

PRACTICE SUNDAY

Sunday - December 11th								
TEAMS	DRESSING	ENTER	EXIT	TO	ENTER	EXIT	EXIT	TIME PER
	ROOM	DRESS	DRESS	WAIT			DRESS	TEAM
	NUMBER	ROOM	ROOM	AREA	RINK	RINK	ROOM	
PRACTICE ICE								
Philadelphia Symmetry - Preliminary	1	5:12AM	5:27AM	5:30 AM	5:30 AM	5:40 AM	5:55AM	10
DC Edge BLUE - Preliminary	2	5:22AM	5:37AM	5:40 AM	5:40 AM	5:50 AM	6:05AM	10
DC Edge RED - Preliminary	3	5:32AM	5:47AM	5:50 AM	5:50 AM	6:00 AM	6:15AM	10
Synchroettes - Preliminary	4	5:42AM	5:57AM	6:00 AM	6:00 AM	6:10 AM	6:25AM	10
Team Excel - Preliminary	5	5:52AM	6:07AM	6:10 AM	6:10 AM	6:20 AM	6:35AM	10
Team Esprit Preliminary	6	6:02AM	6:17AM	6:20 AM	6:20 AM	6:32 AM	6:42AM	12
Team Ashburn - Preliminary	7	6:14AM	6:29AM	6:32 AM	6:32 AM	6:42 AM	6:42AM	10
The Colonials - Preliminary	8	6:24AM	6:39AM	6:42 AM	6:42 AM	6:52 AM	6:52AM	10
ICE MAKE					6:52 AM	7:07 AM		15
Team Ashburn - SYS Skills 1	1	6:49AM	7:04AM	7:07 AM	7:07 AM	7:17 AM	7:27AM	10
DC Edge RED - SYS Skills 1	2	6:59AM	7:14AM	7:17 AM	7:17 AM	7:27 AM	7:37AM	10
DC Edge BLUE - SYS Skills 1	3	7:09AM	7:24AM	7:27 AM	7:27 AM	7:37 AM	7:47AM	10
CNY Chill - SYS Skills 2	4	7:19AM	7:34AM	7:37 AM	7:37 AM	7:49 AM	7:59AM	12
Team Ashburn - SYS Skills 2	5	7:31AM	7:46AM	7:49 AM	7:49 AM	7:59 AM	8:09AM	10
DC Edge - SYS Skills 2	6	7:41AM	7:56AM	7:59 AM	7:59 AM	8:09 AM	8:19AM	10
Synchro Stars - SYS Skills 2	7	7:51AM	8:06AM	8:09 AM	8:09 AM	8:19 AM	8:29AM	10
The Colonials - SYS Skills 2	8	8:01AM	8:16AM	8:19 AM	8:19 AM	8:29 AM	8:39AM	10
Philadelphia Symmetry - SYS Skills 3	1	8:11AM	8:26AM	8:29 AM	8:29 AM	8:39 AM	8:49AM	10
DC Edge - SYS Skills 3	2	8:21AM	8:36AM	8:39 AM	8:39 AM	8:49 AM	8:59AM	10
Team Excel - SYS Skills 3	3	8:31AM	8:46AM	8:49 AM	8:49 AM	8:59 AM	9:09AM	10
Icing on the Cape - SYS Skills 2	4	8:41AM	8:56AM	8:59 AM	8:59 AM	9:09 AM	9:19AM	10
Island Waves SYS Skills 1	5	8:51AM	9:06AM	9:09 AM	9:09 AM	9:19 AM	9:29AM	10
DRY CUT/ICE MAKE					9:19 AM	9:49 AM	5:12AM	30

	National Anthem and announce officials				9:49 AM	9:55 AM		6
		End Competition				12:00 AM		