

**2024 ATLANTIC REGIONAL SYNCHRONIZED SKATING COMPETITION
OFFICIAL PRACTICE SCHEDULE**

FRIDAY, JANUARY 26, 2024

NAME	REPRESENTING	Section	ROOM #	ENTER ROOM	LEAVE ROOM	ON ICE	OFF ICE
NOVICE							
SYNERGY	PRINCE OF WALES SC	NL	1	6:30PM	6:55PM	7:00 PM	7:10PM
T. P. ERUPTIONS	TRINITY PLACENTIA FSC	NL	2	6:40PM	7:05PM	7:10PM	7:20PM
STARLITES	MOUNT PEARL-PARADISE SC	NL	3	6:50PM	7:15PM	7:20PM	7:30PM
INTERMEDIATE(GOLD)		FLOOD				7:30 PM	7:45 PM
SYNERGY	PRINCE OF WALES SC	NL	4	7:15 PM	7:40 PM	7:45PM	7:55 PM
OPEN							
SYNERGY	PRINCE OF WALES SC	NL	1	7:30 PM	7:55 PM	8:00 PM	8:10 PM
STARLITES	MOUNT PEARL-PARADISE SC	NL	2	7:40 PM	8:05 PM	8:10 PM	8:20 PM
END OF OFFICIAL PRACTICE							