

January 28, 2023

ATB Centre West - Red Arena



Start	North Pole	The Tropics	South Pole
8:00 AM	SETUP	SETUP	SETUP
8:10 AM	Stage 1 - A	Stage 2-A	Stage 3-A
8:30 AM	Stage 1-B	Stage 2-B	Stage 3-B
8:50 AM	Stage 1-C	SETUP	SETUP
9:10 AM	SETUP	Stage 5-A	Stage 4-A
9:30 AM	Stage 6-A	Stage 5-B	Stage 4-B
9:50 AM	CanSkate Team Option A - A	CanSkate Team Option B - A	CanSkate Team Option C. - A
10:10 AM	FLOOD		
Start	North Pole	South Pole	
10:30 AM	StarSkate Team Option A - Flight A	StarSkate Team Option B - Flight A	
10:45 AM	StarSkate Team Option A - Flight B	StarSkate Team Option B - Flight B	
11:00 AM	STAR 1 Elements - A	STAR 1 Elements - B	
11:30 AM	STAR 1 Elements - C	STAR 1 Elements - D	
12:00 PM	STAR 1 Elements - E	STAR 1 Elements - F	
12:30 PM	FLOOD		
12:45 PM	Spin, Spiral, Jump Routine - A	Spin, Spiral, Jump Routine - B	
1:00 PM	Spin, Spiral, Jump Routine - C	Spin, Spiral, Jump Routine - D	
1:15 PM	Spin, Spiral, Jump Routine - E	Spin, Spiral, Jump Routine - F	
1:30 PM	Spin, Spiral, Jump Routine - G	Spin, Spiral, Jump Routine - H	
1:45 PM	FLOOD		
2:00 PM	StarSkate Group Showcase - A		
2:15 PM	Creative Improv - A		
2:30 PM	Creative Improv - B		
2:45 PM	Creative Improv - C		
3:00 PM	Creative Improv - D		
3:15 PM	Creative Improv - E		
3:30 PM	Creative Improv - F		
3:45 PM	FLOOD		
4:00 PM	Artistic Simulations Star 5 - A & Artistic Simulations Adult - A		
4:15 PM	FreeSkate Simulations STAR 2 - A		
4:40 PM	FreeSkate Simulations STAR 2 - B		
5:05 PM	FreeSkate Simulations STAR 2 - C		
5:30 PM	FreeSkate Simulations STAR 2 - D		
5:55 PM	FreeSkate Simulations STAR 2 - E		
6:20 PM	FLOOD		
6:35 PM	FreeSkate Simulations Star 3 - A		
6:55 PM	FreeSkate Simulations Star 3 - B		
7:15 PM	FreeSkate Simulations Star 4 - A		
7:30 PM	FreeSkate Simulations Star 5 - A		
7:45 PM	Adult FreeSkate Simulations - A		

updated 01/21/2023