

SA NATIONAL CHAMPIONSHIPS 2022	OFFICIAL PRACTICE TUESDAY, 10TH MAY					
SECTION	TOTAL	PROGRAM	WARMUP	SKATING	START	END
	SKATERS	LENGTH	TIME	TIME	TIME	TIME
RESURFACE	1			00:00:00	05:30	05:45
(HP) JUVENILE GIRLS + BOYS FREE PROGRAM	8	00:02:40	00:05:00	00:21:20	05:45	06:20
(C) PRE-NOVICE GIRLS FREE PROGRAM (1-5)	5	00:02:40	00:05:00	00:13:20	06:20	06:50
(C) PRE-NOVICE GIRLS FREE PROGRAM (6-10)	5	00:02:40	00:05:00	00:13:20	06:50	07:20
RESURFACE/INTERVAL			00:15:00	00:00:00	07:20	07:35
(HP) PRE-NOVICE GIRLS FREE PROGRAM	5	00:02:40	00:05:00	00:13:20	07:35	08:05
(HP) NOVICE GIRLS FREE PROGRAM (1-5)	5	00:03:10	00:05:00	00:15:50	08:05	08:35
(HP) NOVICE GIRLS FREE PROGRAM (6-10)	5	00:03:10	00:05:00	00:15:50	08:35	09:05
MIXED AGE GROUP SYNCHRO	1			00:00:00	09:05	09:35
RESURFACE			00:15:00	00:00:00	09:35	09:50
JUNIOR WOMEN FREE (1-3) + 1 JNR MAN + 1 NOV BOY	5	00:03:40	00:05:00	00:18:20	09:50	10:20
JUNIOR WOMEN FREE PROGRAM (4-7)	4	00:03:40	00:05:00	00:14:40	10:20	10:50
JUNIOR MEN (1) SENIOR WOMEN (3) SNR MAN (1)	5	00:04:10	00:05:00	00:20:50	10:50	11:30
SENIOR PAIRS FREE PROGRAM	1	00:04:10	00:05:00	00:04:10	11:30	12:00