



CAPITAL REGIONAL COUNCIL OF FIGURE SKATING CLUBS
MARYLAND * DISTRICT OF COLUMBIA * VIRGINIA
THIRTY-THIRD ANNUAL CAPITAL REGIONAL COUNCIL COMPETITION
Mt. Vernon Recreation Center, Alexandria, Virginia
TENTATIVE SCHEDULE

Saturday, March 8, 2008

<p>8:00 - 8:20 a.m. Practice Ice – Open Session *</p> <p>8:20 - 8:40 a.m. Practice Ice – Open Session *</p> <p>9:40 - 9:00 a.m. RESURFACE</p> <p>9:00 - 9:30 a.m. No-Test Girls “C” Freestyle</p> <p>9:30 - 9:55 a.m. No-Test Girls “B” Freestyle</p> <p>9:55 - 10:10 a.m. No-Test Girls “A” Freestyle</p> <p>10:10 - 10:30 a.m. Preliminary Girls (High) Freestyle</p> <p>10:30 - 10:50 a.m. Preliminary Girls (Low) Freestyle</p> <p>10:50 - 11:05 a.m. RESURFACE</p> <p style="text-align: center;">Awards in Registration Area</p> <p>11:05 - 11:45 p.m. Pre-Preliminary Girls A Freestyle</p> <p>11:45 - 12:25 p.m. Pre-Preliminary Girls B Freestyle</p> <p>12:25 - 12:45 p.m. RESURFACE</p> <p style="text-align: center;">Awards in Registration Area</p> <p>12:45 - 1:25 p.m. Intermediate Ladies Short Program</p> <p style="padding-left: 100px;">Intermediate Men Exhibition</p> <p>1:25 - 1:50 p.m. No Test Compulsory Moves</p> <p style="padding-left: 100px;">Pre-Preliminary Compulsory Moves</p> <p style="padding-left: 100px;">Preliminary Compulsory Moves</p> <p style="padding-left: 100px;">Pre-Juvenile Compulsory Moves</p> <p style="padding-left: 100px;">Juvenile Compulsory Moves</p> <p>1:50 - 2:10 p.m. No Test/Pre-Preliminary Spins</p> <p style="padding-left: 100px;">Preliminary Spins</p> <p style="padding-left: 100px;">Pre-Juv/Juvenile/Intermediate Spins</p> <p>2:10 - 2:25 p.m. Adult Silver Ladies Freestyle</p> <p>2:25 - 2:40 p.m. Adult Silver Men Freestyle</p> <p>2:40 - 2:55 p.m. RESURFACE</p> <p style="text-align: center;">Awards in Registration Area</p>	<p>2:55 - 3:05 p.m. Juvenile Pairs Exhibition</p> <p>3:05 - 3:55 p.m. Juvenile Girls Freestyle</p> <p>3:55 - 4:05 p.m. Adult Interpretive</p> <p>4:05 - 4:45 p.m. Pre-Juvenile Girls Freestyle</p> <p>4:45 - 5:00 p.m. Pre-Juvenile Boys Freestyle</p> <p>5:00 - 5:15 p.m. RESURFACE</p> <p style="text-align: center;">Awards in Registration Area</p> <p>5:15 - 5:45 p.m. Intermediate Ladies Freestyle</p> <p style="padding-left: 100px;">Intermediate Men Exhibition</p> <p>5:45 - 6:00 p.m. Synchronized Skating</p> <p style="text-align: center;">Awards in Registration Area</p> <p>Practice Ice:</p> <p>\$10 per skater- First Come, First Serve –</p> <p>Payable by check made out to CRC or Cash</p> <p>No reservations</p>
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