

Event	Spins & Spirals	Start Time	# of Competitors	Warm Up Times
	CanSkate Challenge Elements (Section A)			
1	Stage 4 Flight 1	9:00am	6	3
2	Stage 4 Flight 2	9:00am	6	3
3	Stage 4 Flight 3	9:30am	5	3
4	Stage 5 Flight 1	10:00am	6	3
5	Stage 5 Flight 2	10:00am	6	3
7	Stage 6 (Figure) Flight 1	10:30am	6	3
8	Stage 6 (Figure) Flight 2	10:30am	5	3
9	Stage 6 (Figure) Flight 3	11:00am	5	3
	FLOOD (20 mins)	11:30am		
	CanSkate Individual Elements (Section B)			
10	Stage 4 Flight 1	11:50am	6	3
11	Stage 4 Flight 2	11:50am	5	3
12	Stage 5 Flight 1	12:15pm	6	3
13	Stage 5 Flight 2	12:15pm	5	3
14	Stage 6 Flight 1	12:40pm	5	3
15	Stage 6 Flight 2	12:40pm	5	3
16	Stage 6 Flight 3	1:05pm	4	3
17	Introductory Flight 1	1:05pm	6	3
18	Introductory Flight 2	1:30pm	5	3
19	Introductory Flight 3	1:30pm	5	3
	FLOOD (20 mins)	1:50pm		
	CanSkate Program Format Elements			
20	Stage 4	2:10pm	7	3
21	Stage 5	2:25pm	6	3
22	Stage 6 Flight 1	2:35pm	6	3
23	Stage 6 Flight 2	2:45pm	6	3
24	Introductory A	2:55pm	5	3
25	Introductory B Flight 1	3:05pm	6	3
26	Introductory B Flight 2	3:15pm	5	3
	FLOOD (20 mins)	3:25pm		
	CanSkate Team Elements			
27	Stage 4 Team	3:45pm	6	1 lap & element
28	Stage 5 Team	4:05pm	4	1 lap & element
29	Stage 6 Team	4:20pm	3	1 lap & element
30	Introductory "A" Team B	4:35pm	5	1 lap & element
	END	5:00pm		