



**Skate  
Ontario**

**SKATE ONTARIO  
ADULT CHAMPIONSHIPS**

**2024 SKATE ONTARIO ADULT CHAMPIONSHIPS**  
**MARCH 1-2, 2024 • KANATA, ONTARIO**  
 TONY GRAHAM RECREATION COMPLEX, 100 Charlie Rogers Place  
 AS OF FEBRUARY 24, 2024 - SUBJECT TO CHANGE

**FRIDAY, MARCH 1, 2024**

START	END	PAD 1	START	END	PAD 2
10:00 AM	10:45 AM	Gold Women Free - Young Adult - <i>Shared Warmup</i> Gold Men Free - Young Adult	12:00 PM	12:30 PM	Intro Open Women Free - Young Adult
10:45 AM	11:30 AM	Gold Men Free - Class I - <i>Shared Warmup</i> Gold Women Free - Class I	12:30 PM	12:45 PM	Intro Open Men Free - Class I - <i>Shared Warmup</i> Intro Open Women Free - Class I
11:30 AM	12:15 PM	Gold Men Free - Class II - <i>Shared Warmup</i> Gold Women Free - Class II	12:45 PM	1:15 PM	Intro Open Women Free - Class II - <i>Shared Warmup</i> Intro Open Women Free - Class III
<b>12:15 PM</b>	<b>12:30 PM</b>	<b>FLOOD</b>	1:15 PM	1:35 PM	Intro Open Women Free - Class IV - <i>Shared Warmup</i> Intro Open Men Free - Class V
12:30 PM	12:45 PM	STAR 4/5 Couples Dance	1:35 PM	1:55 PM	Bronze Men Free - Young Adult - <i>Shared Warmup</i> Bronze Men Free - Class III
12:45 PM	1:05 PM	Bronze (STAR 4/5) Solo Dance	1:55 PM	2:35 PM	Bronze Women Free - Young Adult
1:05 PM	1:25 PM	STAR 6/7 Couples Dance	<b>2:35 PM</b>	<b>2:45 PM</b>	<b>FLOOD</b>
1:25 PM	1:55 PM	Silver (STAR 6/7) Solo Dance	2:45 PM	3:15 PM	Bronze Women Free - Class II
1:55 PM	2:10 PM	STAR 8/9 Couples Dance	3:15 PM	3:40 PM	Bronze Women Free - Class IV - <i>Shared Warmup</i> Bronze Women Free - Class V
2:10 PM	2:30 PM	Gold (STAR 8/9) Solo Dance	3:40 PM	4:00 PM	Silver Men Free - Young Adult - <i>Shared Warmup</i> Silver Men Free - Class III Silver Men Free - Class IV
<b>2:30 PM</b>	<b>2:40 PM</b>	<b>FLOOD</b>	4:00 PM	4:35 PM	Bronze Women Free - Class III
2:40 PM	3:00 PM	Elite Couples Dance	4:35 PM	5:15 PM	Bronze Women Free - Class I
3:00 PM	4:00 PM	Elite (STAR 10/Gold) Solo Dance	<b>5:15 PM</b>	<b>5:30 PM</b>	<b>FLOOD</b>
4:00 PM	4:20 PM	Silver Free Dance - <i>Shared Warmup</i> Gold Free Dance	5:30 PM	6:40 PM	Silver Women Free - Young Adult - GROUP 1
4:20 PM	4:50 PM	Open Rhythm Solo Dance	6:40 PM	7:50 PM	Silver Women Free - Young Adult - GROUP 2
4:50 PM	5:05 PM	Adult Pair	7:50 PM	8:20 PM	Silver Women Free - Class I
5:05 PM	5:35 PM	Gold Women Free - Class III	8:20 PM	8:45 PM	Silver Women Free - Class IV
<b>5:35 PM</b>	<b>5:45 PM</b>	<b>FLOOD</b>	<b>8:45 PM</b>		<b>GOOD NIGHT!</b>
5:45 PM	6:15 PM	Masters Women Free - Young Adult			
6:15 PM	6:45 PM	Masters Women Free - Class I			
6:45 PM	7:15 PM	Masters Women Free - Class II			
7:15 PM	7:35 PM	Masters Elite Women Free - Young Adult - <i>Shared Warmup</i> Masters Elite Men Free - Young Adult			
7:35 PM	7:55 PM	Masters Elite Women Free - Class I			
7:55 PM	9:05 PM	Silver Women Free - Class II			
9:05 PM	10:15 PM	Silver Women Free - Class III			
<b>10:15 PM</b>		<b>GOOD NIGHT!</b>			

**SATURDAY, MARCH 2, 2024**

START	END	PAD 1
9:00 AM	10:56 AM	Adult II Synchro
<b>10:56 AM</b>	<b>11:11 AM</b>	<b>FLOOD</b>
11:11 AM	12:48 PM	Adult III Synchro
<b>12:48 PM</b>	<b>1:03 PM</b>	<b>FLOOD</b>
1:03 PM	2:14 PM	Adult I Synchro
<b>2:14 PM</b>	<b>2:24 PM</b>	<b>FLOOD</b>
2:24 PM	2:30 PM	Bronze Showcase
2:30 PM	2:36 PM	Introductory Showcase
2:36 PM	2:48 PM	Silver Showcase
2:48 PM	2:55 PM	Gold Showcase
2:55 PM	3:00 PM	Open Partner Showcase
<b>3:24 PM</b>	<b>3:34 PM</b>	<b>FLOOD</b>
3:34 PM	5:30 PM	Adult II Synchro
<b>5:30 PM</b>	<b>5:45 PM</b>	<b>FLOOD</b>
5:45 PM	7:22 PM	Adult III Synchro
<b>7:22 PM</b>	<b>7:37 PM</b>	<b>FLOOD</b>
7:37 PM	8:48 PM	Adult I Synchro
<b>8:48 PM</b>		<b>GOOD NIGHT! SAFE TRAVELS!</b>

START	END	PAD 2
8:00 AM	8:40 AM	Introductory Women Artistic - Young Adult
8:40 AM	9:10 AM	Introductory Men Artistic - Young Adult - <i>Shared Warmup</i>
		Introductory Men Artistic - Class V
		Introductory Women Artistic - Class I
		Introductory Women Artistic - Class II
9:10 AM	9:30 AM	Introductory Women Artistic - Class III
9:30 AM	9:55 AM	Introductory Women Artistic - Class IV
9:55 AM	10:25 AM	Bronze Women Artistic - Young Adult
<b>10:25 AM</b>	<b>10:35 AM</b>	<b>FLOOD</b>
10:35 AM	10:55 AM	Bronze Women Artistic - Class I
10:55 AM	11:35 AM	Bronze Women Artistic - Class II
11:35 AM	12:05 PM	Bronze Women Artistic - Class III
12:05 PM	12:30 PM	Bronze Women Artistic - Class IV - <i>Shared Warmup</i>
		Bronze Women Artistic - Class V
12:30 PM	1:00 PM	Silver Men Artistic - Young Adult - <i>Shared Warmup</i>
		Silver Men Artistic - Class III
		Silver Men Artistic - Class IV
		Gold Men Artistic - Young Adult
		Gold Men Artistic - Class II
<b>1:00 PM</b>	<b>1:10 PM</b>	<b>FLOOD</b>
1:10 PM	2:10 PM	Silver Women Artistic - Class III
2:10 PM	2:35 PM	Silver Women Artistic - Class II
2:35 PM	2:50 PM	Open Partner Artistic - Young Adult - <i>Shared Warmup</i>
		Open Partner Artistic - Class I
2:50 PM	3:05 PM	Open Partner Artistic - Class III - <i>Shared Warmup</i>
		Open Partner Artistic - Class IV
3:05 PM	4:25 PM	Silver Women Artistic - Young Adult
4:25 PM	4:50 PM	Silver Women Artistic - Class I
<b>4:50 PM</b>	<b>5:00 PM</b>	<b>FLOOD</b>
5:00 PM	5:20 PM	Silver Women Artistic - Class IV
5:20 PM	5:45 PM	Gold Women Artistic - Young Adult
5:45 PM	6:05 PM	Gold Women Artistic - Class I
6:05 PM	6:25 PM	Gold Women Artistic - Class II
6:25 PM	6:45 PM	Gold Women Artistic - Class III
6:45 PM	7:00 PM	Gold Women Artistic - Class V - <i>Shared Warmup</i>
		Elite Women Artistic - Young Adult
7:00 PM	7:20 PM	Elite Women Artistic - Class I
7:20 PM	7:40 PM	Elite Women Artistic - Class II
<b>7:40 PM</b>		<b>GOOD NIGHT! SAFE TRAVELS!</b>