



Synchro Monitoring 2022
Dressing Room Schedule

SATURDAY - OCTOBER 22, 2022							
Team	Category	Dressing Room #	Dressing Room In Time	On Ice Time	Off Ice Time	Ice Duration	Dressing Room Out Time
LMSSC Ice-X-pectation	Juvenile	1	7:00	8:00	8:45	0:45	9:30
LMSSSC X-perience	Adult III	2	7:45	8:45	9:30	0:45	10:15
LMSSC Ice-X-cel	Novice	3	8:30	9:30	10:30	1:00	11:15
FLOOD & Break				10:30	11:00	0:30	
GVSSC Cascadia	Adult II	4	10:00	11:00	11:45	0:45	12:30
GVSSC Cascadia	Pre Novice	1	10:45	11:45	12:30	0:45	13:15
GVSSC Cascadia	Adult I	2	11:30	12:30	13:30	1:00	14:15
FLOOD & Break				13:30	14:00	0:30	
LMSSSC Junior	Junior Short	3	13:00	14:00	15:00	1:00	15:45

SUNDAY - OCTOBER 23, 2022							
Team	Category	Dressing Room #	Dressing Room In Time	On Ice Time	Off Ice Time	Ice Duration	Dressing Room Out Time
Aldergrove Icicles	Novice	1	7:00	8:00	9:00	1:00	9:45
Aldergrove Ice Spirits	Adult II	2	8:00	9:00	9:45	0:45	10:30
Aldergrove Snow Crystals	Juvenile	3	8:45	9:45	10:30	0:45	11:15
FLOOD & Break				10:30	11:00	0:30	
LMSSC Ice X-quisite	Adult II	4	10:00	11:00	11:45	0:45	12:30
LMSSC Ice X-Calibur	Open	1	10:45	11:45	12:45	1:00	13:30
FLOOD & Break				12:45	13:15	0:30	
LMSSC Junior	Junior Free	2	12:15	13:15	14:15	1:00	14:15