

Michigan High School Series

Lansing		1:00 PM Saturday, December 19, 2015		6	1	2	3	4	5	6	7	8
Event #	Time	Event	# Skaters	Allow this time	Mary Chapman	Barry Doren	Melissa Garland	Ellen Siu	Val Terry	Hallie Wilson		
	Begin	End	D4-1									
	1:00 PM	1:45 PM	Practice Ice		45							
	1:45 PM	2:00 PM	Resurface		15							
1	2:00 PM		Level A Jumps		7	R	2	3	4	5	6	
2	2:00 PM		Level B Jumps		8	R	2	3	4	5	6	
3	2:00 PM	2:44 PM	Level C Jumps		6	R	2	3	4	5	6	
	2:44 PM	2:49 PM	Break - NO RESURFACE		5							
4	2:49 PM		Level A Moves		7	R	2	3	4	5	6	
5	2:49 PM		Level B Moves		8	R	2	3	4	5	6	
6	2:49 PM	4:02 PM	Level C Moves		6	R	2	3	4	5	6	
	4:02 PM	4:17 PM	Ice Make		15							
7	4:17 PM	4:17 PM	Level A Spins		7	R	2	3	4	5	6	
8	4:17 PM	4:17 PM	Level B Spins		8	R	2	3	4	5	6	
9	4:17 PM	5:03 PM	Level C Spins		6	R	2	3	4	5	6	
Competition Ends												

Hosted by: **Capitol Area**

Sanction: 20622

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, 8
 Moves: 2,3,4,1 / 6,7,8,5
 Spins: 3,4, 1,2 / 7,8,5,6

Note these are in SKATING order

		A	B	C	
Capital Area	ABC 1				1
Flint Area United	ABC 2				2
Midland Area	ABC 3				3
Traverse City Combined	AB 4			X	4
Middle Mitt Michigan	BC 5	X			5
Alpena	ABC 6				6
Kalamazoo Area	ABC 7				7
Petoskey/Northern MI	B 8	X		X	8

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

Capital Area ABC
 Flint Area United ABC
 Midland Area ABC
 Traverse City Combined AB

Jumps Element 2

Flint Area United ABC
 Midland Area ABC
 Traverse City Combined AB
 Capital Area ABC

Jumps Element 3

Midland Area ABC
 Traverse City Combined AB
 Capital Area ABC
 Flint Area United ABC

Jumps Element 4

Traverse City Combined AB
 Capital Area ABC
 Flint Area United ABC
 Midland Area ABC

First Group

Moves Element 1

Flint Area United ABC
 Midland Area ABC
 Traverse City Combined AB
 Capital Area ABC

Moves Element 2

Midland Area ABC
 Traverse City Combined AB
 Capital Area ABC
 Flint Area United ABC

Moves Element 3

Traverse City Combined AB
 Capital Area ABC
 Flint Area United ABC
 Midland Area ABC

Moves Element 4

Capital Area ABC
 Flint Area United ABC
 Midland Area ABC
 Traverse City Combined AB

First Group

Spins Element 1

Midland Area ABC
 Traverse City Combined AB
 Capital Area ABC
 Flint Area United ABC

Spins Element 2

Traverse City Combined AB
 Capital Area ABC
 Flint Area United ABC
 Midland Area ABC

Spins Element 3

Capital Area ABC
 Flint Area United ABC
 Midland Area ABC
 Traverse City Combined AB

Spins Element 4

Flint Area United ABC
 Midland Area ABC
 Traverse City Combined AB
 Capital Area ABC

Second Group

Jumps Element 1

Middle Mitt Michigan BC
 Alpena ABC
 Kalamazoo Area ABC
 Petoskey/Northern MI B

Jumps Element 2

Alpena ABC
 Kalamazoo Area ABC
 Petoskey/Northern MI B
 Middle Mitt Michigan BC

Jumps Element 3

Kalamazoo Area ABC
 Petoskey/Northern MI B
 Middle Mitt Michigan BC
 Alpena ABC

Jumps Element 4

Petoskey/Northern MI B
 Middle Mitt Michigan BC
 Alpena ABC
 Kalamazoo Area ABC

Second Group

Moves Element 1

Alpena ABC
 Kalamazoo Area ABC
 Petoskey/Northern MI B
 Middle Mitt Michigan BC

Moves Element 2

Kalamazoo Area ABC
 Petoskey/Northern MI B
 Middle Mitt Michigan BC
 Alpena ABC

Moves Element 3

Petoskey/Northern MI B
 Middle Mitt Michigan BC
 Alpena ABC
 Kalamazoo Area ABC

Moves Element 4

Middle Mitt Michigan BC
 Alpena ABC
 Kalamazoo Area ABC
 Petoskey/Northern MI B

Second Group

Spins Element 1

Kalamazoo Area ABC
 Petoskey/Northern MI B
 Middle Mitt Michigan BC
 Alpena ABC

Spins Element 2

Petoskey/Northern MI B
 Middle Mitt Michigan BC
 Alpena ABC
 Kalamazoo Area ABC

Spins Element 3

Middle Mitt Michigan BC
 Alpena ABC
 Kalamazoo Area ABC
 Petoskey/Northern MI B

Spins Element 4

Alpena ABC
 Kalamazoo Area ABC
 Petoskey/Northern MI B
 Middle Mitt Michigan BC

Reskates Log

Note these are in SKATING order

			A	B	C	
Capital Area	ABC	1				1
Flint Area United	ABC	2				2
Midland Area	ABC	3				3
Traverse City Combined	AB	4			X	4
Middle Mitt Michigan	BC	5	X			5
Alpena	ABC	6				6
Kalamazoo Area	ABC	7				7
Petoskey/Northern MI	B	8	X		X	8