

Practice Schedule 2025 Mountain Regional Synchronized Skating Championships
Friday Jan 24, 2025

Team Name	Category	Warm Up Area	Enter Warm Up	Exit Warm Up	Dressing Room	Enter Dressing Room	On Ice	Off Ice	Leave Dressing Room
Edmonton SSC		Hilton Hotel-1	11:35	11:55	1	12:10	12:30	12:40	13:00
Edmonton SSC		Hilton Hotel-2	11:45	12:05	2	12:20	12:40	12:50	13:10
Skate of Mind	Adult II	Hilton Hotel-1	11:55	12:15	3	12:30	12:50	13:00	13:20
Lethbridge Ice Angels		Hilton Hotel-2	12:05	12:25	4	12:40	13:00	13:10	13:30
Lethbridge Ice Angels		Hilton Hotel-1	12:15	12:35	5	12:50	13:10	13:20	13:40
Flood							13:20	13:35	
Lethbridge Ice Angels		Hilton Hotel-2	12:40	13:00	1	13:15	13:35	13:45	14:05
Black Gold	Adult I	Hilton Hotel-1	12:45	13:05	2	13:20	13:45	13:55	14:15
Black Gold	Adult I	Hilton Hotel-2	13:00	13:20	3	13:35	13:55	14:05	14:25
Black Gold	STAR 6	Hilton Hotel-1	13:05	13:25	4	13:40	14:05	14:15	14:35
Black Gold	STAR 6	Hilton Hotel-2	13:20	13:40	5	13:55	14:15	14:25	14:45
Flood							14:25	14:40	
Black Gold	Adult II	Hilton Hotel-1	13:45	14:05	1	14:20	14:40	14:50	15:10
Black Gold	Adult II	Hilton Hotel-2	13:45	14:05	2	14:20	14:50	15:00	15:20
Onyx Ice	STAR 6	Hilton Hotel-1	14:05	14:25	3	14:40	15:00	15:10	15:30
Onyx Ice	STAR 8	Hilton Hotel-2	14:15	14:35	4	14:50	15:10	15:20	15:40
Northern Lights	STAR 8	Hilton Hotel-1	14:25	14:45	5	15:00	15:20	15:30	15:50
Flood							15:30	15:45	
Lloyd Border Edges	STAR 6	Hilton Hotel-2	14:50	15:10	1	15:25	15:45	15:55	16:15
Lloyd Border Edges	STAR 6	Hilton Hotel-1	14:55	15:15	2	15:30	15:55	16:05	16:25
Coastal Ice	Adult III	Hilton Hotel-2	15:10	15:30	3	15:45	16:05	16:15	16:35
Ice X-Cite	STAR 4	Hilton Hotel-1	15:15	15:35	4	15:50	16:15	16:25	16:45
LMSSC Junior	Short	Hilton Hotel-2	15:30	15:50	5	16:05	16:25	16:35	16:55
Flood							16:35	16:50	
Ice X-pectation	Juvenile	Hilton Hotel-1	15:55	16:15	1	16:30	16:50	17:00	17:20
LMSSC Junior	Free	Hilton Hotel-2	15:50	16:10	2	16:25	17:00	17:10	17:30
Flood							17:15	17:30	
OFFICIAL PRACTICE ICE									
Solar Ice Gold	Gold	Hilton Hotel-1	16:35	16:55	3	17:10	17:30	17:42	18:02
ARTSSA STARS	Gold	Hilton Hotel-2	16:45	17:05	4	17:20	17:42	17:54	18:14
Cascadia	Gold	Hilton Hotel-1	16:55	17:15	5	17:30	17:54	18:06	18:26
Solstice Gold	Gold	Hilton Hotel-2	17:05	17:25	1	17:40	18:06	18:18	18:38
Black Gold	Gold	Hilton Hotel-1	17:15	17:35	2	17:50	18:18	18:30	18:50

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Flood							18:30	18:45	
Black Gold	Novice	Hilton Hotel-2	17:50	18:10	3	18:25	18:45	18:55	19:15
Ice X-cel	Novice	Hilton Hotel-1	18:00	18:20	4	18:35	18:55	19:05	19:25
ice x Calibur	Open	Hilton Hotel-2	18:10	18:30	5	18:45	19:05	19:17	19:37
Solstice Open	Open	Hilton Hotel-1	18:20	18:40	1	18:55	19:17	19:29	19:49
Flood							19:30	19:45	
Solstice STAR 6	STAR 6	Hilton Hotel-2	18:40	19:00	2	19:25	19:45	19:55	20:15
Solstice Adult III	Adult III	Hilton Hotel-1	18:50	19:10	3	19:35	19:55	20:05	20:25
Solstice Adult II	Adult II	Hilton Hotel-2	19:00	19:20	4	19:45	20:05	20:15	20:35
Solstice Adult I	Adult I	Hilton Hotel-1	19:10	19:30	5	19:55	20:15	20:25	20:45