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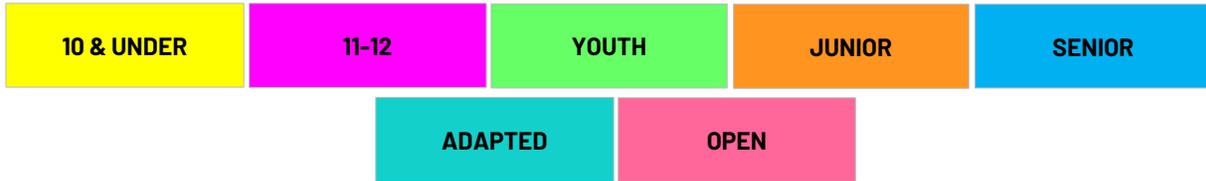
WEST REGION

LISA ALEXANDER
FIGURES & SKILLS MEET

TENTATIVE SCHEDULE

Sunday, December 7, 2025
Laurier Athletic Complex
Waterloo, ON

Version 1(2025.11.25)



SUN 07 /12	8:30AM	9:00AM	W		11-12 & Junior & Senior National Warmup	
	9:05AM	10:05AM	89	13	11-12 Figures (2 Panels)	Junior & Senior National Elements (1 Panel)
	10:05AM	10:15AM		4	Break	
	10:15AM	11:05AM		11-12 Skills (2 Panels)		Junior & Senior National Skills (1 Panel)
	11:10AM	11:40AM	W		10U, Adapted & Junior & Senior Provincial Warmup	
	11:45AM	12:30PM	60	24	10U Figures (2 Panels)	Junior & Senior Provincial Elements (1 Panel)
	12:30PM	12:40PM			Break	
	12:40PM	1:50PM	45	1	10U Skills (2 Panels)	Junior & Senior National Skills (1 Panel)
					Adapted Figures (2 Panels)	
	1:55PM	2:25PM	W		Youth Warmup	
	2:30PM	3:30PM	57	26	Youth Provincial Figures (2 Panels)	Youth National Figures (1 Panel)
	3:30PM	3:40PM			Break	
	3:40PM	4:30PM			Youth Provincial Skills (2 Panels)	Youth National Skills (1 Panel)