



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