



SA NATIONALS 2021 OFFICIAL PRACTICE SCHEDULE

UNOFFICIAL PRACTICE - DAY 1

COMPETITION: SA NATIONALS 2021		UNOFFICIAL PRACTICE SCHEDULE					SUNDAY, 6TH JUNE 2021			
SECTION	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	EXTRA TIME	TOTAL WARMUP	SKATING TIME	ON/OFF TIME	TOTAL TIME	START TIME	END TIME
OFFICIAL PRACTICE				00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	05:00	05:00
1) Juvenile [C] 5 / Juvenile [HP] - 1-5	10	00:02:40	00:05:00	00:03:20	00:05:00	00:26:40	00:00:00	00:35:00	05:00	05:35
2) Juvenile [HP] - 6 -12/ Juv and P nov Boys	10	00:02:40	00:05:00	00:03:20	00:05:00	00:26:40	00:00:00	00:35:00	05:35	06:10
3) P Novice Girls [C] / P Nov Girls [HP] 1-4	10	00:02:40	00:05:00	00:03:20	00:05:00	00:26:40	00:00:00	00:35:00	06:10	06:45
4) P Novice G [HP] 5 -14	10	00:02:40	00:05:00	00:03:20	00:05:00	00:26:40	00:00:00	00:35:00	06:45	07:20
5) Mixed Age Synchro - Team In Sync	1			00:35:00	00:00:00	00:00:00	00:00:00	00:35:00	07:20	07:55
6) Novice Synchro - Team Crystal Stars	1			00:35:00	00:00:00	00:00:00	00:00:00	00:35:00	07:55	08:30

COMPETITION: SA NATIONALS 2021		OFFICIAL PRACTICE SCHEDULE					SUNDAY, 6TH JUNE 2021			
SECTION	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	EXTRA TIME	TOTAL WARMUP	SKATING TIME	ON/OFF TIME	TOTAL TIME	START TIME	END TIME
Junior Opening Ceremony and draw				00:50:00	00:00:00	00:00:00	00:00:00	00:50:00	17:00	17:50
Senior Opening Ceremony and draw				00:50:00	00:00:00	00:20:00	00:00:00	01:10:00	17:50	19:00
RESURFACE				00:30:00	00:00:00	00:00:00	00:00:00	00:30:00	19:00	19:30
7) Novice Girls (1-7)	7	00:03:00	00:05:00	00:04:00	00:05:00	00:21:00	00:00:00	00:30:00	19:30	20:00
8) Novice Girls (8-12) / Nov Boys	7	00:03:00	00:05:00	00:04:00	00:05:00	00:21:00	00:00:00	00:30:00	20:00	20:30
9) Junior Ladies (1-6)	6	00:03:10	00:06:00	00:05:00	00:06:00	00:19:00	00:00:00	00:30:00	20:30	21:00
10) Junior Ladies (7-10) / Jnr Man	5	00:03:10	00:06:00	00:08:10	00:06:00	00:15:50	00:00:00	00:30:00	21:00	21:30
11) Senior Ladies and Men	4	00:04:00	00:06:00	00:08:00	00:06:00	00:16:00	00:00:00	00:30:00	21:30	22:00

Group 1 - 05h00 - 05h35				Group 5 - 07h25 - 07h55			
1. GRUN	Ava	GN	Yolande Giering	1. Team	In Sync	CG	Dino Quattrocecere
2. LOADER	Brooke	KZN	Dean Fox	Group 6 - 07H55 - 08H30			
3. MEYER	Charlotte	GN	Yolande Giering	1. Team	Crystal Stars	WP	Tiana Stanton
4. MURRAY	Renee	GN	Yolande Giering	EVENING SESSION OFFICIAL PRACTICE			
5. VAN AS	Tamika	WP	Vage Evetts	Group 7 - 19h30 - 20h00			
6. BEUSCHEL	Taylor	CG	Dino Quattrocecere	1. BEEK	Stella	WP	Barbara Anne Hawkes
7. COETZEE	Elmary	GN	Yolande Giering	2. DU PLESSIS	Mathilda	GN	Yolande Giering
8. HALBE	Anastasia	GN	Lejeanne Hennessy	3. GOODALL	Kirsty	CG	Dino Quattrocecere
9. KAMEL	Layla	CG	Nadia Snyman	4. HAWKES	Ella	WP	Barbara Anne Hawkes
10. KEENAN	Ava	GN	Susan Marais	5. JONES	Zara	WP	Lisa Stigant
Group 2 - 05h35 - 06h10				6. LANGA	Tholakele	CG	Dino Quattrocecere
1. KORF	Miandri	WP	Lisa Stigant	7. MACLARE	India	CG	Taryn Nicholls
2. ROSSEAU	Taytum	GN	Susan Marais	Group 8 - 20h00 - 20h30			
3. SNYMAN	Leah	GN	Susan Marais	1. MASTERS	Christine	CG	Taryn Nicholls
4. STRYDOM	Annabelle	GN	Lejeanne Hennessy	2. NAVARRO BRITO	Maria	WP	Megan Painczyk
5. VAN DER MERWE	Ziani	KZN	Dean Fox	3. NG	Jaida	WP	Vage Evetts
6. VON BENECKE	Skyla	GN	Yolande Giering	4. THOMSON	Hayley Rae	WP	Nathan Bashkier
7. WILSON	Nikita	WP	Vage Evetts	5. WATERSTON	Chloe	GN	Konrad Giering
8. JONES	Andrew	WP	Lisa Stigant	6. JONES	Christopher	WP	Lisa Stigant
9. AJAM	Lukah	WP	Tiana Stanton	7. KOCK	Cody	WP	Vage Evetts
10. WILSON	Jonathan	WP	Nathan Bashkier	Group 9 - 20h30 - 21h00			
Group 3 - 06h10 - 06h45				1. ALEXANDROVA	Elena	CG	Dino Quattrocecere
1. CHIANG	Joy	GN	Susan Marais	2. ESAU SALIE	Ylara	WP	Lisa Stigant
2. CORNELIUS	Zahraa	WP	Tiana Stanton	3. EMOND	Keva	WP	Megan Paiczky
3. DU PLESSIS	Caylie-Jane	WP	Lisa Stigant	4. GLATTER	Donatella	GN	Susan Marais
4. JARVIS	Jade	WP	Tiana Stanton	5. ISAACS	Gian Quen	WP	Megan Painczyk
5. MAXWELL	Madison	KZN	Heather Ashley	6. TANCRFEL	Meagan	KZN	Heather Ashley
6. VIJJOEN	Amber	GN	Lejeanne Hennessy	Group 10 - 21h00 - 21h30			
7. BERGH	Nadia	GN	Susan Marais	1. THOMSON	Mia	WP	Megan Painczyk
8. BOTHA	Teagan	WP	Lisa Stigant	2. TIMMERMAN	Megan	GN	Susan Marais
9. CHASE	Felicity	WP	Barbara Anne Hawkes	3. VENTER	Melissa	GN	Lejeanne Hennessy
10. DANIELS	Summer	WP	Vage Evetts	4. WALKER	Emma	WP	Megan Painczyk
Group 4 - 06h45 - 07h25				5. VAN DE VIJVER	Nicolas	WP	Lisa Stigant
1. HARRIS	Cleo	WP	Barbara Anne Hawkes	Group 11 - 21h30 - 22h00			
2. HENDRIKS	Cheyenne	WP	Lisa Stigant	1. WINSTANLEY	Kathryn	WP	Megan Painczyk
3. JOHNSON	Emma	WP	Megan Painczyk	2. SAMUELS	Matthew	WP	Megan Painczyk
4. LAMPEL	Jemma	WP	Lisa Stigant	3. SANGO	Sinali	WP	Megan Painczyk
5. LEVIEN	Jessica	CG	Taryn Nicholls	4. WRENSCH	Evan	CG	Dantin Broodryk
6. MATHEE	Saskia	WP	Lisa Stigant				
7. NOVEMBER	Aurian	WP	Tiana Stanton				
8. SCHMULIAN	Tristané	GN	Lejeanne Hennessy				
9. WELGEMOED	Mia	CG	Dino Quattrocecere				
10. YU	Shan Tong	WP	Barbara Anne Hawkes				



SA NATIONALS 2021 OFFICIAL PRACTICE SCHEDULE

OFFICIAL PRACTICE - DAY 2

COMPETITION: SA NATIONALS 2021	PRACTICE SCHEDULE MONDAY, 7TH JUNE 2021									
SECTION	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	EXTRA TIME	TOTAL WARMUP	SKATING TIME	ON/OFF TIME	TOTAL TIME	START TIME	END TIME
Practice Day 2					00:00:00	00:00:00	00:00:00	00:00:00	05:30	05:30
{C} / Pre Novice Girls Component (1-6)	6	00:01:40	00:05:00	00:05:00	00:05:00	00:10:00	00:00:00	00:20:00	05:30	05:50
{HP} / Pre Novice Girls / Component (1-7)	7	00:01:40	00:05:00	00:03:20	00:05:00	00:11:40	00:00:00	00:20:00	05:50	06:10
{HP} / Pre Novice Girls / Component (8-14)	7	00:01:40	00:05:00	00:03:20	00:05:00	00:11:40	00:00:00	00:20:00	06:10	06:30
{C&HP} Pre Novice Boys / Novice Boys Short	4	00:02:30	00:05:00	00:10:00	00:05:00	00:10:00	00:00:00	00:25:00	06:30	06:55
{C} / Juvenile Girls Free (1-5)	5	00:02:30	00:05:00	00:07:30	00:05:00	00:12:30	00:00:00	00:25:00	06:55	07:20
RESURFACE				00:30:00				00:30:00	07:20	07:50
Novice Girls / Short / (1-6)	6	00:02:40	00:06:00	00:03:00	00:06:00	00:16:00	00:00:00	00:25:00	07:50	08:15
Novice Girls / Short / (7-12)	6	00:02:40	00:06:00	00:03:00	00:06:00	00:16:00	00:00:00	00:25:00	08:15	08:40
Novice Synchro - Team Crystal Stars	1	00:30:00		00:00:00	00:00:00	00:30:00	00:00:00	00:30:00	08:40	09:10
RESURFACE				00:30:00				00:30:00	09:10	09:40
Junior Ladies / Short / (1-5)	5	00:02:50	00:06:00	00:04:50	00:06:00	00:14:10	00:00:00	00:25:00	09:40	10:05
Junior Ladies / Short / (6-10)	5	00:02:50	00:06:00	00:04:50	00:06:00	00:14:10	00:00:00	00:25:00	10:05	10:30
Junior Men /Senior Ladies / Senior Men -	5	00:02:50	00:06:00	00:04:50	00:06:00	00:14:10	00:00:00	00:25:00	10:30	10:55
Mixed Age Synchro - Team In Sync	1	00:30:00		00:00:00	00:00:00	00:30:00	00:00:00	00:30:00	10:55	11:25
RESURFACE				00:30:00				00:30:00	10:55	11:25
{HP} Juvenile Boy / Juvenile Girls / Free / (1-6)	7	00:02:30	00:05:00	00:02:30	00:05:00	00:17:30	00:00:00	00:25:00	11:25	11:50
{HP} Juvenile Girls / Free / (7-12)	6	00:02:30	00:05:00	00:05:00	00:05:00	00:15:00	00:00:00	00:25:00	11:50	12:15
RESURFACE AND DRY FOR COMPETITION				00:45:00	00:00:00	00:00:00	00:00:00	00:45:00	12:15	13:00



SA NATIONALS 2021 OFFICIAL PRACTICE SCHEDULE

OFFICIAL PRACTICE - DAY 3

COMPETITION: SA NATIONALS 2021	PRACTICE SCHEDULE TUESDAY, 8TH JUNE 2021									
SECTION	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	EXTRA TIME	TOTAL WARMUP	SKATING TIME	ON/OFF TIME	TOTAL TIME	START TIME	END TIME
Practice Day 3				00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	05:00	05:00
{HP} - Juvenile Girls - Free - (1-6)	6	00:02:30	00:05:00	00:05:00	00:05:00	00:15:00	00:00:00	00:25:00	05:00	05:25
{HP} - Juvenile Girls - (7-12) and Juve boy	7	00:02:30	00:05:00	00:02:30	00:05:00	00:17:30	00:00:00	00:25:00	05:25	05:50
{C} - Pre Novice Girls - Free - (1-6)	6	00:02:40	00:05:00	00:04:00	00:05:00	00:16:00	00:00:00	00:25:00	05:50	06:15
{HP} - Pre Novice Girls - Free - (1-7)	7	00:02:40	00:05:00	00:06:20	00:05:00	00:18:40	00:00:00	00:30:00	06:15	06:45
{HP} - Pre Novice Girls - Free - (8 - 14)	7	00:02:40	00:05:00	00:06:20	00:05:00	00:18:40	00:00:00	00:30:00	06:45	07:15
RESURFACE				00:25:00				00:25:00	07:15	07:40
Pre Novice Boys and Novice Boys - Free	4	00:03:10	00:06:00	00:11:20	00:06:00	00:12:40	00:00:00	00:30:00	07:40	08:10
Novice Girls - Free - (1 - 6)	6	00:03:10	00:06:00	00:05:00	00:06:00	00:19:00	00:00:00	00:30:00	08:10	08:40
Novice Girls - Free - (8 - 12)	6	00:03:10	00:06:00	00:05:00	00:06:00	00:19:00	00:00:00	00:30:00	08:40	09:10
RESURFACE				00:25:00				00:25:00	09:10	09:35
Junior Ladies - Free - (1 - 5)	5	00:03:40	00:06:00	00:05:40	00:06:00	00:18:20	00:00:00	00:30:00	09:35	10:05
Junior Ladies - Free - (6 - 10)	5	00:03:40	00:06:00	00:05:40	00:06:00	00:18:20	00:00:00	00:30:00	10:05	10:35
Junior Men /Senior Ladies / Senior Men	5	00:04:10	00:06:00	00:03:10	00:06:00	00:20:50	00:00:00	00:30:00	10:35	11:05
Novice Synchro - Team Crystal Stars	1			00:15:00	00:00:00	00:00:00	00:00:00	00:15:00	11:05	11:20
Mixed Age Synchro - Team In Sync	1			00:15:00	00:00:00	00:00:00	00:00:00	00:15:00	11:20	11:35
RESURFACE AND DRY FOR COMPETITION				00:35:00				00:35:00	11:35	12:10