



# Skate NL

2024 Sectional Championships  
December 1-2, 2023, The Glacier, Mount Pearl

## Friday December 1

### PRACTICE

9:00am-9:15am	Pre Novice Dance
9:15am-9:30am	Pre Novice Pair
9:30am-9:45am	Pre Novice Women (Start order 1-5)
9:45am-10:00am	Pre Novice Women (Start order 6-10)
<b>10:00am-10:15am</b>	<b>FLOOD</b>
10:15am-10:30am	Novice Women
10:30am-10:45am	Pre Novice Men/Jr Women/Jr Men/Sr Women
<b>10:45am-11:00am</b>	<b>FLOOD</b>

### COMPETITION

Time	Category	#	Warm-Up Time	Length
<b>Friday, December 1, 2023</b>				
<b>10:45-11:00</b>	<b>FLOOD</b>			
11:00-11:20	Juvenile Pairs Free	1	6mins 1 warm-up	20 mins
	Novice Pair Short	1		
11:20-11:35	Pre-Novice Pattern Dance - Rocker	2	3mins	15mins
11:35-11:50	Pre-Novice Pattern Dance - Starlight	2	3mins	15mins
11:50-11:55	STAR 8/9 Pattern Dance - Rocker	1	3mins	5mins
11:55-12:00	STAR 8/9 Pattern Dance - Starlight	1	3mins	5mins
12:00-12:10	Special O Level 3	1	5mins	10mins
12:10-12:55	STAR 4 U10 Girls	9	4mins 2 warm-ups	45mins
12:55-1:15	STAR 5 U10 Girls	4	5mins	20mins
1:15-2:30	STAR 9 Women	12	6mins 2 warm-ups	75mins
<b>2:30-2:45</b>	<b>FLOOD</b>			
2:45-4:00	STAR 7 Women Under 14	12	6mins 2 warm-ups	75mins
4:00-5:15	STAR 7 Women 14&Over	12	6mins 2 warm-ups	75mins
5:15-5:35	STAR 7 Men	4	6mins	20mins
<b>5:35-5:50</b>	<b>FLOOD</b>			
5:50-7:00	Pre-Novice Women Short	10	6mins 2 warm-ups	70mins
7:00-7:25	Pre-Novice Men Short	2	6mins 1 warm-up	25mins
	Junior Men Short	1		
7:25-8:05	Novice Women Short	6	6mins	40mins
8:05-8:30	Junior Women Short	2	6mins 1 warm-up	25mins
	Senior Women Short	1		
<b>8:30pm</b>	<b>End of Friday Competition</b>			



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## Saturday December 2

### PRACTICE

8:00am-8:15am	Pre Novice Dance
8:15am-8:30am	Pre Novice Pair
8:30am-8:45am	Pre Novice Women (Start order 1-5)
8:45am-9:00am	Pre Novice Women (Start order 6-10)
<b>9:00am-9:15am</b>	<b>FLOOD</b>
9:15am-9:30am	Novice Women
9:30am-9:45am	Pre Novice Men/Jr Women/Jr Men/Sr Women
<b>9:45am-10:00am</b>	<b>FLOOD</b>

### COMPETITION

Saturday, December 2, 2023		#	Warm-Up Time	Length
<b>9:45-10:00</b>	<b>FLOOD</b>			
10:00-11:35	STAR 6 Women	17	6mins 3 warm-ups	95mins
11:35-12:00	STAR 6 Men	3	6mins 1 warm-up	25mins
	STAR 8 Man	1		
	Pre-Juvenile Men U11	1		
12:00-1:00	STAR 8 Women	10	6mins 2 warm-ups	60mins
<b>1:00-1:15</b>	<b>FLOOD</b>			
1:15-1:55	STAR 10 Women	7	6mins	40mins
1:55-2:25	Gold Women	4	6mins	30mins
2:25-2:35	Novice Pairs Free	1	6mins	10mins
2:35-2:50	Pre-Novice Free Dance	2	6mins	15mins
2:50-3:30	Pre-Juvenile Women U11	6	6mins	40mins
3:30-4:10	Pre-Juvenile Women U13	6	6mins	40mins
4:10-4:40	Juvenile Women U12	4	6mins	30mins
<b>4:40-4:55</b>	<b>FLOOD</b>			
4:55-5:55	Juvenile Women U14	9	6mins 2 warm-ups	60mins
5:55-7:20	Pre-Novice Women Free	10	6mins 2 warm-ups	85mins
7:20-7:45	Pre-Novice Men Free	2	6mins 1 warm-up	25mins
	Junior Men Free	1		
7:45-8:25	Novice Women Free	6	6mins	40mins
8:25-8:50	Junior Women Free	2	6mins 1 warm-up	25mins
	Senior Women Free	1		
<b>8:50pm</b>	<b>End of Saturday Competition</b>			