

Friday Practice Schedule Rink 1	Event	# of competitors
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9:00-9:30	Gold Dance	2
9:30-10:00	Sr. Br. Dance	2
10:00-10:30	Jr. Br. Dance	2
10:30-11:00	Gold Free Dance	2
11:00-11:30	Open Couples Interp	3
11:30-12:00	Women's Gold Interp I	7
12:00-12:30	Women's Gold Interp II	3
	Men's Gold Interp	2
12:30-12:45	Ice Maintenance	
12:45-13:15	Women's Silver Interp I & II	7
13:15-13:45	Women's Silver Interp II & III	4
13:45-14:15	Women's Bronze Interp I & II	4
	Men's Bronze Interp	1
14:15-14:45	Women's Bronze Interp III & IV	6
14:45-15:15	Women's Intro Interp	8
15:15-15:45	Women's Pre-Intro Interp	4
15:45-16:00	Ice Maintenance	
16:00-19:30	Synchro Freeskate 1 Practice	

Friday Competition Schedule Rink 2	Event	# of Competitors	# and WU time
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13:00-13:20	Gold Dance	2	2- 4 minute
13:20-13:40	Sr. Br. Dance	2	2-4 minute
13:40-13:58	Jr. Br. Dance	2	2-4 minute
13:58-14:10	Gold Free Dance	2	1-5 minute
14:10-14:40	Women's Silver Interp I&II	7	1-5 minute
14:40-15:00	Women's Silver Interp III & IV	4	1-5 minute
15:00-15:15	Open Couples Interp	4	1-5 minute
15:15-15:30	Ice Maintenance		
15:30-15:50	Women's Bronze Interp I & II	4	1-5 minute
	Men's Bronze Interp	1	
15:50-16:15	Women's Bronze Interp III & IV	6	1-5 minute
16:15-16:45	Gold Women's Interp I	7	1-5 minute
16:45-17:10	Gold Women's Interp III	3	1-5 minute
	Gold Men's Interp III & IV	2	
17:10-17:45	Intro Women's Interp	8	1-5 minute
17:45-18:05	Pre-Intro Women's Interp	4	1-5 minute
18:05-18:20	Ice Maintenance		
18:20-21:50	Synchro Skate 1 Competition		