2026 CENTRAL REGION
LISA ALEXANDER FIGURES & SKILLS MEET

Saturday, December 12, 2026
Etobicoke Olympium
Etobicoke, Ontario

TENTATIVE SCHEDULE

Version: 13.11.26

10 & UNDER | **11-12** | **YOUTH** | **ADAPTED** | **SENIOR** | **JUNIOR**

	PANEL 1 & 2				PANEL 3 & 4			
SAT 12/12	8:30 AM	9:00 AM	W	11-12 Warmup				
	9:05 AM	10:00 AM	116	11-12 Figures (2 Panels)	9:05 AM	10:00 AM	110	11-12 Skills (2 Panels)
	10:00 AM	10:10 AM		BREAK	10:00 AM	10:10 AM		BREAK
	10:10 AM	11:05 AM		11-12 Figures (2 Panel)	10:10 AM	11:05 AM		11-12 Skills (2 Panel)
	11:10 AM	11:40 AM	W	10U & Adapted Warmup				
	11:45 AM	12:35 PM	56	10U Figures (2 Panels)	11:45 AM	12:35 PM	21	Adapted Figures (2 Panels)
	12:35 PM	12:45 PM		BREAK	12:35 PM	1:35 PM		Adapted Skills (2 Panels) *Immediately following Figures*
	12:45 PM	1:35 PM	54	10U Skills (2 Panels)				
	1:40 AM	2:10 PM	W	Youth Warmup				
	2:15 PM	3:18 PM	48 / 75	Youth National & Provincial Figures (2 Panels)	2:15 PM	3:18 PM	48 / 75	Youth National & Provincial Skills (2 Panels)
	3:18 PM	3:30 PM		BREAK	3:18 PM	3:30 PM		BREAK
	3:30 PM	4:35 PM		Youth National & Provincial Figures (2 Panels)	3:30 PM	4:35 PM		Youth National & Provincial Skills (2 Panels)
	4:40 PM	5:10 PM	W	Junior & Senior Warmup				
	5:15 PM	5:52 PM	36	Junior National Elements (2 Panels)	5:15 PM	5:48 PM	21 / 8	Junior & Senior Provincial and Senior National Elements (2 Panels)
	5:52 PM	6:02 PM		BREAK	5:48 PM	5:58 PM		BREAK
	6:02 PM	6:40 PM		Junior National Skills (2 Panels)	5:58 PM	6:30 PM	1	Junior & Senior Provincial and Senior National Skills (2 Panels)