

DAY 1

PRACTICE SCHEDULE										
CAPE INTER-PROVINCIALS 2009										
FRIDAY, 22ND MAY										
	TOTAL	PROGRAM	WARMUP	EXTRA	TOTAL	SKATING	ON/OFF	TOTAL	START	END
	SKATERS	LENGTH	TIME	TIME	WARMUP	TIME	TIME	TIME	TIME	TIME
SYS 06:00 - 06:40AM RESURFACE 07:00AM	1			00:40:00	00:00:00	00:00:00	00:00:00	00:40:00	06:00	06:40
RESURFACE	1			00:20:00	00:00:00	00:00:00	00:00:00	00:20:00	06:40	07:00
Michaela Brown KZN	1	00:02:00	00:03:00		00:03:00	00:02:00	00:00:00	00:05:00	07:00	07:05
Tracy Zhang CG	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:05	07:07
Justine Croker CG	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:07	07:09
Jaimee Brown CG	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:09	07:11
Aquilla McCrory KZN	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:11	07:13
Marie-Elize Louw CG	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:13	07:15
Kathleen Strydom CG	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:15	07:17
Darin Croker CG	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:17	07:19
Kylie James CG	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:19	07:21
Kylie-Anne Bowers CG	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:21	07:23
Extra Time				00:12:00	00:00:00	00:00:00	00:00:00	00:12:00	07:23	07:35
Antonia Melim										
Tara Viljoen										
HJ Grobler										
Jade Carels										
Amy Corkill										
Jessica Gobel										
Malaika Jumah										
Jordyn McCarthy										
Zoe Thomson										
Roxanne Drury										
Keisha Kannemeyer										
TOTALS	12	00:20:00	00:03:00	01:12:00	00:03:00	00:20:00	00:00:00	01:35:00	06:00 AM	07:35 AM

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PRACTICE SCHEDULE		CAPE INTER-PROVINCIALS 2009				FRIDAY, 22ND MAY				
	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	EXTRA TIME	TOTAL WARMUP	SKATING TIME	ON/OFF TIME	TOTAL TIME	START TIME	END TIME
Natalie Fourie CG	1	00:02:00	00:03:00		00:03:00	00:02:00	00:00:00	00:05:00	07:35	07:40
Taylor Wolchuk CG	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:40	07:42
Chantel Koekemoer CG	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:42	07:44
Chloe Massy-Hicks KZN	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:44	07:46
Emily van Rooyen KZN	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:46	07:48
Jessica Hay CG	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:48	07:50
Melandi Venter KZN	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:50	07:52
Rhaine Anderson CG	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:52	07:54
Sarah Druce KZN	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:54	07:56
Maxine Woodland KZN	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:56	07:58
Eryn Cross CG	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	07:58	08:00
Francois van Rooyen CG	1	00:02:00			00:00:00	00:02:00	00:00:00	00:02:00	08:00	08:02
Extra Time	1			00:08:00	00:00:00	00:00:00	00:00:00	00:08:00	08:02	08:10
Gretel Engelbrecht	1									
Ben Mehnert	1									
Ruan Nagel	1									
Nicola Engel	1									
Alicia Benade	1									
Tarryn Servais	1									
Shannon Valentine	1									
TOTALS	20	00:24:00	00:03:00	00:08:00	00:03:00	00:24:00	00:00:00	00:35:00	07:35 AM	08:10 AM

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PRACTICE SCHEDULE		CAPE INTER-PROVINCIALS 2009				FRIDAY, 22ND MAY				
JUVENILE & PRE-NOVICE GIRLS & BOYS	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	EXTRA TIME	TOTAL WARMUP	SKATING TIME	ON/OFF TIME	TOTAL TIME	START TIME	END TIME
Christel Viljoen GN	1	00:02:30	00:05:00		00:05:00	00:02:30	00:00:00	00:07:30	08:10	08:17
Jaydean Britz CG	1	00:02:30			00:00:00	00:02:30	00:00:00	00:02:30	08:17	08:20
Talullah Hawker CG	1	00:02:30			00:00:00	00:02:30	00:00:00	00:02:30	08:20	08:22
Simonn Erwee KZN	1	00:02:30		00:02:45	00:00:00	00:02:30	00:00:00	00:05:15	08:22	08:27
Rosa Ballantine KZN	1	00:02:30		00:02:45	00:00:00	00:02:30	00:00:00	00:05:15	08:27	08:33
Sandra Cholokh CG	1	00:02:30		00:02:45	00:00:00	00:02:30	00:00:00	00:05:15	08:33	08:38
Kathryn Wynstanley KZN	1	00:02:30		00:02:45	00:00:00	00:02:30	00:00:00	00:05:15	08:38	08:43
Shannon Strydom GN	1	00:02:30		00:02:45	00:00:00	00:02:30	00:00:00	00:05:15	08:43	08:48
Angelica Nortje GN	1	00:02:30		00:02:45	00:00:00	00:02:30	00:00:00	00:05:15	08:48	08:54
Amber Britz GN	1	00:02:30		00:02:45	00:00:00	00:02:30	00:00:00	00:05:15	08:54	08:59
Kaylee Muller KZN	1	00:02:30		00:02:45	00:00:00	00:02:30	00:00:00	00:05:15	08:59	09:04
Lara Valenti KZN	1	00:02:30		00:02:45	00:00:00	00:02:30	00:00:00	00:05:15	09:04	09:09
Julia Durant	1	00:02:30		00:02:45	00:00:00	00:02:30	00:00:00	00:05:15	09:09	09:15
Extra Time				00:10:00	00:00:00	00:00:00	00:00:00	00:10:00	09:15	09:25
Abigail Samuels										
Lauren Guenantin										
Caitlin Dicker										
Rebecca Crous										
Joshua Cilliers										
Matthew Samuels										
Robyn Cox										
Mikaela Fuscher										
Michaila Goliath										
Courtney Kuhn										
Tamsin Metelerkamp										
Jamie Tatum Roebeck										
TOTALS	13	00:32:30	00:05:00	00:37:30	00:05:00	00:32:30	00:00:00	01:15:00	08:10 AM	09:25 AM

DAY 1

PRACTICE SCHEDULE		CAPE INTER-PROVINCIALS 2009					FRIDAY, 22ND MAY			
JUNIOR LADIES/MEN SENIOR LADIES/MEN	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	EXTRA TIME	TOTAL WARMUP	SKATING TIME	ON/OFF TIME	TOTAL TIME	START TIME	END TIME
RESURFACE	1			00:20:00	00:00:00	00:00:00	00:00:00	00:20:00	09:25	09:45
Abigail Pietersen WP	1	00:02:50	00:05:00	00:04:00	00:05:00	00:02:50	00:00:00	00:11:50	09:45	09:56
Lejeanne Marais GN	1	00:02:50		00:04:00	00:00:00	00:02:50	00:00:00	00:06:50	09:56	10:03
Kim Falconer WP	1	00:02:50		00:04:00	00:00:00	00:02:50	00:00:00	00:06:50	10:03	10:10
Siobhan McColl CG	1	00:02:50		00:04:00	00:00:00	00:02:50	00:00:00	00:06:50	10:10	10:17
Justin Pietersen WP	1	00:02:50		00:04:30	00:00:00	00:02:50	00:00:00	00:07:20	10:17	10:24
Ben Klein KZN	1	00:02:50		00:04:00	00:00:00	00:02:50	00:00:00	00:06:50	10:24	10:31
Extra Time	1			00:04:00	00:00:00	00:00:00	00:00:00	00:04:00	10:31	10:35
Michael Johnston										
TOTALS	8	00:17:00	00:05:00	00:48:30	00:05:00	00:17:00	00:00:00	01:10:30	09:25 AM	10:35 AM

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PRACTICE SCHEDULE		CAPE INTER-PROVINCIALS 2009				FRIDAY, 22ND MAY					
JUNIOR LADIES		TOTAL	PROGRAM	WARMUP	EXTRA	TOTAL	SKATING	ON/OFF	TOTAL	START	END
		SKATERS	LENGTH	TIME	TIME	WARMUP	TIME	TIME	TIME	TIME	TIME
Nikita Pillay	KZN	1	00:02:50	00:05:00	00:03:30	00:05:00	00:02:50	00:00:00	00:11:20	10:35	10:46
Nadia Geldenhuys	GN	1	00:02:50		00:03:30	00:00:00	00:02:50	00:00:00	00:06:20	10:46	10:52
Tamarah Jacobs	KZN	1	00:02:50		00:03:30	00:00:00	00:02:50	00:00:00	00:06:20	10:52	10:59
Nicole Goldie	CG	1	00:02:50		00:03:30	00:00:00	00:02:50	00:00:00	00:06:20	10:59	11:05
Lynndene Raymond	KZN	1	00:02:50		00:03:30	00:00:00	00:02:50	00:00:00	00:06:20	11:05	11:11
Coral-Lee Searle	CG	1	00:02:50		00:03:30	00:00:00	00:02:50	00:00:00	00:06:20	11:11	11:18
Amy Smith	KZN	1	00:02:50		00:03:30	00:00:00	00:02:50	00:00:00	00:06:20	11:18	11:24
Jessica Skinner	CG	1	00:02:50		00:03:30	00:00:00	00:02:50	00:00:00	00:06:20	11:24	11:30
Extra Time		1			00:05:00	00:00:00	00:00:00	00:00:00	00:05:00	11:30	11:35
Lauren Golden											

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PRACTICE SCHEDULE		CAPE INTER-PROVINCIALS 2009				FRIDAY, 22ND MAY					
NOVICE LADIES	NOVICE MEN	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	EXTRA TIME	TOTAL WARMUP	SKATING TIME	ON/OFF TIME	TOTAL TIME	START TIME	END TIME
Ntsiki Khuzwayo	CG	1	00:02:30	00:05:00	00:03:00	00:05:00	00:02:30	00:00:00	00:10:30	11:35	11:45
Victoria Sailer	GN	1	00:02:30		00:03:00	00:00:00	00:02:30	00:00:00	00:05:30	11:45	11:51
Philippa Godson	KZN	1	00:02:30		00:03:00	00:00:00	00:02:30	00:00:00	00:05:30	11:51	11:56
Meredith Potgieter	GN	1	00:02:30		00:03:00	00:00:00	00:02:30	00:00:00	00:05:30	11:56	12:02
Gabriela de Sampaio	GN	1	00:02:30		00:03:00	00:00:00	00:02:30	00:00:00	00:05:30	12:02	12:07
Shannon Wood	KZN	1	00:02:30		00:03:00	00:00:00	00:02:30	00:00:00	00:05:30	12:07	12:13
Anna Ballantine	KZN	1	00:02:30		00:03:00	00:00:00	00:02:30	00:00:00	00:05:30	12:13	12:18
Crystal Liebenberg	GN	1	00:02:30		00:03:00	00:00:00	00:02:30	00:00:00	00:05:30	12:18	12:24
Tiaan Bessinger	CG	1	00:02:30		00:03:30	00:00:00	00:02:30	00:00:00	00:06:00	12:24	12:30
RESURFACE & DRY FOR COMPETITION		1			00:30:00	00:00:00	00:00:00	00:00:00	00:30:00	12:30	13:00
Ziyadah Shaboodien											
Ancio van Tonder											
Johann Wilkinson											