

Trillium's East / North Regionals

Nepean Sportsplex

February 8-9 2020

Tentative Schedule # 4

Key	Warm-up	Coaches	Officials	
	8&U Novice	9-10 Novice	11-12 Novice	
	13-15 Novice	16 - 20 Novice	10 & Under Competitive	
	11-12 Competitive	Masters	AWD	

Date	Time	#	Event
Saturday February 8	9:30 AM - 9:40 AM		Coaches Meeting & Lap Warm-up
	9:40 AM - 10:00 AM	W	11-12 Competitive Figure Warm-up
	10:05 AM - 11:25 AM	68	11-12 Competitive Figure Competition (4 Panels)
	11:30 AM - 11:50 AM		8&U Novice, AWD & 11-12 Novice Figure Warm-up
	11:55 AM - 12:15 PM	4	8&U Figure Competition (1 Panel)
	11:55 AM - 12:15 PM	3	AWD Figure Competition (1 Panel)
	11:55 AM - 12:55 PM	27	11-12 Novice Figure Competition (2 Panels)
	12:55 PM - 1:40 PM		Official Lunch
	1:15 PM - 1:35 PM	W	10&U Competitive Figure Warm-up
	1:40 PM - 2:40 PM	27	10&U Competitive Figure Competition (2 Panels)
	2:45 PM- 3:05 PM	W	AWD Solo & Masters Tech Duet Warm-up
	3:10 PM -3:25 PM	3	AWD Solo Competition
	3:25 PM - 3:45 PM	5	Masters Tech Duet Competition
	3:50 PM - 4:10 PM	W	Masters Tech Team & 11-12 Competitive Team Warm-up
	4:15 PM - 4:25 PM	2	Masters Tech Team Final
	4:25 PM - 5:05 PM	9	11-12 Competitive Team Finals
	5:10 PM - 5:30 PM		8&U Novice Team, 11-12 Novice Team & 10&U Competitive Team Warm-up
	5:35 PM - 5:40 PM	1	8&U Novice Team Competition
	5:40 PM - 5:55 PM	4	11-12 Novice Team Competition
	5:55 PM - 6:15 PM	4	10&U Competitive Team Competition
	6:15 PM - 7:00 PM		Officials Dinner
	6:35 PM - 6:55 PM	W	Master Tech Solo Warm-up
	7:00 PM - 7:15 PM	4	Master Tech Solo Finals
	9:30 AM - 9:40 AM		Coaches Meeting & Lap Warm-up
	9:40 AM - 10:00 AM	W	Masters Free Solo & 11-12 Competitive Solo Warm-up
	10:05 AM - 10:30 AM	5	Masters Free Solo Final

Sunday February 9	10:30 AM - 10:45 AM	3	11-12 Competitive Solo Final
	10:45 AM - 11:05 AM	W	13-15 Novice Team, 16-20 Novice Team Warm-up
	11:10 AM - 11:40 AM	6	13-15 Novice Team Finals
	11:40AM - 11:55 AM	4	16-20 Novice Team Finals
	11:55 AM - 12:40 PM		Official Lunch
	12:15 PM - 12:35 PM	W	Masters Free Team Warm-up
	12:35 PM - 12:50 PM	3	Masters Free Team Competition
	12:55 PM - 1:15 PM	W	10&U Competitive Duet , 11-12 Competitive Duet & Masters Free Duet Warm-up
	1:20 PM - 1:40 PM	4	10&U Competitive Duet Final
	1:40 PM - 2:30 PM	10	11-12 Competitive Duet Final
	2:30 PM - 3:00 PM	5	Masters Free Duet Competition

***Please note that the schedule may be moved up by no more than 1/2 hour**