

Skate Ontario Adult Championships - SYS - March 14 & 15, 2026

DRESSING ROOM SCHEDULE

Saturday, March 14, 2026										
TEAM NAME	REPRESENTING	SPACE	WARM UP		ROOM #	ENTER ROOM	AT ICE LEVEL	ON ICE	OFF ICE	EXIT ROOM
ADULT II										
1 Ice Fyre	Whitby Synchronized Skating Teams	A	7:08 AM	7:33 AM	3	7:38 AM	7:43 AM	7:45 AM	8:00 AM	8:25 AM
2 L'Odyssee	CPA Les Lames d'Argent de Laval	B	7:15 AM	7:40 AM	4	7:45 AM	8:05 AM	8:07 AM	8:13 AM	8:31 AM
3 Barrie Royal Blades	Barrie SC	C	7:21 AM	7:46 AM	5	7:51 AM	8:11 AM	8:13 AM	8:20 AM	8:38 AM
4 Synchronicity	London SC	D	7:28 AM	7:53 AM	6	7:58 AM	8:18 AM	8:20 AM	8:26 AM	8:44 AM
5 Stella-Nova	Patinage Synchronise Nova	E	7:34 AM	7:59 AM	7	8:04 AM	8:24 AM	8:26 AM	8:32 AM	8:50 AM
FLOOD										
6 Team Unity	Tavistock & District FSC	A	7:55 AM	8:20 AM	3	8:25 AM	8:45 AM	8:47 AM	8:55 AM	9:13 AM
7 ICE Ignite	Ilderton SC	B	8:03 AM	8:28 AM	4	8:33 AM	8:53 AM	8:55 AM	9:01 AM	9:19 AM
8 Harmony On Ice	Port Hope FSC	C	8:09 AM	8:34 AM	5	8:39 AM	8:59 AM	9:01 AM	9:07 AM	9:25 AM
9 Team Unity Image	Tavistock & District FSC	D	8:15 AM	8:40 AM	6	8:45 AM	9:05 AM	9:07 AM	9:14 AM	9:32 AM
10 Team Inspire	Plattsville FSC	E	8:22 AM	8:47 AM	7	8:52 AM	9:12 AM	9:14 AM	9:20 AM	9:38 AM
FLOOD										
11 Pulse Synchro	Wasaga Beach FSC	A	8:43 AM	9:08 AM	3	9:13 AM	9:33 AM	9:35 AM	9:43 AM	10:01 AM
12 Trinity	Trinity Skating Academy of Toronto	B	8:51 AM	9:16 AM	4	9:21 AM	9:41 AM	9:43 AM	9:49 AM	10:07 AM
13 Zenith	Patinage Roussillon	C	8:57 AM	9:22 AM	5	9:27 AM	9:47 AM	9:49 AM	9:55 AM	10:13 AM
14 Ice Unite	Silver Blades SC	D	9:03 AM	9:28 AM	6	9:33 AM	9:53 AM	9:55 AM	10:02 AM	10:20 AM
15 Capital Ice	Minto SC	E	9:10 AM	9:35 AM	7	9:40 AM	10:00 AM	10:02 AM	10:08 AM	10:26 AM
ADULT III GROUP 1										
1 Ice Fyre	Whitby Synchronized Skating Teams	A	9:34 AM	9:59 AM	3	10:04 AM	10:24 AM	10:26 AM	10:32 AM	10:50 AM
2 Vintage Blue	Port Carling FSC	B	9:40 AM	10:05 AM	4	10:10 AM	10:30 AM	10:32 AM	10:38 AM	10:56 AM
3 Team Unity	Tavistock & District FSC	C	9:46 AM	10:11 AM	5	10:16 AM	10:36 AM	10:38 AM	10:43 AM	11:01 AM
4 Encore	East Elgin Synchronized SC	D	9:51 AM	10:16 AM	6	10:21 AM	10:41 AM	10:43 AM	10:49 AM	11:07 AM
5 Ice Precise	Mississauga SC	E	9:57 AM	10:22 AM	7	10:27 AM	10:47 AM	10:49 AM	10:54 AM	11:12 AM
6 Ice Diamonds Sparkle	Nepean SC	A	10:02 AM	10:27 AM	8	10:32 AM	10:52 AM	10:54 AM	11:00 AM	11:18 AM
FLOOD										
7 Ice Crystals	Langton SC	B	10:23 AM	10:48 AM	3	10:53 AM	11:13 AM	11:15 AM	11:21 AM	11:39 AM
8 Matrix	Matrix Synchronized Skating Academy	C	10:29 AM	10:54 AM	4	10:59 AM	11:19 AM	11:21 AM	11:26 AM	11:44 AM
9 EnergiCE	St Thomas FSC	D	10:34 AM	10:59 AM	5	11:04 AM	11:24 AM	11:26 AM	11:32 AM	11:50 AM
10 Le Mistral	CPA de Mercier	E	10:40 AM	11:05 AM	6	11:10 AM	11:30 AM	11:32 AM	11:37 AM	11:55 AM
11 Dyncety	Kitchener-Waterloo SC	A	10:45 AM	11:10 AM	7	11:15 AM	11:35 AM	11:37 AM	11:43 AM	12:01 PM
12 Zenith	Patinage Roussillon	B	10:51 AM	11:16 AM	8	11:21 AM	11:41 AM	11:43 AM	11:48 AM	12:06 PM
BREAK										
ADULT III GROUP 2										
1 Platinum Blades	Peterborough FSC	A	1:28 PM	1:53 PM	3	1:58 PM	2:18 PM	2:20 PM	2:26 PM	2:44 PM
2 Steel City Synchro	Ancaster FSC	B	1:34 PM	1:59 PM	4	2:04 PM	2:24 PM	2:26 PM	2:31 PM	2:49 PM
3 Georgina IceActions	Georgina SC	C	1:39 PM	2:04 PM	5	2:09 PM	2:29 PM	2:31 PM	2:37 PM	2:55 PM
4 Inspiration	CPA regional de Vaudreuil	D	1:45 PM	2:10 PM	6	2:15 PM	2:35 PM	2:37 PM	2:42 PM	3:00 PM
5 Team Cricket	Toronto CS & CC	E	1:50 PM	2:15 PM	7	2:20 PM	2:40 PM	2:42 PM	2:48 PM	3:06 PM
6 Northern Edge	Northern Edge FSC	A	1:56 PM	2:21 PM	8	2:26 PM	2:46 PM	2:48 PM	2:53 PM	3:11 PM
FLOOD										
7 Team Inspire	Plattsville FSC	B	2:16 PM	2:41 PM	3	2:46 PM	3:06 PM	3:08 PM	3:14 PM	3:32 PM
8 Team Unity Image	Tavistock & District FSC	C	2:22 PM	2:47 PM	4	2:52 PM	3:12 PM	3:14 PM	3:20 PM	3:38 PM
9 Capital Ice	Rideau SC	D	2:28 PM	2:53 PM	5	2:58 PM	3:18 PM	3:20 PM	3:25 PM	3:43 PM
10 Mid Ice Crisis	East Gwillimbury SC	E	2:33 PM	2:58 PM	6	3:03 PM	3:23 PM	3:25 PM	3:31 PM	3:49 PM
11 Ice Diamonds	Nepean SC	A	2:39 PM	3:04 PM	7	3:09 PM	3:29 PM	3:31 PM	3:36 PM	3:54 PM
12 Illusion	Kingston Synchronized Skating Club	B	2:44 PM	3:09 PM	8	3:14 PM	3:34 PM	3:36 PM	3:42 PM	4:00 PM
ADULT I										
1 Black Gold	Calgary Synchronized SC	C	3:05 PM	3:30 PM	3	3:35 PM	3:55 PM	3:57 PM	4:04 PM	4:22 PM
2 Illusion	Kingston Synchronized Skating Club	D	3:12 PM	3:37 PM	4	3:42 PM	4:02 PM	4:04 PM	4:10 PM	4:28 PM
3 Steel City Synchro	Ancaster FSC	E	3:18 PM	3:43 PM	5	3:48 PM	4:08 PM	4:10 PM	4:17 PM	4:35 PM
4 Team Unity	Tavistock & District FSC	A	3:25 PM	3:50 PM	6	3:55 PM	4:15 PM	4:17 PM	4:23 PM	4:41 PM
FLOOD										
5 Matrix	Matrix Synchronized Skating Academy	B	3:46 PM	4:11 PM	7	4:16 PM	4:36 PM	4:38 PM	4:45 PM	5:03 PM
6 Symmetry	Egansville SC	C	3:53 PM	4:18 PM	3	4:23 PM	4:43 PM	4:45 PM	4:52 PM	5:10 PM
7 Ice Fyre	Whitby Synchronized Skating Teams	D	4:00 PM	4:25 PM	4	4:30 PM	4:50 PM	4:52 PM	4:58 PM	5:16 PM
8 Ice Diamonds	Nepean SC	E	4:06 PM	4:31 PM	5	4:36 PM	4:56 PM	4:58 PM	5:04 PM	5:22 PM
9 Capital Ice	Nepean SC	A	4:12 PM	4:37 PM	6	4:42 PM	5:02 PM	5:04 PM	5:11 PM	5:29 PM
FLOOD										
10 L'Odyssee	CPA Les Lames d'Argent de Laval	B	4:34 PM	4:59 PM	7	5:04 PM	5:24 PM	5:26 PM	5:33 PM	5:51 PM
11 Spirit-Nova	Patinage Synchronise Nova	C	4:41 PM	5:06 PM	3	5:11 PM	5:31 PM	5:33 PM	5:40 PM	5:58 PM
12 Trinity	Trinity Skating Academy of Toronto	D	4:48 PM	5:13 PM	4	5:18 PM	5:38 PM	5:40 PM	5:46 PM	6:04 PM
13 APEX	APEX Skating Academy	E	4:54 PM	5:19 PM	5	5:24 PM	5:44 PM	5:46 PM	5:52 PM	6:10 PM
14 Ice Precise	Mississauga SC	A	5:00 PM	5:25 PM	6	5:30 PM	5:50 PM	5:52 PM	5:59 PM	6:17 PM
ADULT II										
1		B	5:37 PM	6:02 PM	7	6:07 PM	6:27 PM	6:29 PM	6:36 PM	6:54 PM
2		C	5:44 PM	6:09 PM	3	6:14 PM	6:34 PM	6:36 PM	6:42 PM	7:00 PM
3		D	5:50 PM	6:15 PM	4	6:20 PM	6:40 PM	6:42 PM	6:49 PM	7:07 PM
4		E	5:57 PM	6:22 PM	5	6:27 PM	6:47 PM	6:49 PM	6:55 PM	7:13 PM
5		A	6:03 PM	6:28 PM	6	6:33 PM	6:53 PM	6:55 PM	7:01 PM	7:19 PM
FLOOD										
6		B	6:24 PM	6:49 PM	7	6:54 PM	7:14 PM	7:16 PM	7:24 PM	7:42 PM
7		C	6:32 PM	6:57 PM	3	7:02 PM	7:22 PM	7:24 PM	7:30 PM	7:48 PM
8		D	6:38 PM	7:03 PM	4	7:08 PM	7:28 PM	7:30 PM	7:37 PM	7:55 PM
9		E	6:45 PM	7:10 PM	5	7:15 PM	7:35 PM	7:37 PM	7:43 PM	8:01 PM
10		A	6:51 PM	7:16 PM	6	7:21 PM	7:41 PM	7:43 PM	7:49 PM	8:07 PM
FLOOD										
11		B	7:12 PM	7:37 PM	7	7:42 PM	8:02 PM	8:04 PM	8:12 PM	8:30 PM
12		C	7:20 PM	7:45 PM	3	7:50 PM	8:10 PM	8:12 PM	8:18 PM	8:36 PM
13		D	7:26 PM	7:51 PM	4	7:56 PM	8:16 PM	8:18 PM	8:24 PM	8:42 PM
14		E	7:32 PM	7:57 PM	5	8:02 PM	8:22 PM	8:24 PM	8:31 PM	8:49 PM
15		A	7:39 PM	8:04 PM	6	8:09 PM	8:29 PM	8:31 PM	8:37 PM	8:55 PM
GOOD NIGHT										