



**CAPITAL REGIONAL COUNCIL OF FIGURE SKATING CLUBS**  
**MARYLAND \* DISTRICT OF COLUMBIA \* VIRGINIA**  
**THIRTY-FOURTH ANNUAL CAPITAL REGIONAL COUNCIL COMPETITION**  
**Mt. Vernon Recreation Center, Alexandria, Virginia**  
**Saturday, March 13, 2010**

**TENTATIVE SCHEDULE**

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