

Michigan High School Series

Macomb 9:00 AM Thursday, February 18, 2016 17				1	2	3	4	5	6	7	8
Event #	Time	Event	# Skaters	Allow this time	Phyllis Little	Colleen Bohunicky	Mary Chapman	Susan Demeniuk	Hannelore Murphy	Cindy York	
Begin	End	D6-3									
	9:00 AM	9:45 AM Practice Ice	45								
	9:45 AM	10:00 AM Resurface	15								
1	10:00 AM	Level A Jumps	6		R	2	3	4	5	6	
2	10:00 AM	Level B Jumps	7		R	2	3	4	5	6	
3	10:00 AM	10:35 AM Level C Jumps	4	36	R	2	3	4	5	6	
	10:35 AM	10:40 AM Break - NO RESURFACE	5								
4	10:40 AM	Level A Moves	6		R	2	3	4	5	6	
5	10:40 AM	Level B Moves	7		R	2	3	4	5	6	
6	10:40 AM	11:39 AM Level C Moves	4	60	R	2	3	4	5	6	
	11:39 AM	11:54 AM Ice Make	15								
7	11:54 AM	11:54 AM Level A Spins	6		R	2	3	4	5	6	
8	11:54 AM	11:54 AM Level B Spins	7		R	2	3	4	5	6	
9	11:54 AM	12:31 PM Level C Spins	4	37	R	2	3	4	5	6	
Competition Ends											
Hosted by: Rochester HS Sanction: 20633											

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

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**

Lake Orion	AB
Royal Oak	ABC
Christian Combined	B

Jumps Element 2

Royal Oak	ABC
Christian Combined	B
Lake Orion	AB

Jumps Element 3

Christian Combined	B
Lake Orion	AB
Royal Oak	ABC

Jumps Element 4

Lake Orion	AB
Royal Oak	ABC
Christian Combined	B

First Group**Moves Element 1**

Royal Oak	ABC
Christian Combined	B
Lake Orion	AB

Moves Element 2

Christian Combined	B
Lake Orion	AB
Royal Oak	ABC

Moves Element 3

Lake Orion	AB
Royal Oak	ABC
Christian Combined	B

Moves Element 4

Royal Oak	ABC
Christian Combined	B
Lake Orion	AB

First Group**Spins Element 1**

Christian Combined	B
Lake Orion	AB
Royal Oak	ABC

Spins Element 2

Lake Orion	AB
Royal Oak	ABC
Christian Combined	B

Spins Element 3

Royal Oak	ABC
Christian Combined	B
Lake Orion	AB

Spins Element 4

Christian Combined	B
Lake Orion	AB
Royal Oak	ABC

Second Group**Jumps Element 1**

Rochester United	AB
Bloomfield Hills	ABC
Berkley	ABC
CDMCK	ABC

Jumps Element 2

Bloomfield Hills	ABC
Berkley	ABC
CDMCK	ABC
Rochester United	AB

Jumps Element 3

Berkley	ABC
CDMCK	ABC
Rochester United	AB
Bloomfield Hills	ABC

Jumps Element 4

CDMCK	ABC
Rochester United	AB
Bloomfield Hills	ABC
Berkley	ABC

Second Group**Moves Element 1**

Bloomfield Hills	ABC
Berkley	ABC
CDMCK	ABC
Rochester United	AB

Moves Element 2

Berkley	ABC
CDMCK	ABC
Rochester United	AB
Bloomfield Hills	ABC

Moves Element 3

CDMCK	ABC
Rochester United	AB
Bloomfield Hills	ABC
Berkley	ABC

Moves Element 4

Rochester United	AB
Bloomfield Hills	ABC
Berkley	ABC
CDMCK	ABC

Second Group**Spins Element 1**

Berkley	ABC
CDMCK	ABC
Rochester United	AB
Bloomfield Hills	ABC

Spins Element 2

CDMCK	ABC
Rochester United	AB
Bloomfield Hills	ABC
Berkley	ABC

Spins Element 3

Rochester United	AB
Bloomfield Hills	ABC
Berkley	ABC
CDMCK	ABC

Spins Element 4

Bloomfield Hills	ABC
Berkley	ABC
CDMCK	ABC
Rochester United	AB

Reskates Log

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