

Michigan High School Series

Wings West		12:30 PM Saturday, December 15, 2018		3	1	2	3	4	5	6	7	8
Event #	Time	Event	# Skaters	Allow this time	Mary Chapman	Melissa Garland	Phyllis Little	Mark Reina	Ellen Siu	Val Terry	Holly Jinks	
		Begin	End	Event								
		12:30 PM	1:15 PM	Practice Ice	45							
		1:15 PM	1:30 PM	Resurface	15							
1	1:30 PM			Level A Jumps	4	R	3	4	5	6	7	
2	1:30 PM			Level B Jumps	5	R	2	4	5	6	7	
3	1:30 PM		1:59 PM	Level C Jumps	5	R	2	3	5	6	7	29
		1:59 PM	2:04 PM	Break - NO RESURFACE	5							
4	2:04 PM			Level A Moves	4	R	2	3	4	6	7	
5	2:04 PM			Level B Moves	5	R	2	3	4	5	7	
6	2:04 PM		2:53 PM	Level C Moves	5	R	2	3	4	5	6	49
		2:53 PM	2:58 PM	Break - NO RESURFACE	5							
7	2:58 PM		2:58 PM	Level A Spins	4	R	3	4	5	6	7	
8	2:58 PM		2:58 PM	Level B Spins	5	R	2	4	5	6	7	
9	2:58 PM		3:28 PM	Level C Spins	5	R	2	3	4	6	7	31
Competition Ends												

Hosted by: **Kalamazoo Area**

Sanction: 28075

At this competition, for each discipline the first 3 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, except that we start the next element "one team down". After all teams have skated, they leave the ice and the next set of teams enter, and repeat the process.

Skating order proceeds "down one team" at each discipline, as indicated on the order list on the next page

Note these are in SKATING order

		A	B	C	
Kalamazoo Area	ABC 1				1
Midland Area	ABC 2				2
Wildcat/Alpena	BC 3	X			3
Traverse City	ABC 4				4
Middle of the Mitt	AC 5		X		5
Flint Area United	B 6	X		X	6

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

r1: 11/30/2018

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 Area	ABC
Midland Area	ABC
Wildcat/Alpena	BC

Jumps Element 2

Midland Area	ABC
Wildcat/Alpena	BC
Kalamazoo Area	ABC

Jumps Element 3

Wildcat/Alpena	BC
Kalamazoo Area	ABC
Midland Area	ABC

Jumps Element 4

Kalamazoo Area	ABC
Midland Area	ABC
Wildcat/Alpena	BC

First Group

Moves Element 1

Midland Area	ABC
Wildcat/Alpena	BC
Kalamazoo Area	ABC

Moves Element 2

Wildcat/Alpena	BC
Kalamazoo Area	ABC
Midland Area	ABC

Moves Element 3

Kalamazoo Area	ABC
Midland Area	ABC
Wildcat/Alpena	BC

Moves Element 4

Midland Area	ABC
Wildcat/Alpena	BC
Kalamazoo Area	ABC

First Group

Spins Element 1

Wildcat/Alpena	BC
Kalamazoo Area	ABC
Midland Area	ABC

Spins Element 2

Kalamazoo Area	ABC
Midland Area	ABC
Wildcat/Alpena	BC

Spins Element 3

Midland Area	ABC
Wildcat/Alpena	BC
Kalamazoo Area	ABC

Spins Element 4

Wildcat/Alpena	BC
Kalamazoo Area	ABC
Midland Area	ABC

Second Group

Jumps Element 1

Traverse City	ABC
Middle of the Mitt	AC
Flint Area United	B

Jumps Element 2

Middle of the Mitt	AC
Flint Area United	B
Traverse City	ABC

Jumps Element 3

Flint Area United	B
Traverse City	ABC
Middle of the Mitt	AC

Jumps Element 4

Traverse City	ABC
Middle of the Mitt	AC
Flint Area United	B

Second Group

Moves Element 1

Middle of the Mitt	AC
Flint Area United	B
Traverse City	ABC

Moves Element 2

Flint Area United	B
Traverse City	ABC
Middle of the Mitt	AC

Moves Element 3

Traverse City	ABC
Middle of the Mitt	AC
Flint Area United	B

Moves Element 4

Middle of the Mitt	AC
Flint Area United	B
Traverse City	ABC

Second Group

Spins Element 1

Flint Area United	B
Traverse City	ABC
Middle of the Mitt	AC

Spins Element 2

Traverse City	ABC
Middle of the Mitt	AC
Flint Area United	B

Spins Element 3

Middle of the Mitt	AC
Flint Area United	B
Traverse City	ABC

Spins Element 4

Flint Area United	B
Traverse City	ABC
Middle of the Mitt	AC

Reskates Log

			A	B	C	
Kalamazoo Area	ABC	1				1
Midland Area	ABC	2				2
Wildcat/Alpena	BC	3	X			3
Traverse City	ABC	4				4
Middle of the Mitt	AC	5		X		5
Flint Area United	B	6	X		X	6