

Michigan High School Series

Onyx Rochester 3:45 AM Tuesday, January 8, 2019				6	1	2	3	4	5	6	7	8
Event #	Time	Event	# Skaters	Allow this time	Bill Ziegler	Colleen Bohunicky	Mary Chapman	William Lindsay	Phyllis Little	Danielle McFarlane	Lore Murphy	
Begin	End	D6-2										
	3:45 AM	4:30 AM Practice Ice	45									
	4:30 AM	4:45 AM Resurface	15									
1	4:45 AM	Level A Jumps	5		R		3	4	5	6	7	
2	4:45 AM	Level B Jumps	6		R	2		4	5	6	7	
3	4:45 AM	5:20 AM Level C Jumps	6	36	R	2	3		5	6	7	
	5:20 AM	5:25 AM Break - NO RESURFACE	5									
4	5:25 AM	Level A Moves	5		R	2	3	4		6	7	
5	5:25 AM	Level B Moves	6		R	2	3	4	5		7	
6	5:25 AM	6:24 AM Level C Moves	6	60	R	2	3	4	5	6		
	6:24 AM	6:39 AM Ice Make	15									
7	6:39 AM	6:39 AM Level A Spins	5		R		3	4	5	6	7	
8	6:39 AM	6:39 AM Level B Spins	6		R	2		4	5	6	7	
9	6:39 AM	7:16 AM Level C Spins	6	37	R	2	3	4		6	7	
Competition Ends												
Hosted by: Rochester United Sanction: 28078												

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	
Troy United BC 1	X			1
Bloomfield Hills ABC 2				2
CDMCK Unified ABC 3				3
Rochester United ABC 4				4
Christian Combined ABC 5				5
Berkley-Royal Oak Unified ABC 6				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**

Troy United	BC
Bloomfield Hills	ABC
CDMCK Unified	ABC

Jumps Element 2

Bloomfield Hills	ABC
CDMCK Unified	ABC
Troy United	BC

Jumps Element 3

CDMCK Unified	ABC
Troy United	BC
Bloomfield Hills	ABC

Jumps Element 4

Troy United	BC
Bloomfield Hills	ABC
CDMCK Unified	ABC

First Group**Moves Element 1**

Bloomfield Hills	ABC
CDMCK Unified	ABC
Troy United	BC

Moves Element 2

CDMCK Unified	ABC
Troy United	BC
Bloomfield Hills	ABC

Moves Element 3

Troy United	BC
Bloomfield Hills	ABC
CDMCK Unified	ABC

Moves Element 4

Bloomfield Hills	ABC
CDMCK Unified	ABC
Troy United	BC

First Group**Spins Element 1**

CDMCK Unified	ABC
Troy United	BC
Bloomfield Hills	ABC

Spins Element 2

Troy United	BC
Bloomfield Hills	ABC
CDMCK Unified	ABC

Spins Element 3

Bloomfield Hills	ABC
CDMCK Unified	ABC
Troy United	BC

Spins Element 4

CDMCK Unified	ABC
Troy United	BC
Bloomfield Hills	ABC

Second Group**Jumps Element 1**

Rochester United	ABC
Christian Combined	ABC
Berkley-Royal Oak Unif	ABC

Jumps Element 2

Christian Combined	ABC
Berkley-Royal Oak Unif	ABC
Rochester United	ABC

Jumps Element 3

Berkley-Royal Oak Unif	ABC
Rochester United	ABC
Christian Combined	ABC

Jumps Element 4

Rochester United	ABC
Christian Combined	ABC
Berkley-Royal Oak Unif	ABC

Second Group**Moves Element 1**

Christian Combined	ABC
Berkley-Royal Oak Un	ABC
Rochester United	ABC

Moves Element 2

Berkley-Royal Oak Un	ABC
Rochester United	ABC
Christian Combined	ABC

Moves Element 3

Rochester United	ABC
Christian Combined	ABC
Berkley-Royal Oak Un	ABC

Moves Element 4

Christian Combined	ABC
Berkley-Royal Oak Un	ABC
Rochester United	ABC

Second Group**Spins Element 1**

Berkley-Royal Oak Un	ABC
Rochester United	ABC
Christian Combined	ABC

Spins Element 2

Rochester United	ABC
Christian Combined	ABC
Berkley-Royal Oak Un	ABC

Spins Element 3

Christian Combined	ABC
Berkley-Royal Oak Un	ABC
Rochester United	ABC

Spins Element 4

Berkley-Royal Oak Un	ABC
Rochester United	ABC
Christian Combined	ABC

Reskates Log

			A	B	C	
Troy United	BC	1	X			1
Bloomfield Hills	ABC	2				2
CDMCK Unified	ABC	3				3
Rochester United	ABC	4				4
Christian Combined	ABC	5				5
Berkley-Royal Oak Unified	ABC	6				6