

PRACTICE: NATIONALS											FRIDAY EVENING		
SECTION	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	EXTRA TIME	TOTAL WARMUP	SKATING TIME	ON/OFF TIME	TOTAL TIME	START TIME	END TIME	On/Off time		
START				00:15:00	00:00:00	00:00:00	00:00:00	00:15:00	17:00	17:15	00:05:00		
KWAZULU NATAL	1	00:55:00	00:00:00		00:00:00	00:55:00	00:05:00	01:00:00	17:15	18:15	R 675.00		
WESTERN PROVINCE	1	00:55:00	00:00:00		00:00:00	00:55:00	00:05:00	01:00:00	18:15	19:15	R 675.00		
TOTALS	2	01:50:00	00:00:00	00:15:00	00:00:00	01:50:00	00:10:00	02:15:00	05:00 PM	07:15 PM			

PRACTICE: NATIONALS											SATURDAY MORNING		
SECTION	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	EXTRA TIME	TOTAL WARMUP	SKATING TIME	ON/OFF TIME	TOTAL TIME	START TIME	END TIME	On/Off time		
START				00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	05:00	05:00	00:03:15		
GAUTENG NORTH	1	00:38:00	00:00:00		00:00:00	00:38:00	00:03:15	00:41:15	05:00	05:41	R -		
KWAZULU NATAL	1	00:38:00	00:00:00		00:00:00	00:38:00	00:03:15	00:41:15	05:41	06:22	R -		
CENTRAL GAUTENG	1	00:38:00	00:00:00		00:00:00	00:38:00	00:03:15	00:41:15	06:22	07:03	R -		
WESTERN PROVINCE	1	00:38:00	00:00:00		00:00:00	00:38:00	00:03:15	00:41:15	07:03	07:45	R -		
TOTALS	4	02:32:00	00:00:00	00:00:00	00:00:00	02:32:00	00:13:00	02:45:00	05:00 AM	07:45 AM			

PRACTICE: NATIONALS											SATURDAY EVENING		
SECTION	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	EXTRA TIME	TOTAL WARMUP	SKATING TIME	ON/OFF TIME	TOTAL TIME	START TIME	END TIME	On/Off time		
START				00:15:00	00:00:00	00:00:00	00:00:00	00:15:00	17:00	17:15	00:05:00		
KWAZULU NATAL	1	00:55:00	00:00:00		00:00:00	00:55:00	00:05:00	01:00:00	17:15	18:15	R 675.00		
WESTERN PROVINCE	1	00:55:00	00:00:00		00:00:00	00:55:00	00:05:00	01:00:00	18:15	19:15	R 675.00		
TOTALS	2	03:40:00	00:00:00	00:15:00	00:00:00	01:50:00	00:10:00	02:15:00	05:00 PM	07:15 PM			

OFFICIAL PRACTICE: NATIONALS											SUNDAY MORNING		
SECTION	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	EXTRA TIME	TOTAL WARMUP	SKATING TIME	ON/OFF TIME	TOTAL TIME	START TIME	END TIME	On/Off time		
START				00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	05:00	05:00	00:02:45		
KWAZULU NATAL	1	00:50:00	00:06:00		00:06:00	00:50:00	00:02:45	00:58:45	05:00	05:58	9		
WESTERN PROVINCE	1	01:30:00	00:06:00		00:06:00	01:30:00	00:02:45	01:38:45	05:58	07:37	18		
GAUTENG NORTH	1	00:55:00	00:06:00		00:06:00	00:55:00	00:02:45	01:03:45	07:37	08:41	11		
CENTRAL GAUTENG	1	00:55:00	00:06:00		00:06:00	00:55:00	00:02:45	01:03:45	08:41	09:45	11		
TOTALS	4	04:10:00	00:24:00	00:00:00	00:24:00	04:10:00	00:11:00	04:45:00	05:00 AM	09:45 AM			

5min per skater/province with minimum 45 min session

OFFICIAL PRACTICE: NATIONALS											SUNDAY EVENING		
SECTION	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	EXTRA TIME	TOTAL WARMUP	SKATING TIME	ON/OFF TIME	TOTAL TIME	START TIME	END TIME	On/Off time		
START				00:15:00	00:00:00	00:00:00	00:00:00	00:15:00	17:00	17:15	00:05:00		
SYNCRO SENIOR	1	00:55:00	00:00:00		00:00:00	00:55:00	00:05:00	01:00:00	17:15	18:15			
SYNCRO JUNIOR	1	00:55:00	00:00:00		00:00:00	00:55:00	00:05:00	01:00:00	18:15	19:15			
TOTALS	2	02:50:00	00:00:00	00:15:00	00:00:00	01:50:00	00:10:00	02:15:00	05:00 PM	07:15 PM			

OFFICIAL PRACTICE: NATIONALS											MONDAY MORNING		
SECTION	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	EXTRA TIME	TOTAL WARMUP	SKATING TIME	ON/OFF TIME	TOTAL TIME	START TIME	END TIME	On/Off time		
START & Resurface								00:20:00	06:40	07:00	45 min		
PRE-NOVICE GIRLS SHORT PROGRAM	9							00:45:00	07:00	07:45	as per draw		
PRE-NOVICE GIRLS SHORT PROGRAM	8							00:45:00	07:45	08:30			
PRE-NOVICE BOYS SHORT PROGRAM	2												
JUVENILE GIRLS	7												
JUVENILE BOYS	1							00:45:00	08:30	09:15			
RESURFACE	0							00:20:00	09:15	09:35			
NOVICE BOYS SHORT PROGRAM	2												
JUNIOR LADIES SHORT PROGRAM	5							00:41:00	09:35	10:16			
SENIOR LADIES SHORT PROGRAM	4												
SENIOR MEN SHORT PROGRAM	1							00:45:00	10:16	11:01			
NOVICE LADIES SHORT PROGRAM	10							00:45:00	11:01	11:46			
RESURFACE	0							00:20:00	11:46	12:06			
Novice Syncro Team	1							00:45:00	12:06	12:51			
Senior Syncro Team	1							00:45:00	12:51	13:36			
RESURFACE	0							00:20:00	13:36	13:56			
TOTALS	51							07:16:00	06:40 AM	01:56 PM			

OFFICIAL PRACTICE: NATIONALS											TUESDAY MORNING		
SECTION	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	EXTRA TIME	TOTAL WARMUP	SKATING TIME	ON/OFF TIME	TOTAL TIME	START TIME	END TIME	On/Off time		
START & Resurface								00:20:00	05:40	06:00	40 min		
PRE-NOVICE GIRLS FREE PROGRAM	9							00:40:00	06:00	06:40	as per draw		
PRE-NOVICE GIRLS FREE PROGRAM	8							00:40:00	06:40	07:20			
PRE-NOVICE BOYS FREE PROGRAM	2												
JUVENILE GIRLS	7												
JUVENILE BOYS	1							00:40:00	07:20	08:00			
RESURFACE	0							00:20:00	08:00	08:20			
NOVICE BOYS FREE PROGRAM	2												
JUNIOR LADIES FREE PROGRAM	5							00:36:00	08:20	08:56			
SENIOR LADIES FREE PROGRAM	4												
SENIOR MEN FREE PROGRAM	1							00:40:00	08:56	09:36			
NOVICE LADIES FREE PROGRAM	10							00:40:00	09:36	10:16			
RESURFACE	0							00:20:00	10:16	10:36			
Novice Syncro Team	1							00:40:00	10:36	11:16			
Senior Syncro Team	1							00:40:00	11:16	11:56			
RESURFACE	0							00:20:00	11:56	12:16			
TOTALS	51							06:36:00	05:40 AM	12:16 PM			