

Michigan High School Series

Macomb 4:00 PM Thursday, February 9, 2017 16				1	2	3	4	5	6	7	8
Event #	Time	Event	# Skaters	Allow this time	Bill Ziegler	Colleen Bohunicky	Susan Demeniuk	Lynn Fox	Phyllis Little	Lore Murphy	
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	5		R	2	3	4	5	6	
3	5:00 PM	5:25 PM Level C Jumps	2	25	R	2	3	4	5	6	
	5:25 PM	5:30 PM Break - NO RESURFACE	5								
4	5:30 PM	Level A Moves	5		R	2	3	4	5	6	
5	5:30 PM	Level B Moves	5		R	2	3	4	5	6	
6	5:30 PM	6:12 PM Level C Moves	2	42	R	2	3	4	5	6	
	6:12 PM	6:27 PM Ice Make	15								
7	6:27 PM	6:27 PM Level A Spins	5		R	2	3	4	5	6	
8	6:27 PM	6:27 PM Level B Spins	5		R	2	3	4	5	6	
9	6:27 PM	6:53 PM Level C Spins	2	26	R	2	3	4	5	6	
Competition Ends											
Hosted by: Rochester Sanction: 24473											

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

rev 4; 12/3/2016

Note these are in SKATING order

	A	B	C	
Royal Oak/Berkley ABC 1				1
Bloomfield Hills AB 2			X	2
Rochester United AB 3			X	3
Christian Combined AB 4			X	4
CDMCK Unified ABC 5				5

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

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**

Royal Oak/Berkley	ABC
Bloomfield Hills	AB
Rochester United	AB
Christian Combined	AB
CDMCK Unified	ABC

Jumps Element 2

Bloomfield Hills	AB
Rochester United	AB
Christian Combined	AB
CDMCK Unified	ABC
Royal Oak/Berkley	ABC

Jumps Element 3

Rochester United	AB
Christian Combined	AB
CDMCK Unified	ABC
Royal Oak/Berkley	ABC
Bloomfield Hills	AB

Jumps Element 4

Christian Combined	AB
CDMCK Unified	ABC
Royal Oak/Berkley	ABC
Bloomfield Hills	AB
Rochester United	AB

First Group**Moves Element 1**

Bloomfield Hills	AB
Rochester United	AB
Christian Combined	AB
CDMCK Unified	ABC
Royal Oak/Berkley	ABC

Moves Element 2

Rochester United	AB
Christian Combined	AB
CDMCK Unified	ABC
Royal Oak/Berkley	ABC
Bloomfield Hills	AB

Moves Element 3

Christian Combined	AB
CDMCK Unified	ABC
Royal Oak/Berkley	ABC
Bloomfield Hills	AB
Rochester United	AB

Moves Element 4

CDMCK Unified	ABC
Royal Oak/Berkley	ABC
Bloomfield Hills	AB
Rochester United	AB
Christian Combined	AB

First Group**Spins Element 1**

Rochester United	AB
Christian Combined	AB
CDMCK Unified	ABC
Royal Oak/Berkley	ABC
Bloomfield Hills	AB

Spins Element 2

Christian Combined	AB
CDMCK Unified	ABC
Royal Oak/Berkley	ABC
Bloomfield Hills	AB
Rochester United	AB

Spins Element 3

CDMCK Unified	ABC
Royal Oak/Berkley	ABC
Bloomfield Hills	AB
Rochester United	AB
Christian Combined	AB

Spins Element 4

Royal Oak/Berkley	ABC
Bloomfield Hills	AB
Rochester United	AB
Christian Combined	AB
CDMCK Unified	ABC

Reskates Log

			A	B	C	
Royal Oak/Berkley	ABC	1				1
Bloomfield Hills	AB	2			X	2
Rochester United	AB	3			X	3
Christian Combined	AB	4			X	4
CDMCK Unified	ABC	5				5