



Winter Blizzard

Practice ice will be available to all competitors on a first come basis Sunday, January 15
 \$6.00 per 20 minutes - Skaters must register and pay by credit card in advance -
 No Refunds or Cancellations
 Times Available 7:00am-7:20am
 Times Available 7:25am-7:45am
 This is an individual warm up!

Unfortunately, no program music will be permitted to be played during this practice time.

To register, please call Iris or Kerry at 847-674-1510 Mon-Fri 9am-6pm

When there are groupings of 3 or more within a level, coaches may email Kerry Murphy at kmmurphy@skokieparks.org or Jenni Zambrano at [jazambrano@skokieparks.org](mailto:jzambrano@skokieparks.org) for further information. Please no parents, only coaches.

Sunday, January 15, 2017 Main Rink **All times listed are for warm-up**

8:00am	Preliminary Test Track/Well Balanced Compulsory	Group A
	Preliminary Test Track/Well Balanced Compulsory	Group B
	Pre-Preliminary Test Track/Well Balanced Compulsory	Group A
	Pre-Preliminary Test Track/Well Balanced Compulsory	Group B
8:22am	No Test Test Track/Well Balanced Compulsory	Group A
	No Test Test Track/Well Balanced Compulsory	Group B
	High Beginner Test Track Compulsory	Group A
	High Beginner Test Track Compulsory	Group B
	Beginner Test Track Compulsory	
8:40am	Preliminary Test Track Program	
	Preliminary Well Balanced Program	Group A
	Preliminary Well Balanced Program	Group B
9:09am	Preliminary Well Balanced Program	Group C
	Pre-Preliminary Test Track Program	Group A
	Pre-Preliminary Test Track Program	Group B
9:33am	Pre-Preliminary Well Balanced Program	Group A
	Pre-Preliminary Well Balanced Program	Group B
9:59am	Pre-Preliminary Well Balanced Program	Group C
	Pre-Preliminary Well Balanced Program	Group D
10:23am	RESURFACE	
10:38am	No Test Well Balanced Program	Group A
11:02am	No Test Well Balanced Program	Group B
	No Test Well Balanced Program	Group C
11:26am	High Beginner Test Track Program	Group A
	High Beginner Test Track Program	Group B
11:50am	High Beginner Test Track Program	Group C
	Beginner Test Track Program	



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Sunday, January 15, 2017 Main Rink (cont'd) All times listed are for warm-up

12:12pm	Bronze Interpretive Silver Interpretive Gold Interpretive Gold Interpretive	Group A Group B
12:41pm	Adult Individual Showcase Level D Free Skate 1 & 2 Spins Free Skate 4 & High Beginner Spins Preliminary Spins Free Skate 5 & Pre-Preliminary Spins	
12:57pm	Adult Bronze Program Adult Basic 6 Program	
1:07pm	RESURFACE	
1:22pm	Group Showcase Level A Free Skate 4 Jumps High Beginner Jumps No Test Jumps Preliminary Jumps Pre-Preliminary Jumps	
1:40pm	Intro to Free Skate Program Pre Free Skate Program Pre Free Skate Program	Group A Group B
2:09pm	Pre Free Skate Program Pre Free Skate Program	Group C Group D
2:33pm	Free Skate 1 Program Free Skate 1 Program	Group A Group B
2:59pm	Free Skate 1 Program Free Skate 1 Program Free Skate 1 Program	Group C Group D Group E
3:32pm	Individual Showcase Level B Individual Showcase Level C Individual Showcase Level D Group Showcase Level B	
3:52pm	RESURFACE	
4:07pm	Free Skate 2 Program Free Skate 2 Program	Group A Group B
4:36pm	Free Skate 3 Program Free Skate 3 Program Free Skate 3 Program	Group A Group B Group C



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5:07pm	Free Skate 4 Program	Group A
	Free Skate 4 Program	Group B
	Free Skate 4 Program	Group C
5:38pm	RESURFACE	
5:48pm	Free Skate 5 Program	Group A
	Free Skate 5 Program	Group B
6:05pm	Free Skate 5 Program	Group C
	Free Skate 5 Program	Group D
6:37pm	Free Skate 6 Program	Group A
	Free Skate 6 Program	Group B
6:59pm	Pre Free Skate & Free Skate 1 Interpretive	
	Free Skate 2 & 3 Interpretive	
	Free Skate 4 Interpretive	
7:39pm	Free Skate 5 Interpretive	Group A
	Free Skate 5 Interpretive	Group B
8:02pm	RESURFACE	
8:12pm	Free Skate 6 Compulsory	
8:28pm	Free Skate 5 Compulsory	Group A
	Free Skate 5 Compulsory	Group B
9:00pm	END	