



SECTIONAL SERIES #1  
JULY EVENT

JULY 20-23, 2023 • OTTAWA, ONTARIO

BOB MACQUARRIE RECREATION COMPLEX

*As of \*July 17, 2023\* - subject to change*

THURSDAY, JULY 20, 2023

START	END	RINK 1 - SENECA	START	END	RINK 2 - MANLEY
			8:00:00 AM	9:15:00 AM	JUNIOR WOMEN SHORT GP1
			<b>9:15:00 AM</b>	<b>9:30:00 AM</b>	<b>FLOOD</b>
			9:30:00 AM	11:00:00 AM	JUNIOR WOMEN SHORT GP2
			<b>11:00:00 AM</b>	<b>11:15:00 AM</b>	<b>FLOOD</b>
			11:15:00 AM	12:30:00 PM	NOVICE WOMEN SHORT GP1
			<b>12:30:00 PM</b>	<b>12:45:00 PM</b>	<b>FLOOD</b>
			12:45:00 PM	2:00:00 PM	NOVICE WOMEN SHORT GP2
			<b>2:00:00 PM</b>	<b>2:15:00 PM</b>	<b>FLOOD</b>
			2:15:00 PM	3:05:00 PM	PRE NOVICE MEN SHORT
			3:05:00 PM	4:00:00 PM	NOVICE MEN SHORT
			4:00:00 PM	4:20:00 PM	SENIOR MEN SHORT
			<b>4:20:00 PM</b>	<b>4:35:00 PM</b>	<b>FLOOD</b>
			4:35:00 PM	5:15:00 PM	JUNIOR MEN SHORT
			5:15:00 PM	5:30:00 PM	STAR 7 012 MEN (2) & STAR 7 U12 MEN (1)
			5:30:00 PM	6:10:00 PM	STAR 7 U12 WOMEN
			<b>6:10:00 PM</b>	<b>6:25:00 PM</b>	<b>FLOOD</b>
			6:25:00 PM	8:00:00 PM	SENIOR WOMEN SHORT GP1
			<b>8:00:00 PM</b>	<b>8:15:00 PM</b>	<b>FLOOD</b>
			8:15:00 PM	9:50:00 PM	SENIOR WOMEN SHORT GP2
			<b>9:50:00 PM</b>		<b>Good Night</b>

FRIDAY, JULY 21, 2023

START	END	RINK 1 - SENECA	START	END	RINK 2 - MANLEY
8:00:00 AM	9:20:00 AM	PRE JUVENILE U13 WOMEN	8:00:00 AM	8:20:00 AM	JUVENILE PATTERN DANCE
<b>9:20:00 AM</b>	<b>9:35:00 AM</b>	<b>FLOOD</b>	8:20:00 AM	8:50:00 AM	PRE NOVICE PATTERN DANCE
9:35:00 AM	11:00:00 AM	PRE JUVENILE U11 WOMEN	8:50:00 AM	9:15:00 AM	PRE NOVICE PAIRS SHORT (3) & NOVICE PAIR SHORT (1)
<b>11:00:00 AM</b>	<b>11:15:00 AM</b>	<b>FLOOD</b>	9:15:00 AM	9:35:00 AM	JUNIOR PAIR SHORT
11:15:00 AM	12:30:00 PM	JUVENILE WOMEN U14	<b>9:35:00 AM</b>	<b>9:50:00 AM</b>	<b>FLOOD</b>
12:30:00 PM	1:30:00 PM	JUVENILE WOMEN U12	9:50:00 AM	10:10:00 AM	SENIOR PAIR SHORT
<b>1:30:00 PM</b>	<b>1:45:00 PM</b>	<b>FLOOD</b>	10:10:00 AM	11:10:00 AM	NOVICE MEN FREE
1:45:00 PM	2:30:00 PM	PRE NOVICE MEN FREE	<b>11:10:00 AM</b>	<b>11:30:00 AM</b>	<b>FLOOD</b>
2:30:00 PM	3:50:00 PM	JUNIOR WOMEN FREE GP1	11:30:00 AM	12:35:00 PM	PRE NOVICE WOMEN SHORT GP1

**3:50:00 PM** **4:05:00 PM**  
 4:05:00 PM 5:30:00 PM  
**5:30:00 PM** **5:45:00 PM**  
 5:45:00 PM 7:00:00 PM  
**7:00:00 PM** **7:15:00 PM**  
 7:15:00 PM 8:45:00 PM  
**8:45:00 PM** **9:00:00 PM**  
 9:45:00 PM 10:20:00 PM  
**10:20:00 PM**

**FLOOD**  
 JUNIOR WOMEN FREE GP2  
**FLOOD**  
 PRE NOVICE WOMEN SHORT GP3  
**FLOOD**  
 NOVICE WOMEN FREE GP1  
**FLOOD**  
 NOVICE WOMEN FREE GP2  
**Good Night**

**12:35:00 PM** **12:50:00 PM**  
 12:50:00 PM 1:25:00 PM  
 1:25:00 PM 2:45:00 PM  
**2:45:00 PM** **3:00:00 PM**  
 3:00:00 PM 4:05:00 PM  
**4:05:00 PM** **4:20:00 PM**  
 4:20:00 PM 4:55:00 PM  
 4:55:00 PM 5:25:00 PM  
**5:25:00 PM** **5:40:00 PM**  
 5:40:00 PM 6:10:00 PM  
**6:10:00 PM** **6:25:00 PM**  
 6:25:00 PM 8:10:00 PM  
**8:10:00 PM** **8:25:00 PM**  
 8:25:00 PM 10:10:00 PM  
**10:10:00 PM**

**FLOOD**  
 NOVICE PATTERN DANCE  
 JUNIOR RHYTHM DANCE  
**FLOOD**  
 PRE NOVICE WOMEN SHORT GP2  
**FLOOD**  
 JUNIOR MEN FREE  
 SENIOR MEN FREE  
**FLOOD**  
 SENIOR RHYTHM DANCE  
**FLOOD**  
 SENIOR WOMEN FREE GP1  
**FLOOD**  
 SENIOR WOMEN FREE GP2  
**Good Night**

**SATURDAY, JULY 22, 2023**

START	END	RINK 1 - SENECA	START	END	RINK 2 - MANLEY NEXT GEN
8:00:00 AM	10:05:00 AM	STAR 6 WOMEN	6:45:00 AM	7:15:00 AM	JUNIOR WOMEN SHORT PRACTICE
<b>10:05:00 AM</b>	<b>10:20:00 AM</b>	<b>FLOOD</b>	<b>7:15:00 AM</b>	<b>7:30:00 AM</b>	<b>FLOOD</b>
10:20:00 AM	10:35:00 AM	PRE NOVICE FREE DANCE	7:30:00 AM	8:00:00 AM	JUNIOR WOMEN SHORT PRACTICE
10:35:00 AM	11:05:00 AM	NOVICE FREE DANCE	8:00:00 AM	8:30:00 AM	JUNIOR WOMEN SHORT PRACTICE
11:05:00 AM	11:20:00 AM	PRE NOVICE PAIR FREE	<b>8:30:00 AM</b>	<b>8:45:00 AM</b>	<b>FLOOD</b>
11:20:00 AM	11:40:00 AM	NOVICE PAIR FREE	8:45:00 AM	9:15:00 AM	JUNIOR PAIR SHORT PRACTICE
11:40:00 AM	12:00:00 AM	JUNIOR PAIR FREE	9:15:00 AM	9:45:00 AM	JUNIOR PAIR SHORT PRACTICE
<b>12:00:00 PM</b>	<b>12:15:00 PM</b>	<b>FLOOD</b>	<b>9:45:00 AM</b>	<b>10:00:00 AM</b>	<b>FLOOD</b>
12:15:00 PM	12:35:00 PM	STAR 6 MEN (2) & PRE JUVENILE MEN U13 (1)	10:00:00 AM	10:30:00 AM	JUNIOR RHYTHM DANCE PRACTICE
12:35:00 PM	1:15:00 PM	STAR 8 MEN & JUVENILE MEN U14 (5)	10:30:00 AM	11:00:00 PM	JUNIOR RHYTHM DANCE PRACTICE
1:15:00 PM	1:40:00 PM	STAR 10 WOMEN (2) & GOLD WOMEN (2)	<b>11:00:00 PM</b>	<b>11:15:00 AM</b>	<b>FLOOD</b>
1:40:00 PM	2:05:00 PM	STAR 8 WOMEN	11:15:00 AM	11:45:00 AM	JUNIOR MEN PRACTICE
<b>2:05:00 PM</b>	<b>2:20:00 PM</b>	<b>FLOOD</b>	11:45:00 AM	12:15:00 PM	JUNIOR MEN PRACTICE
2:20:00 PM	3:40:00 PM	PRE NOVICE WOMEN FREE GP1	<b>12:15:00 PM</b>	<b>12:45:00 PM</b>	<b>FLOOD &amp; BREAK</b>
<b>3:40:00 PM</b>	<b>3:55:00 PM</b>	<b>FLOOD</b>			<b>COMPETITION</b>
3:55:00 PM	5:15:00 PM	PRE NOVICE WOMEN FREE GP2	12:45:00 PM	2:50:00 PM	<b>JUNIOR WOMEN SHORT</b>
<b>5:15:00 PM</b>	<b>5:30:00 PM</b>	<b>FLOOD</b>	<b>2:50:00 PM</b>	<b>3:15:00 PM</b>	<b>FLOOD</b>
5:30:00 PM	6:50:00 PM	PRE NOVICE WOMEN FREE GP3	3:15:00 PM	4:10:00 PM	<b>JUNIOR PAIR SHORT</b>
<b>6:50:00 PM</b>	<b>7:05:00 PM</b>	<b>FLOOD</b>	<b>4:10:00 PM</b>	<b>4:35:00 PM</b>	<b>FLOOD &amp; BREAK</b>
7:05:00 PM	8:15:00 PM	STAR 7 O12 WOMEN	4:35:00 PM	5:50:00 PM	<b>JUNIOR RHYTHM DANCE</b>
8:15:00 PM	8:45:00 PM	STAR 9 O14 WOMEN	<b>5:50:00 PM</b>	<b>6:20:00 PM</b>	<b>FLOOD &amp; BREAK</b>
8:45:00 PM	9:15:00 PM	STAR 9 U14 WOMEN	6:20:00 PM	8:00:00 PM	<b>JUNIOR MEN SHORT</b>
<b>9:15:00 PM</b>		<b>Good Night</b>	<b>8:00:00 PM</b>	<b>8:15:00 PM</b>	<b>FLOOD</b>
			8:15:00 PM	9:40:00 PM	JUNIOR FREE DANCE (Skate Ontario event)
			9:40:00 PM	10:10:00 PM	SENIOR FREE DANCE (Skate Ontario event)

**SUNDAY, JULY 23, 2023**

START	END	RINK 1 - SENECA NEXT GEN	START	END	RINK 2 - MANLEY NEXT GEN
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8:00:00 AM 8:30:00 AM  
8:30:00 AM 9:00:00 AM  
**9:00:00 AM 9:15:00 AM**  
9:15:00 AM 9:45:00 AM  
9:45:00 AM 10:15:00 AM  
**10:15:00 AM 10:30:00 AM**  
10:30:00 AM 11:05:00 AM  
11:05:00 AM 11:40:00 AM

JUNIOR PAIR FREE PRACTICE  
JUNIOR PAIR FREE PRACTICE  
**FLOOD**  
JUNIOR FREE DANCE PRACTICE  
JUNIOR FREE DANCE PRACTICE  
**FLOOD**  
JUNIOR MEN PRACTICE  
JUNIOR MEN PRACTICE

6:45:00 AM 7:15:00 AM  
**7:15:00 AM 7:30:00 AM**  
7:30:00 AM 8:00:00 AM  
8:00:00 AM 8:30:00 AM  
**8:30:00 AM 9:30:00 AM**  
  
9:30:00 AM 11:35:00 AM  
**11:35:00 AM 12:00:00 PM**  
12:00:00 PM 12:55:00 PM  
**12:55:00 PM 1:20:00 PM**  
1:20:00 PM 2:35:00 PM  
**2:35:00 PM 3:05:00 PM**  
3:05:00 PM 4:45:00 PM  
**4:45:00 PM**

JUNIOR WOMEN FREE PRACTICE  
**FLOOD**  
JUNIOR WOMEN FREE PRACTICE  
JUNIOR WOMEN FREE PRACTICE  
**FLOOD & BREAK**  
**COMPETITION**  
JUNIOR WOMEN FREE  
**FLOOD & BREAK**  
JUNIOR PAIR FREE  
**FLOOD**  
JUNIOR FREE DANCE  
**FLOOD & BREAK**  
JUNIOR MEN FREE  
**Good Night**