

Michigan High School Series

Traverse City		9:00 AM Saturday, February 21, 2015		18	1	2	3	4	5	6	7	8
Event #	Time	Event	# Skaters	Allow this time	Mary Chapman	Colleen Bohunicky	Phyllis Little	Mark Reina	Ellen Siu	Hallie Wilson		
											Begin	End
9:00 AM		9:45 AM Practice Ice	45									
9:45 AM		10:00 AM Resurface	15									
1	10:00 AM	Level A Jumps	4		R	2	3	4	5	6		
2	10:00 AM	Level B Jumps	4		R	2	3	4	5	6		
3	10:00 AM	10:21 AM Level C Jumps	2	21	R	2	3	4	5	6		
10:21 AM		10:26 AM Break - NO RESURFACE	5									
4	10:26 AM	Level A Moves	4		R	2	3	4	5	6		
5	10:26 AM	Level B Moves	4		R	2	3	4	5	6		
6	10:26 AM	11:01 AM Level C Moves	2	35	R	2	3	4	5	6		
11:01 AM		11:16 AM Ice Make	15									
7	11:16 AM	11:16 AM Level A Spins	4		R	2	3	4	5	6		
8	11:16 AM	11:16 AM Level B Spins	4		R	2	3	4	5	6		
9	11:16 AM	11:38 AM Level C Spins	2	22	R	2	3	4	5	6		
Competition Ends												

Hosted by: **Traverse City**

Sanction: 14828

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
- Moves: 2,3,1 / 5,6,4
- Spins: 3,1,2 / 6,4,5

Note these are in SKATING order

				A	B	C	
Kalamazoo	ABC	1					1
Midland	ABC	2					2
Capitol Area	AB	3			X		3
Traverse City	AB	4			X		4

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

rev 7a: 1/19/2015

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

**First Group
Jumps Element 1**

Kalamazoo	ABC
Midland	ABC
Capitol Area	AB
Traverse City	AB

**First Group
Moves Element 1**

Midland	ABC
Capitol Area	AB
Traverse City	AB
Kalamazoo	ABC

**First Group
Spins Element 1**

Capitol Area	AB
Traverse City	AB
Kalamazoo	ABC
Midland	ABC

Jumps Element 2

Midland	ABC
Capitol Area	AB
Traverse City	AB
Kalamazoo	ABC

Moves Element 2

Capitol Area	AB
Traverse City	AB
Kalamazoo	ABC
Midland	ABC

Spins Element 2

Traverse City	AB
Kalamazoo	ABC
Midland	ABC
Capitol Area	AB

Jumps Element 3

Capitol Area	AB
Traverse City	AB
Kalamazoo	ABC
Midland	ABC

Moves Element 3

Traverse City	AB
Kalamazoo	ABC
Midland	ABC
Capitol Area	AB

Spins Element 3

Kalamazoo	ABC
Midland	ABC
Capitol Area	AB
Traverse City	AB

Jumps Element 4

Traverse City	AB
Kalamazoo	ABC
Midland	ABC
Capitol Area	AB

Moves Element 4

Kalamazoo	ABC
Midland	ABC
Capitol Area	AB
Traverse City	AB

Spins Element 4

Midland	ABC
Capitol Area	AB
Traverse City	AB
Kalamazoo	ABC

Second Group

Jumps Element 1

Jumps Element 2

Jumps Element 3

Jumps Element 4

Second Group

Moves Element 1

Moves Element 2

Moves Element 3

Moves Element 4

Second Group

Spins Element 1

Spins Element 2

Spins Element 3

Spins Element 4

Reskates Log

			A	B	C	
Kalamazoo	ABC	1				1
Midland	ABC	2				2
Capitol Area	AB	3			X	3
Traverse City	AB	4			X	4