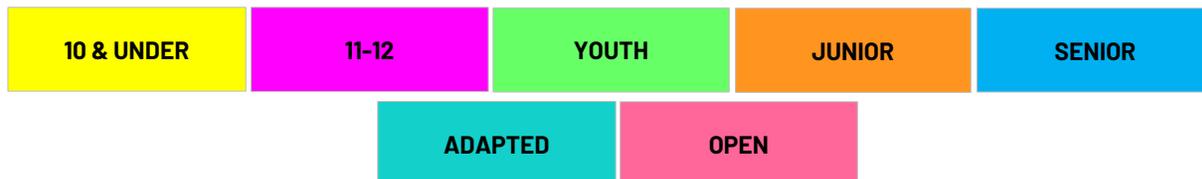


20 | NORTH/EAST REGION
25 | **LISA ALEXANDER**
FIGURES & SKILLS MEET

Saturday, December 13, 2025
 Nepean Sportsplex
 Ottawa, ON

TENTATIVE SCHEDULE

Version 1(2024.11.26)



SAT 13/ 12	8:30AM	9:00AM	W		Youth Warmup	
	9:05AM	9:50AM			Youth National & Provincial Figures (2 Panels)	
	9:50AM	10:00AM	7	35	Break	
	10:00AM	10:40AM			Youth National & Provincial Skills (2 Panels)	
	10:45AM	11:15AM	W		11-12, 10U & Adapted Warmup	
	11:20AM	12:20PM		32	11-12 Figures (2 Panels)	10U Figures (1 Panel)
	12:20PM	12:30PM	60		Break	
	12:30PM	1:15PM		3	11-12 Skills (2 Panels)	10U Skills (1 Panel)
					Adapted Figures & Skills (1 Panel)	
	1:20PM	1:50PM	W		Junior & Senior Warmup	
	1:55PM	2:25PM	8	23	Junior National & Provincial & Senior National & Provincial Elements (2 Panels)	
	2:25PM	2:35PM			Break	
2:35PM	3:00PM	5	1	Junior National & Provincial & Senior National & Provincial Skills (2 Panels)		