

2020 - CNCR REGIONAL CHAMPIONSHIPS

January 17 - 19, 2020 - Prince George Skating Club

Tentative Schedule as at 31 December 2019 - Subject to Change

FRIDAY - JAN 17													
Rink 1							Rink 2						
Start	End	Category	Prog	Group	No.	Duration	Start	End	Category	Prog	Group	No.	Duration
9:55	10:10	Showcase 1	SH	1	7	0:15	11:00	11:15	Showcase 2	SH	1	7	0:15
10:10	10:25	Showcase 1	SH	2	7	0:15	11:15	11:30	Showcase 2	SH	2	7	0:15
10:25	10:40	Showcase 1	SH	3	7	0:15	11:30	11:45	Showcase 2	SH	3	7	0:15
10:40	10:55	Showcase 1	SH	4	7	0:15	11:45	12:00	Showcase 2	SH	4	7	0:15
10:55	11:10	Showcase 1	SH	5	7	0:15	12:00	12:15	Showcase 2	SH	5	7	0:15
11:10	11:25	Showcase 1	SH	6	8	0:15	12:15	12:35	Showcase 3	SH	1	6	0:20
11:25	11:40	FLOOD				0:15	12:35	12:55	Showcase 3	SH	2	6	0:20
11:40	12:00	STAR 4 Elements	E	1	7	0:20	12:55	13:15	Showcase 3	SH	3	6	0:20
12:00	12:20	STAR 4 Elements	E	2	8	0:20	13:15	13:30	FLOOD				0:15
12:20	12:40	STAR 4 Elements	E	3	8	0:20	13:30	13:50	STAR 3 Elements	E	3	7	0:20
12:40	13:00	STAR 4 Elements	E	4	8	0:20	13:50	14:10	STAR 3 Elements	E	4	8	0:20
13:00	13:20	STAR 3 Elements	E	1	7	0:20	14:10	14:30	STAR 2 Elements	E	1	6	0:20
13:20	13:40	STAR 3 Elements	E	2	7	0:20	14:30	14:45	STAR 2 Elements	E	2	7	0:15
13:40	13:55	FLOOD				0:15	14:45	15:05	STAR 2 Elements	E	3	7	0:20
13:55	14:30	STAR 4 Girls U13	F	1	8	0:35	15:05	15:25	STAR 2 Elements	E	4	7	0:20
14:30	15:05	STAR 4 Girls U13	F	2	8	0:35	15:25	15:40	FLOOD				0:15
15:05	15:40	STAR 4 Girls 13&O	F	1	8	0:35	15:40	16:00	Quad Threat Star 1 - Side A	E	1	7	0:20
15:40	16:15	STAR 4 Girls 13&O	F	2	8	0:35			Quad Threat Star 1 - Side B	E	2	7	
16:15	17:00	STAR 5 Artistic	A	1	11	0:45	16:00	16:20	Quad Threat Star 1 - Side A	E	3	7	0:20
17:00	17:30	FLOOD + DINNER				0:30			Quad Threat Star 1 - Side B	E	4	7	
17:30	18:15	STAR 5 Artistic	A	2	11	0:45	16:20	16:40	Quad Threat Star 1 - Side A	E	5	7	0:20
18:15	19:05	STAR 5 Artistic	A	3	12	0:50			Quad Threat Star 1 - Side B	E	6	7	
19:05	19:55	STAR 5 Artistic	A	4	12	0:50	16:40	17:00	Quad Threat Star 1 - Side A	E	7	7	0:20
							17:00	17:30	FLOOD + DINNER				0:30
							17:30	17:50	Quad Threat Star 2 - Side A	E	1	7	0:20
									Quad Threat Star 2 - Side B	E	2	8	
							17:50	18:10	Quad Threat Star 2 - Side A	E	3	8	0:20
									Quad Threat Star 2 - Side B	E	4	8	
							18:10	18:30	Quad Threat Star 3		1	5	0:20
							18:30	18:50	Quad Threat Star 3		2	6	0:20
							18:50	19:10	Quad Threat Star 3		3	6	0:20

SATURDAY - JAN 18													
Rink 1							Rink 2						
Start	End	Category	Prog	Group	No.	Duration	Start	End	Category	Prog	Group	No.	Duration
9:00	9:55	STAR 7 Women	S	1	10	0:55	8:30	9:00	STAR 2 Girls	F	1	8	0:30
9:55	10:50	STAR 7 Women	S	2	10	0:55	9:00	9:30	STAR 2 Girls	F	2	8	0:30
10:50	11:05	FLOOD				0:15	9:30	10:00	STAR 2 Girls	F	3	8	0:30
11:05	11:35	STAR 9 Women	S		5	0:30	10:00	10:30	STAR 2 Girls	F	4	8	0:30
		Pre-Novice Women	S		4	0:30	10:30	11:00	STAR 2 Girls	F	5	8	0:30
11:35	12:05	Pre-Novice Men	S		1		11:00	11:15	FLOOD				0:15
12:05	12:55	STAR 5 Girls U13	F		10	0:50	11:15	11:45	STAR 2 Girls	F	6	8	0:30
12:55	13:10	FLOOD				0:15	11:45	12:15	STAR 2 Girls	F	7	8	0:30
13:10	14:20	STAR 5 Girls 13&O	F		15	1:10	12:15	12:45	STAR 2 Girls	F	8	8	0:30
14:20	15:00	GOLD Artistic	A		9	0:40	12:45	13:15	STAR 2 Girls	F	9	8	0:30
15:00	15:30	STAR 9 Artistic	A		7	0:30			STAR 2 Boys	F		3	0:30
15:30	15:45	FLOOD				0:15	13:15	13:45	STAR 3 Boys	F		3	
15:45	16:25	STAR 7 Artistic	A	1	9	0:40			STAR 4 Boys	F		1	
16:25	17:05	STAR 7 Artistic	A	2	10	0:40	13:45	14:00	FLOOD				0:15
17:05	17:40	STAR 8 Women	F		6	0:35	14:00	14:25	STAR 1	E	1	5	0:25
		STAR 10 Women	F		3	0:25	14:25	14:45	STAR 1	E	2	6	0:20
17:40	18:05	GOLD Women	F		1		14:45	15:05	STAR 1	E	3	6	0:20
18:05	18:20	FLOOD				0:15	15:05	15:25	STAR 1	E	4	6	0:20
18:20	19:40	STAR 6 Women	F		15	1:20	15:25	15:45	STAR 1	E	5	6	0:20
		Pre-Juvenile Women	F		5	0:40	15:45	16:05	STAR 1	E	6	6	0:20
19:40	20:20	Juvenile Women	F		2		16:05	16:20	FLOOD				0:15
		Special Olympic Women Level 1	E		1	0:15	16:20	16:50	STAR 3 Girls	F	1	7	0:30
20:20	20:35	Special Olympic Women Level 1	F		1		16:50	17:20	STAR 3 Girls	F	2	7	0:30
							17:20	17:50	STAR 3 Girls	F	3	7	0:30
							17:50	18:20	STAR 3 Girls	F	4	7	0:30
							18:20	18:50	STAR 3 Girls	F	5	7	0:30
							18:50	19:05	FLOOD				0:15
							19:05	19:35	STAR 3 Girls	F	6	7	0:30
							19:35	20:00	STAR 3 Girls	F	7	7	0:25
							20:00	20:50	STAR 4 Girls U10	F		11	0:50

SUNDAY - JAN 19													
Rink 1							Rink 2						
Start	End	Category	Prog	Group	No.	Duration	Start	End	Category	Prog	Group	No.	Duration
9:00	9:10	STAR 2/3 Solo Dance	PD		4	0:10	9:00	9:20	STAR 5 Elements	E	1	8	0:20
9:10	9:25	STAR 4/5 Solo Dance Lead	PD		2	0:15	9:20	9:40	STAR 5 Elements	E	2	8	0:20
9:25	10:25	STAR 4/5 Solo Dance Follow	PD		11	1:00	9:40	10:00	STAR 6 Elements	E		8	0:20
10:25	10:40	FLOOD				0:15	10:00	10:15	STAR 7/8 Elements	E		6	0:15
10:40	10:55	STAR 6/7 Solo Dance Follow	PD		2	0:15	10:15	10:30	STAR 9/10 Elements	E		4	0:15
10:55	11:05	STAR 8/9 Solo Dance Follow	PD		1	0:10	10:30	10:45	FLOOD				0:15
11:05	11:35	GOLD Solo Dance Follow	PD		5	0:30	10:45	10:55	Group Showcase 2	GSH		2	0:10
		Pre-Novice Women	F		4	0:40	10:55	11:05	Group Showcase 3	GSH		3	0:10
11:35	12:15	Pre-Novice Men	F		1		11:05	11:20	Group Showcase 4	GSH		4	0:15