

Michigan High School Series

Macomb		4:00 PM Saturday, February 14, 2015		16	1	2	3	4	5	6	7	8
Event #	Time	Event	# Skaters	Allow this time	Phyllis Little	Flo Abke	Liz Barrow	Eden Chrostowski	Susan Demeniuk	Barry Doren		
	Begin	End	D6-3									
	4:00 PM	4:45 PM	Practice Ice		45							
	4:45 PM	5:00 PM	Resurface		15							
1	5:00 PM		Level A Jumps		5	R	2	3	4	5	6	
2	5:00 PM		Level B Jumps		7	R	2	3	4	5	6	
3	5:00 PM	5:35 PM	Level C Jumps		5	R	2	3	4	5	6	36
	5:35 PM	5:40 PM	Break - NO RESURFACE		5							
4	5:40 PM		Level A Moves		5	R	2	3	4	5	6	
5	5:40 PM		Level B Moves		7	R	2	3	4	5	6	
6	5:40 PM	6:39 PM	Level C Moves		5	R	2	3	4	5	6	60
	6:39 PM	6:54 PM	Ice Make		15							
7	6:54 PM	6:54 PM	Level A Spins		5	R	2	3	4	5	6	
8	6:54 PM	6:54 PM	Level B Spins		7	R	2	3	4	5	6	
9	6:54 PM	7:31 PM	Level C Spins		5	R	2	3	4	5	6	37
Competition Ends												

Hosted by: **Rochester United**

Sanction: 14757

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	
Rochester	AB 1			X	1
Royal Oak	BC 2	X			2
CDMCK	BC 3	X			3
Lake Orion	AB 4			X	4
Bloomfield Hills	ABC 5				5
Berkley	ABC 6				6
Christian Combined	ABC 7				7

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

rev 7a: 1/19/2015

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

First Group

Jumps Element 1

Rochester	AB
Royal Oak	BC
CDMCK	BC

Jumps Element 2

Royal Oak	BC
CDMCK	BC
Rochester	AB

Jumps Element 3

CDMCK	BC
Rochester	AB
Royal Oak	BC

Jumps Element 4

Rochester	AB
Royal Oak	BC
CDMCK	BC

First Group

Moves Element 1

Royal Oak	BC
CDMCK	BC
Rochester	AB

Moves Element 2

CDMCK	BC
Rochester	AB
Royal Oak	BC

Moves Element 3

Rochester	AB
Royal Oak	BC
CDMCK	BC

Moves Element 4

Royal Oak	BC
CDMCK	BC
Rochester	AB

First Group

Spins Element 1

CDMCK	BC
Rochester	AB
Royal Oak	BC

Spins Element 2

Rochester	AB
Royal Oak	BC
CDMCK	BC

Spins Element 3

Royal Oak	BC
CDMCK	BC
Rochester	AB

Spins Element 4

CDMCK	BC
Rochester	AB
Royal Oak	BC

Second Group

Jumps Element 1

Lake Orion	AB
Bloomfield Hills	ABC
Berkley	ABC
Christian Combined	ABC

Jumps Element 2

Bloomfield Hills	ABC
Berkley	ABC
Christian Combined	ABC
Lake Orion	AB

Jumps Element 3

Berkley	ABC
Christian Combined	ABC
Lake Orion	AB
Bloomfield Hills	ABC

Jumps Element 4

Christian Combined	ABC
Lake Orion	AB
Bloomfield Hills	ABC
Berkley	ABC

Second Group

Moves Element 1

Bloomfield Hills	ABC
Berkley	ABC
Christian Combined	ABC
Lake Orion	AB

Moves Element 2

Berkley	ABC
Christian Combined	ABC
Lake Orion	AB
Bloomfield Hills	ABC

Moves Element 3

Christian Combined	ABC
Lake Orion	AB
Bloomfield Hills	ABC
Berkley	ABC

Moves Element 4

Lake Orion	AB
Bloomfield Hills	ABC
Berkley	ABC
Christian Combined	ABC

Second Group

Spins Element 1

Berkley	ABC
Christian Combined	ABC
Lake Orion	AB
Bloomfield Hills	ABC

Spins Element 2

Christian Combined	ABC
Lake Orion	AB
Bloomfield Hills	ABC
Berkley	ABC

Spins Element 3

Lake Orion	AB
Bloomfield Hills	ABC
Berkley	ABC
Christian Combined	ABC

Spins Element 4

Bloomfield Hills	ABC
Berkley	ABC
Christian Combined	ABC
Lake Orion	AB

Reskates Log

			A	B	C	
Rochester	AB	1			X	1
Royal Oak	BC	2	X			2
CDMCK	BC	3	X			3
Lake Orion	AB	4			X	4
Bloomfield Hills	ABC	5				5
Berkley	ABC	6				6
Christian Combined	ABC	7				7