



SKATE ONTARIO SYNCHRO SERIES #1 - KINGSTON

December 8-10, 2023 • Leon's Centre, Kingston, Ontario

Schedule as of November 21 (subject to change)

SYNCHRO
SERIES

FRIDAY, DECEMBER 8, 2023

START	END	
9:00:00 AM	9:33:00 AM	OFFICIAL PRACTICE - INTERMEDIATE FREE PROGRAM (1-3)
9:33:00 AM	9:48:00 AM	FLOOD
9:48:00 AM	10:32:00 AM	OFFICIAL PRACTICE - INTERMEDIATE FREE PROGRAM (4-7)
10:32:00 AM	10:47:00 AM	FLOOD
10:47:00 AM	11:27:00 AM	OFFICIAL PRACTICE - NOVICE FREE PROGRAM (1-4)
11:27:00 AM	11:42:00 AM	FLOOD
11:42:00 AM	12:22:00 PM	OFFICIAL PRACTICE - NOVICE FREE PROGRAM (5-8)
12:22:00 PM	12:37:00 PM	FLOOD
12:37:00 PM	1:17:00 PM	OFFICIAL PRACTICE - JUNIOR SHORT PROGRAM (1-4)
1:17:00 PM	1:32:00 PM	FLOOD
1:32:00 PM	2:22:00 PM	OFFICIAL PRACTICE - JUNIOR SHORT PROGRAM (5-9)
2:22:00 PM	2:37:00 PM	FLOOD
2:37:00 PM	3:07:00 PM	OFFICIAL PRACTICE - ELITE 12 SHORT PROGRAM
3:07:00 PM	3:22:00 PM	FLOOD
3:22:00 PM	3:52:00 PM	OFFICIAL PRACTICE - SENIOR SHORT PROGRAM
3:52:00 PM	4:07:00 PM	FLOOD
4:07:00 PM	4:27:00 PM	INTERMEDIATE FREE PROGRAM 1 (1-3)
4:27:00 PM	4:42:00 PM	FLOOD
4:42:00 PM	5:10:00 PM	INTERMEDIATE FREE PROGRAM 1 (4-7)
5:10:00 PM	5:25:00 PM	FLOOD
5:25:00 PM	5:50:00 PM	NOVICE FREE PROGRAM 1 (1-4)
5:50:00 PM	6:05:00 PM	FLOOD
6:05:00 PM	6:37:00 PM	NOVICE FREE PROGRAM 1 (5-9)
6:37:00 PM	6:52:00 PM	FLOOD
6:52:00 PM	7:17:00 PM	JUNIOR SHORT PROGRAM (1-4)
7:17:00 PM	7:32:00 PM	FLOOD
7:32:00 PM	8:04:00 PM	JUNIOR SHORT PROGRAM (5-9)
8:04:00 PM	8:19:00 PM	FLOOD
8:19:00 PM	8:38:00 PM	ELITE 12 SHORT PROGRAM
8:38:00 PM	8:53:00 PM	FLOOD
8:53:00 PM	9:12:00 PM	SENIOR SHORT PROGRAM
9:12:00 PM		GOOD NIGHT!

SATURDAY, DECEMBER 9, 2023

START	END	
7:30:00 AM	8:42:00 AM	<i>OFFICIAL PRACTICE - OPEN FREE PROGRAM</i>
8:42:00 AM	8:57:00 AM	FLOOD
8:57:00 AM	9:41:00 AM	<i>OFFICIAL PRACTICE - JUNIOR FREE PROGRAM (1-4)</i>
9:41:00 AM	9:56:00 AM	FLOOD
9:56:00 AM	10:51:00 AM	<i>OFFICIAL PRACTICE - JUNIOR FREE PROGRAM (5-9)</i>
10:51:00 AM	11:06:00 AM	FLOOD
11:06:00 AM	11:42:00 AM	<i>OFFICIAL PRACTICE - ELITE 12 FREE PROGRAM</i>
11:42:00 AM	11:57:00 AM	FLOOD
11:57:00 AM	12:33:00 PM	<i>OFFICIAL PRACTICE - SENIOR FREE PROGRAM</i>
12:33:00 PM	12:48:00 PM	FLOOD
12:48:00 PM	1:17:00 PM	OPEN FREE PROGRAM 1
1:17:00 PM	1:32:00 PM	FLOOD
1:32:00 PM	1:58:00 PM	JUVENILE (STAR 6) FREE PROGRAM (1-4)
1:58:00 PM	2:13:00 PM	FLOOD
2:13:00 PM	2:38:00 PM	JUVENILE (STAR 6) FREE PROGRAM (5-8)
2:38:00 PM	2:53:00 PM	FLOOD
2:53:00 PM	3:25:00 PM	JUVENILE (STAR 6) FREE PROGRAM (9-13)
3:25:00 PM	3:40:00 PM	FLOOD
3:40:00 PM	4:01:00 PM	INTERMEDIATE FREE PROGRAM 2 (1-3)
4:01:00 PM	4:16:00 PM	FLOOD
4:16:00 PM	4:43:00 PM	INTERMEDIATE FREE PROGRAM 2 (4-7)
4:43:00 PM	4:58:00 PM	FLOOD
4:58:00 PM	5:24:00 PM	NOVICE FREE PROGRAM 2 (1-4)
5:24:00 PM	5:39:00 PM	FLOOD
5:39:00 PM	6:11:00 PM	NOVICE FREE PROGRAM 2 (5-9)
6:11:00 PM	6:26:00 PM	FLOOD
6:26:00 PM	6:53:00 PM	JUNIOR FREE PROGRAM (1-4)
6:53:00 PM	7:08:00 PM	FLOOD
7:08:00 PM	7:42:00 PM	JUNIOR FREE PROGRAM (5-9)
7:42:00 PM	7:57:00 PM	FLOOD
7:57:00 PM	8:21:00 PM	ELITE 12 FREE PROGRAM
8:21:00 PM	8:36:00 PM	FLOOD
8:36:00 PM	9:00:00 PM	SENIOR FREE PROGRAM
9:00:00 PM		GOOD NIGHT!

SUNDAY, DECEMBER 10, 2023

START	END	
7:00:00 AM	7:40:00 AM	<i>PRACTICE ICE - SESSION A</i>
7:40:00 AM	7:55:00 AM	FLOOD
7:55:00 AM	8:55:00 AM	<i>PRACTICE ICE - SESSION B</i>
8:55:00 AM	9:10:00 AM	FLOOD
9:10:00 AM	9:40:00 AM	PRE-NOVICE (STAR 8) FREE PROGRAM (1-5)
9:40:00 AM	9:55:00 AM	FLOOD
9:55:00 AM	10:32:00 AM	PRE-NOVICE (STAR 8) FREE PROGRAM (6-11)
10:32:00 AM	10:47:00 AM	FLOOD
10:47:00 AM	11:12:00 AM	ADULT III FREE PROGRAM (1-5)
11:12:00 AM	11:27:00 AM	FLOOD
11:27:00 AM	11:57:00 AM	ADULT III FREE PROGRAM (6-11)
11:57:00 AM	12:12:00 PM	FLOOD
12:12:00 PM	12:45:00 PM	OPEN FREE PROGRAM 2
12:45:00 PM	1:00:00 PM	FLOOD
1:00:00 PM	1:37:00 PM	ADULT II FREE PROGRAM (1-6)
1:37:00 PM	1:52:00 PM	FLOOD
1:52:00 PM	2:29:00 PM	ADULT II FREE PROGRAM (7-12)
2:29:00 PM	2:44:00 PM	FLOOD
2:44:00 PM	3:03:00 PM	ADULT I FREE PROGRAM (1-3)
3:03:00 PM	3:18:00 PM	FLOOD
3:18:00 PM	3:42:00 PM	ADULT I FREE PROGRAM (4-7)
3:42:00 PM		DRIVE SAFE!