

SKATER'S SCHEDULE

TIME	GROUP A (SENIOR)	GROUP B (JUNIOR)
07:30-07:50	PRE-SKATE WARM UP	PRE-SKATE WARM UP
08:00-08:30	GROUP COMBINED STROKING	GROUP COMBINED STROKING
08:30-09:45		ON ICE
08:45-09:45	OFF ICE	
10:00-11:00		OFF ICE
10:00-11:15	ON ICE	
11:15-12:00	COMBINED SPINS/JUMPS, EDGES AND TURNS	COMBINED SPINS/JUMPS, EDGES AND TURNS
12:15-13:00	LUNCH	LUNCH
13:15-14:15	ON ICE	
13:15-14:00		OFF ICE(+SSB)
14:30-15:15	OFF ICE	
14:15-15:15		ON ICE(+SSB)

