Michigan High School Series 2013

Wed Dec 11 **Southgate** **4:00 - 8:00**

Event #	Time Begin	Time End	Event	# Skaters	Allow this time	1 Don Korte	2 Colleen Bohunicky	3 Don Korte *	4 Phyllis Little	5 Hayley Pangle	6 Dorothy Tank	7	8
			D2-1										
	4:00 PM	4:45 PM	Practice Ice		45								
	4:45 PM	5:00 PM	Resurface		15								
1	**5:00 PM**		Level A Jumps	7		R	2	3	4	5	6		
2	**5:00 PM**		Level B Jumps	7		R	2	3	4	5	6		
3	**5:00 PM**	5:42 PM	Level C Jumps	7	42	R	2	3	4	5	6		
	5:42 PM	5:47 PM	Break - NO RESURFACE		5								
4	**5:47 PM**		Level A Moves	7		R	2	3	4	5	6		
5	**5:47 PM**		Level B Moves	7		R	2	3	4	5	6		
6	**5:47 PM**	6:50 PM	Level C Moves	7	63	R	2	3	4	5	6		
	6:50 PM	7:05 PM	Ice Make		15								
7	**7:05 PM**	7:05 PM	Level A Spins	7		R	2	3	4	5	6		
8	**7:05 PM**	7:05 PM	Level B Spins	7		R	2	3	4	5	6		
9	**7:05 PM**	7:47 PM	Level C Spins	7	42	R	2	3	4	5	6		
			Competition Ends										

rev 7

At this competition, for each discipline the first 4 teams A, B, and C will enter the ice together and have a 1-minute STROKING-ONLY warmup. Then each element will have a short warmup before it starts. For each element, the A skater from a team will skate, then the B skater, then the C skater, if present. Then we move to the next team and repeat. After all 4 teams have skated, they leave the ice and the next 5 enter, and repeat the process.

Skating order proceeds "down one team" at each discipline, as shown below.

Jumps: 1,2,3 / 4, 5,6,7
Moves: 2,3,1 / 5,6,7,4
Spins: 3,1,2 / 6,7,4,5

Note these are in SKATING order

	A	B	C	
GIC ABC 1				1
Downriver United AC 2		X		2
Gabriel Richard BC 3	X			3
Wyandotte ABC 4				4
Cabrini BC 5	X			5
Southgate ABC 6				6
Trenton C 7	X	X		7

Each team is permitted ONE reskated element per level, per competition.

Warm up - 2 minute stroking-onloy w/u at start of each grouping; 30 second w/u for each element