



2015 Mountain Regional Synchro Skating Championships  
 Practice Ice Schedule  
 Friday January 30, 2015

Time	Team Name	Category
12:00-12:15	Black Gold- Calgary Synchro SC	Adult I
12:15-12:30	Black Gold- Calgary Synchro SC	Adult II
12:30-12:45	Ice Edition- Gateway SC	Adult II
<b>12:45-13:00</b>	<b>FLOOD</b>	
13:00-13:15	Northern Lites- Figure 8 SC	Adult III
13:15-13:30	Northern Lites- Figure 8 SC	Pre-Novice
13:30-13:45	Northern Lites- Figure 8 SC	Adult II
<b>13:45-14:00</b>	<b>FLOOD</b>	
14:00-14:15		
14:15-14:30		
14:30-14:45	Border Edges- Lloydminster SC	Juvenile
<b>14:45-15:00</b>	<b>FLOOD</b>	
15:00-15:15	Black Gold- Calgary Synchro SC	Juvenile
15:15-15:30	Border Edges- Lloydminster SC	Adult II
15:30-15:45	Edmonton Icicles- Edmonton Synchro SC	Juvenile
<b>15:45-16:00</b>	<b>FLOOD</b>	
16:00-16:15		
16:15-16:30	Duncanettes- Duncan SC	Juvenile
16:30-16:45	Ice Angels- Lethbridge SC	Juvenile
<b>16:45-17:00</b>	<b>FLOOD</b>	
17:00-17:15	Ice X-clamation- LMSSC	Elementary
17:15-17:30	Ice X-pectation- LMSSC	Juvenile
17:30-17:45	Ice X-cel- LMSSC	Pre-Novice
<b>17:45-18:00</b>	<b>FLOOD</b>	
18:00-18:15	Ice X-odus- LMSSC	Adult I
18:15-18:30	Ice X-quisite- LMSSC	Adult II
18:30-18:45	Ice Evolution- Coquitlam SC	Adult I
<b>18:45-19:00</b>	<b>FLOOD</b>	
<b>Official Practice Ice</b>		
19:00-19:15	Open- Black Gold Calgary Syn SC	<b>Inc</b>
19:15-19:30	Intermediate- Edmonton Edge	<b>Inc</b>
19:30-19:45	Intermediate- Ice Angels	<b>Inc</b>
19:45-20:00	<b>FLOOD</b>	
20:00-20:15	Intermediate- Ice X-plosion	<b>Inc</b>
20:15-20:30	Intermediate- Solstice	<b>Inc</b>

\*\* To book practice ice please contact Courtney Baerg at 604-205-6960