



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