

Nationals 2008

Practice and Competition Schedule

17/8/08

Sun

Practice	Group
06:00-06:40	1
06:40-07:20	2
07:20-08:00	3
08:00 – 08:15	Resurface 15 min
08:15-09:35	4
09:35-11:00	5
11:00-11:40	6

18:30 DRAW Roxy Theatre GrandWest

Practice
21:00 – 22:00 Senior Synchro Exhibition

18/8/08

Mon

Practice	
08:00- 08:40	1
08:40-09:20	2
09:20- 10:00	3
10:00 – 10:15	Resurface 15 min
10:15-11:35	4
11:35- 13:00	5
13:00-13:40	6

COMPETITION:			
14:00 – 15:30	Short programs	19:00 – 19:15	Parade All skaters
15:30 – 15:50	Pre Novice Girls	19:15 – 19:45	Junior Ladies
15:50 – 16:15	Resurface/Interval	19:45 – 20:15	Senior Ladies
16:15 – 17:30	Pre Novice Boys	20:15 – 20:30	Senior Men
17:30 – 17:40	Novice Ladies	20:30 – 20:45	Exhibition Senior Synchro
17:40 – 19:00	Novice Men		(Short program)
	Resurface/Dinner break		

19/8/08

Tue

Practice	
08:00 – 08:40	1
08:40 – 09:20	2
09:20 – 10:00	3
10:00 - 10:15	Resurface 15 min
10:15 – 11:35	4
11:35 - 13:00	5
13:00 – 13:40	6

COMPETITION:			
14:00 – 15:10	Free skating	20:00 – 20:10	Novice Men
15:10 – 15:30	Juvenile Girls	20:10 - 20:45	Junior Ladies
15:30 – 17:00	Resurface / Interval	20:45 – 21:15	Senior Ladies
17:00 – 17:20	Pre Novice Girls	21:15 – 21:30	Senior Men
17:20 – 18:50	Pre Novice Boys	21:30 – 21:40	Novice Synchro
18:50 - 19:00	Novice Ladies	21:40 - 22:00	Presentations
19:00 – 20:00	Exhibition Senior Synchro (Free)	22:00 – 23:00	Skaters party on ice
	Resurface / Dinner break		

**S.A.
Nationals
2008
Cape Town**



Telephone Numbers:

The Ice Station
535 2260
Dawn v.d. Riet
083 303 4907
Flying Squad
10111
Ambulance
10177
Hospital N1
590 4444
Cape Town Tourism
426 4260
Grand West City
Lodge
535 3611
GrandWest Grand
Hotel
505 7100
Mini Cab: Rob
083 519 9107

Dear Skater,
Welcome to
Nationals 2008 in
Cape Town and to
The Ice Station
Grandwest.

The schedule for both
practices and
competitions are
listed in this leaflet
and we request that
you report to the
marshals at the
barrier outside
change rooms 1&2,
at least 30 min. prior
to your scheduled
start time.

Your competitors
badge will be
presented to you at
the draw, which will
take place in the
Roxy Theatre
Grandwest on
Sunday 17th August
2008 at 18:30 –
19:30.

(Also for coaches,
judges and team
leaders 1 per
province)
Please wear at all
times to ensure entry
to both the centre and
the Ice Rink during
both practice and
competition times.

Entrance prices:R20
per event.
Season tickets @
R60 for all
competition events
available at the draw
on Sunday as well as
from the cashier at
the rink.

Photographs will be
taken on Monday and
Tuesday, one per
skater, in the kiss and
cry area free of
charge.

Any extra and
podium shots can be
purchased from the
photographer.

The official parade
will take place on the
ice on Monday 18th
August at 19:00
ALL skaters will be
required to march
onto the ice, wearing
their official colours
and skates.

All presentations will
be done on Tuesday
19th August 08, at
21:30, so please see
that you are there to
receive your award.

The skaters party will
take place on the Ice ,
and skaters will be
handed their party
packs during the
presentations. The
upstairs area,
function room and
cash bar will be open
after the competition
and everyone is
welcome to enjoy a
drink in this warm
environment and
have a chat before
leaving, parents
included.

Draws for long
programs will also
take place upstairs in
the function area
straight after the short
programs. Please be
advised that no skates
are allowed in this
area..

Change rooms 1 & 2
will be allocated to
skaters during the
Competition.
Have a lovely
competition and
good luck to you all !

Skate well and enjoy
the competition.

**Reminder:
Skate Safari
Cape Town
9 – 11th October 08.**

Regards,

Organizing Committee
WP. Cape Town.

PRACTICE GROUPS:

GROUP 1:
Juvenile Girls (11)

GROUP 2:
Pre Novice Boys +
Pre-Novice Girls
surnames A-G (9)

GROUP 3:
Pre Novice Girls
Surnames H-Z (8)

GROUP 4:
Novice Ladies (12)

GROUP 5:
Novice Men, Junior
Ladies, Senior Ladies
+ Senior Men (10)

GROUP 6:
Novice Synchro