

NEAR NORTH INTERCLUB – Humphrey, Ontario
Friday/Saturday, Jan 8/9, 2009

PLEASE ARRIVE AT THE RINK **1 HOUR BEFORE** YOUR SCHEDULED TIME
(that rule applies to all your relatives/friends who'd like to watch you skate)
IF YOUR EVENT IS FIRST OF THE DAY, 1/2 HOUR IS O.K.

We WILL PROBABLY run early, and will continue with the schedule WITHOUT skaters
who are not on time.

FRIDAY, JAN. 8/09 (evening)

(Note: if test day is over early, we could start at 6, so be on time please)

6:30-6:55	Sr. Bronze Free (6)	5 min. w-up
6:55-7:05	Jr. Silver Free (2)	5 min. w-up together with Sr. Silver
7:05-7:15	Sr. Silver Free (2)	
7:15-7:35	Pre Introductory Interpretive Group 1(4)	2 min. w-up
7:35-7:55	Pre Introductory Interpretive Group 2(4)	
7:55-8:15	Introductory Interpretive (6)	
8:15-8:35	Bronze Interpretive (5)	2 min. wup with Silver int.
8:35-8:45	Silver Interpretive (2)	
8:45-9:10	SR. Bronze elements (3)	2 min. wup
	SR. Silver elements (2)	
	SR. Silver Spins (3)	

SATURDAY, JAN. 9/09

FULL ICE EVENTS

8:30-8:50	Jr. Bronze Free Group 1 (5)	4 min. WARM-UP
8:50-9:10	Jr. Bronze Free Group 2 (5)	
9:10-9:30	Intro Free Group 1 (7)	2 min. WARM-UP
9:30-9:50	Intro Free Group 2 (7)	
9:50-10:05	Intro Free Group 3 (6)	
10:05-10:25	PreIntro Free Group 1 (7)	
10:25-10:40	PreIntro Free Group 2 (7)	
10:40-10:50	PreIntro Free Men (2)	

10:50-11:10 Flood-Medal presentations for completed above events

HALF ICE EVENTS

	<u>LOBBY END</u>	2 min. w-up ea. group	<u>OTHER END</u>
11:10-11:25	Prelim elements Group 1 (6)		PrePrelim elements Group 1 (5)
11:25-11:40	Prelim elements Group 2 (6)		PrePrelim elements Group 2 (5)
11:40-11:55	Prelim Elements Group 3 (6)		PrePrelim elements Group 3 (5)
11:55-12:10	Prelim Elements Group 4 (5)		PrePrelim Spins Group 1 (5)
12:10-12:30	Jr. Bronze Elements (7)		PrePrelim Spins Group 2 (4)
12:30-12:45	Jr. Bronze Spins (5)		Intro elements (7)
12:45-1:00	Prelim Spins Group 1(5)		Intro Spins (4)
1:00-1:15	Prelim Spins Group 2 (5)		PreIntro elements Group 1 (6)
1:15-1:30	Prelim Spins Group 3 (6)		PreIntro elements Group 2 (5)
1:30-1:50			PreIntro Spins (5)

1:50-2:10 Flood-Medal presentations for completed above events

HALF ICE EVENTS

	<u>LOBBY END</u>	2 min. w-up ea. group	<u>OTHER END</u>
2:10-2:25	CanSkate Event 2 (5)		CanSkate Event 3 (4)
2:25-2:40	CanSkate Event 2 Men (2)		CanSkate Event 5 Group 1 (5)
2:40-2:55	CanSkate Event 4 Group 1 (5)		CanSkate Event 5 Group 2 (4)
2:55-3:05	CanSkate Event 4 Group 2 (4)		CanSkate Event 6 Group 1 (4)
3:05-3:15			CanSkate Event 6 Group 2 (4)

FULL ICE EVENTS

3:10-3:30 Preliminary Teams (5) 2 min. WARM-UP all teams together
3:30-3:50 Introductory Teams (4)

3:50-4:10 Flood-Medal presentations for completed above events

4:10-4:30 PrePrelim. Free Group 1 (7) 2 min. WARM-UP
4:30-4:50 PrePrelim. Free Group 2 (7)
4:50-5:10 PrePrelim. Free Group 3 (6)
5:10-5:30 Prelim. Free Group 1 (7)
5:30-5:50 Prelim. Free Group 2 (7) 3 min. warm up
5:50-6:15 Prelim. Free Group 3 (7)
6:15-6:35 Prelim. Free Group 4 (6)

6:35 Flood-Medal presentations for completed above events