17:57	18:17
Adult II-F2		7	Hilton Hotel Warm Up Space 1	16:57	17:12	5	17:37	17:57	18:04	18:24
Adult II-F2		8	Hilton Hotel Warm Up Space 2	17:04	17:19	1	17:44	18:04	18:11	18:31
Adult II-F2		9	Hilton Hotel Warm Up Space 1	17:11	17:26	2	17:51	18:11	18:18	18:38
Adult II-F2		10	Hilton Hotel Warm Up Space 2	17:18	17:33	3	17:58	18:18	18:25	18:45
<b>Flood</b>								<b>18:25</b>	<b>18:45</b>	
Junior Short	Lower Mainland Junior	Lower Mainland SSC	Hilton Hotel Warm Up Space 1	17:45	18:00	4	18:25	18:45	18:55	19:15
<b>Flood</b>	<b>Starting Order</b>							<b>18:55</b>	<b>19:10</b>	
Adult III-F2	1		Hilton Hotel Warm Up Space 2	18:10	18:25	5	18:50	19:10	19:16	19:36
Adult III-F2	2		Hilton Hotel Warm Up Space 1	18:16	11:25	1	18:56	19:16	19:22	19:42
Adult III-F2	3		Hilton Hotel Warm Up Space 2	18:22	18:37	2	19:02	19:22	19:28	19:48
<b>Flood</b>								<b>19:28</b>	<b>19:43</b>	
Adult III-F2	4		Hilton Hotel Warm Up Space 1	18:43	18:58	3	19:23	19:43	19:49	20:09
Adult III-F2	5		Hilton Hotel Warm Up Space 2	18:49	19:04	4	19:29	19:49	19:56	20:16
Adult III-F2	6		Hilton Hotel Warm Up Space 1	18:56	19:11	5	19:36	19:56	20:03	20:23
Adult III-F2	7		Hilton Hotel Warm Up Space 2	19:03	19:18	1	19:43	20:03	20:10	20:30
<b>Flood</b>	<b>Starting Order</b>							<b>20:10</b>	<b>20:25</b>	
Adult I - F2	1		Hilton Hotel Warm Up Space 1	19:25	19:40	2	20:05	20:25	20:32	20:52
Adult I - F2	2		Hilton Hotel Warm Up Space 2	19:32	19:47	3	20:12	20:32	20:40	21:00
Adult I - F2	3		Hilton Hotel Warm Up Space 1	19:40	19:55	4	20:20	20:40	20:47	21:07
Adult I - F2	4		Hilton Hotel Warm Up Space 2	19:47	20:02	5	20:27	20:47	20:55	21:15

MEDALS

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