



GAUTENG INTERPROVINCIAL 2021

UNOFFICIAL PRACTICE SATURDAY 17 APRIL 2021

SESSION 1 05H15 TILL 06H15	R 100	Each
DANIELLE LODEWYK	Barbie Hawkes	
ELLA HAWKES	Barbie Hawkes	
ZARA JONES	Lisa Stigant	
YLARA ESAU-SALIE	Lisa Stigant	
NIC VD VYJVER	Lisa Stigant	
LUKE EVANS	Dean Fox	
MADISON MAXWELL	Dean Fox	
STEPHEN NELL	Dantin Broodryk	
EVAN WRENSCH	Dantin Broodryk	
JAIDA NG	Vage Evetts	
MIA THOMSON	Megan Allely	
SESSION 2 06H15 TILL 07H15	R 100	Each
FELICITY CHASE	Barbie Hawkes	
STELLA BEEK	Barbie Hawkes	
SASKIA MATHEE	Lisa Stigant	
MIANDRI KORF	Lisa Stigant	
JEMMA LAMPEL	Lisa Stigant	
CHRISTOPHER JONES	Lisa Stigant	
AIMEE GIBBONS	Dean Fox	
ZIANI VD MERWE	Dean Fox	
BROOKE LOADER	Dean Fox	
HAYLEY RAE THOMSON	Nathan Bashkier	

This is a proposed Unofficial Practice schedule

Please feel free to swop YOUR skaters around but keep the numbers the same

Can coaches please collect the R100 patch fee for all their skaters and pay to Dino.

He has been invoiced for this ice so is responsible for these funds

These names have all reserved this ice time and should anyone not arrive

The R100 fee will still be due.



GAUTENG INTERPROVINCIAL 2021**OFFICIAL PRACTICE SATURDAY 17 APRIL 2021**

SESSION 1 07H15 TILL 07H45		(30 MIN)
6 min warm up		
Bronze Open Solo Dance	1	
Silver Open Solo Dance	1	
Gold Open Solo Dance	3	
Bronze Open Couples Dance	2 couples	

GAUTENG INTERPROVINCIAL 2021**OFFICIAL PRACTICE SUNDAY 18 APRIL 2021**

SESSION 1 05H00 TILL 05H20	{6}	(20 MIN)
6 min warm up		
Pre Novice Component	Draw order 1 -6	
SESSION 2 05H20 TILL 05H40	{6}	(20 MIN)
6 min warm up		
Pre Novice Component	Draw order 7 -12	
SESSION 3 05H40 TILL 06H10	{7}	(30 MIN)
6 min warm up		
Juvenile girls	Draw Order 1 -7	
SESSION 4 06H10 TILL 06H40	{7}	(30 MIN)
6 min warm up		
Juvenile girls	Draw Order 8 -14	
SESSION 5 06H40 TILL 07H10	{7}	(30 MIN)
6 min warm up		
Novice Boy Short	Draw Order 8 -14	
Novice Girls Short	Draw Order 1 - 6	
SESSION 6 07H10 TILL 07H40	{6}	(30 MIN)
6 min warm up		
Novice Girls Short	Draw Order 7 - 12	
SESSION 7 07H40 TILL 08H10	{5}	(30 MIN)
6 min warm up		
Junior Ladies Short	Draw Order 1 - 5	
SESSION 8 08H10 TILL 08H40	{5}	(30 MIN)
6 min warm up		
Junior Ladies Short	Draw Order 6 - 10	
SESSION 9 08H40 TILL 09H10	{6}	(30 MIN)
6 min warm up		
Junior Men Short	Draw Order 1 - 2	
Senior Ladies Short	Draw Order 1 - 2	
Senior Men Short	Draw Order 1 - 2	
RESURFACE AND DRY FOR COMP 09H10 TILL 09H45		



GAUTENG INTERPROVINCIAL 2021**OFFICIAL PRACTICE MONDAY 19 APRIL 2021**

SESSION 1 06H00 TILL 06H30	{6}	(30 MIN)
6 min warm up		
Silver Falcons Girls Silver Falcons Boy	Draw order 1 -5 Draw order 1	
SESSION 2 06H30 TILL 07H00	{6}	(30 MIN)
6 min warm up		
Sparrows Girls Bronze Hawks Girls	Draw order 1 -2 Draw order 1 -4	
SESSION 3 07H00 TILL 07H30	{6}	(30 MIN)
6 min warm up		
Golden Eagles Ladies Golden Eagles Man	Draw order 1 -5 Draw order 1	
SESSION 4 07H30 TILL 08H00	{6}	(30 MIN)
6 min warm up		
Pre Novice Girls Free	Draw Order 1 - 6	
SESSION 5 08H00 TILL 08H30	{6}	(30 MIN)
6 min warm up		
Pre Novice Girls Free	Draw Order 7 - 12	

RESURFACE 08H30 TILL 09H00**(30 MIN)**

SESSION 6 09h00 TILL 09H35	{7}	(35 MIN)
6 min warm up		
Novice Girls Free Novice Boy Free	Draw Order 1 - 6 Draw Order 1	
SESSION 7 09H35 TILL 10H10	{6}	(35 MIN)
6 min warm up		
Novice Girls Free	Draw Order 7 - 12	

RESURFACE 10H10 TILL 10H40**(30 MIN)**

SESSION 8 10H40 TILL 11H15	{5}	(35 MIN)
6 min warm up		
Junior Ladies Free	Draw Order 1 - 5	
SESSION 9 11H15 TILL 11H50	{5}	(35 MIN)
6 min warm up		
Junior Ladies Free	Draw Order 6 - 10	
SESSION 10 11H50 TILL 12H30	{6}	(40 MIN)
6 min warm up		
Junior Men Free Senior Ladies Free Senior Men Free	Draw Order 1 - 2 Draw Order 1 - 2 Draw Order 1 - 2	

SESSION 11 12h30 TILL 13H00	{1}	(30 MIN)
6 min warm up		
Mixed age Synchro	Team 1	
RESURFACE AND DRY FOR COMP 13H00 TILL 13H30		

