SYNCHRO DE MAYO May 8th to 10th

FRIDAY May 8th

Rink 1	Rink 3	Rink 4
		Comp ETS 7:00 - 7:50
	FS Shinny 7:15 - 8:05	Flood - 7:50
	Flood - 8:05	Comp Shinny 8:00 - 8:50
	FS Shinny 8:15 - 9:05	Flood - 8:50
	Flood - 9:05	9:00-9:50
	FS Shinny 9:15 - 10:05	Flood - 9:50
	Flood - 10:05	10:00-10:50
	FS Shinny 10:15 - 11:05	Flood - 10:50
	Flood - 11:05	11:00-11:50
	FS Shinny 11:15 - 12:05	Flood - 11:50
	Flood - 12:05	Comp Shinny 12:00-12:50
	Elite Shinny 12:15 - 1:05	Flood - 12:50
	Flood - 1:05	Elite Shinny 1:00-1:50
	FS Shinny 1:15 - 2:05	Flood - 1:50
	Flood - 2:05	Elite Shinny 2:00-2:50
	FS Shinny 2:15 - 3:05	Flood - 2:50
	Flood - 3:05	Comp Shinny 3:00-3:50
	FS Shinny 3:15 - 4:05	
	Flood - 4:05	
	Comp 2/3 4:15 - 5:05 FS	
Flood - 4:50	Flood - 5:05	
Synchro de Mayo 5:00 - 8:50	CanSkate (5-12) 5:15 - 6:05	
	Flood - 6:05	
	CanSkate (5-12) 6:15 - 7:05	
	Flood - 7:05	
	Pre Teen/Teen 7:15 - 8:05	
	Flood - 8:05	

SATURDAY MAY 9th

Rink 1	Rink 2	Rink 3	Rink 4
		Flood - 8:05	Flood - 8:35
	Flood - 8:20	PrePower CanPower 8:15 - 9:05	CanSkate (5-12) 8:45-9:35
Flood - 8:50		Flood - 9:05	Flood - 9:35
Synchro de Mayo 9:00 - 5:50	Synchro de Mayo 8:30 - 5:20	Comp 2 9:15 - 10:05 FS	Canskate (3-5) 9:45 - 10:10
		Flood - 10:05	Canskate (3-5) 10:10 - 10:35
		Comp 3 10:15 - 11:05	Canskate (3-5) 10:10 - 10:35
		Flood 11:05	Flood - 10:35
		Comp 'Elite' 11:15 - 12:05	CanSkate (5-12) 10:45 - 11:35
		Flood 12:05	Flood - 11:35
		PreComp & Comp 1 12:15 - 1:05 Grp 1:05 - 1:35 FS	CanSkate (5-12) 11:45-12:35
		Flood - 1:35	Flood - 12:35

SUNDAY May 10

Rink 1	Rink 2	Rink 3	Rink 4
			Flood - 8:35
	Flood - 8:20	Flood - 9:05	*CanSkate (5-12) 8:45-9:35
Flood - 8:50		OPEN 9:15 - 10:05 FS	Flood - 9:35
Synchro de Mayo 9:00 - 1:00	Synchro de Mayo 8:30 - 12:20	Flood - 10:05	Canskate (3-5) 9:45 - 10:10
		STAR A / B 10:15 - 11:05 FS	Canskate (3-5) 10:10 - 10:35
		Flood - 11:05	Flood - 10:35
		OPEN 11:15 - 12:05 FS	CanSkate (5-12) 10:45 - 11:35
		Flood - 12:05	Flood - 11:35
		STAR C / D 12:15 - 1:05 FS	CanSkate (5-12) 11:45-12:35
		Flood - 1:05	Flood - 12:35
			CanSkate (5-12) 12:45-1:35
			Flood - 1:35
			Intro to FS 1:45-2:35
			Flood - 2:35
			*Also CanSkate Adaptive
		Flood - 6:50	
		Adult/Teen STAR 7:00 - 7:15 Grp 7:15 - 8:20 FS	
		COMBINED	
		Adult Open 7:00 - 7:15 Grp 7:15 - 8:20 FS	