

# Cape Inter-Provincial 2016

## Practice, Competition & Resurface Schedule

14/10/2016  
Friday

Practice	Group
04:30 - 05:00	Resurface
05:00 - 05:30	10
05:30 - 06:00	11
06:00 - 06:30	13
06:30 - 06:45	Resurface
06:45 - 07:15	1
07:15 - 07:45	2
07:45 - 08:15	3
08:15 - 08:30	Resurface
08:30 - 09:00	4 (Short only)
09:00 - 09:30	5 (Short only)
09:30 - 10:10	6
10:10 - 10:50	7 (Both Programs)
10:50 - 11:05	Resurface
11:05 - 11:35	8 (Short only)
11:35 - 12:05	9 (Short only)
12:05 - 12:30	Resurface for competition

### COMPETITION:

12:30 - 12:50	Sparrows Girls	15:50 - 16:15	Novice Girls Group 1
12:50 - 13:35	Bronze Hawks Girls	16:15 - 16:40	Novice Girls Group 2
13:35 - 14:00	Silver Falcons Girls/Boys	16:40 - 17:05	Novice Girls Group 3
14:00 - 14:30	Adult/Bronze Hawks Boys	17:05 - 17:30	Novice Girls Group 4
14:30 - 15:00	Resurface tea break	17:30 - 17:40	Bronze Non-National Synchro
15:00 - 15:50	Golden Eagles Ladies	18:00	Draw in Off Ice room

15/10/2016  
Saturday

Practice	Group
05:30 - 06:00	Resurface
06:00 - 06:40	4 (Free)
06:40 - 07:20	5 (Free)
07:20 - 07:50	12
07:50 - 08:30	Resurface for competition

### COMPETITION:

08:30 - 09:00	Pre-Novice Girls Comp	10:50 - 11:05	Junior Men Short
09:00 - 09:10	Pre-Novice Boys Comp	11:05 - 11:20	Senior Ladies Short
09:10 - 09:20	Junior Synchro Short	11:20 - 11:30	Senior Synchro Short
09:20 - 09:50	Resurface breakfast	11:45	Draw in Off Ice Room
09:50 - 10:20	Junior Ladies Short Grp 1		
10:20 - 10:50	Junior Ladies Short Grp 2		

16/10/2016  
Sunday

Practice	Group
05:15 - 05:40	Resurface
05:40 - 06:20	8
06:20 - 07:00	9
07:00 - 07:30	Resurface for competition

### COMPETITION:

07:30 - 08:10	Juvenile Girls Free	11:45 - 12:05	Resurface tea break **
08:10 - 08:25	Juvenile/Pre-Novice Boys	12:05 - 12:35	Junior Ladies FS Group 1
08:25 - 09:05	Pre-Novice Girls Free	12:35 - 13:05	Junior Ladies FS Group 2
09:05 - 09:15	Junior Synchro Free	13:05 - 13:25	Senior Ladies FS
09:15 - 09:45	Resurface breakfast	13:25 - 13:40	Junior Men FS
09:45 - 10:15	Novice Girls Group 1	13:40 - 13:50	Novice Synchro FS
10:15 - 10:45	Novice Girls Group 2	13:50 - 14:00	Senior Synchro FS
10:45 - 11:15	Novice Girls Group 3	14:00 - 14:40	Presentations
11:15 - 11:45	Novice Girls Group 4		



#### Telephone Numbers:

The Ice Station  
021535 2260  
Dawn vd Riet  
083 303 4907  
Ambulance  
10177  
Hospital N1  
021 590 4444  
Grand West City Lodge  
021535 3611  
Mini Cab: Rob  
083 519 9107

#### All Provinces:

##### OFFICIAL PRACTICE

###### GROUP 1:

Sparrows + Bronze Hawks  
Girls (11 skaters)

###### GROUP 2:

Bronze Hawks Boys  
Silver Falcons Girls +  
Adults (10 skaters)

###### GROUP 3:

Silver Falcons Boys  
Golden Eagles Ladies (8  
skaters)

###### GROUP 4:

Novice Girls Group 1 (8  
skaters – order of draw)

###### GROUP 5:

Novice Girls Group 2  
(8 skaters – order of draw))

###### GROUP 6:

Juvenile Girls + Boys (7  
skaters)

###### Group 7

Pre-Novice Girls+Boys (7  
skaters)

###### Group 8

Junior Ladies Group 1 (7  
skaters)

###### Group9:

Junior Ladies Group 2 (2)  
Junior Men + Senior  
Ladies (6 skaters)

###### Group10:

Senior Synchro

###### Group 11:

Junior Synchro

###### Group 12:

Novice Synchro

###### Group 13:

Bronze N-N Synchro

Dear Skater,

Welcome to the Cape Inter Provincial Championships 2016 at the Ice Station, GrandWest Cape Town .

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.

Official practice times on Friday are for all Provinces including WP, and are tight. Music will be played only once, and in the scheduled order. No deviations permitted. Skaters to be ready in line for their run through.

An unofficial practice schedule has been circulated.

Patch cards must be purchased for all these sessions from the Skate Shop, and presented at the cashier for clipping. Coaches all have to purchase a coaches card and follow the same procedure. There is no practice ice scheduled for the afternoon sessions and we ask that you respect that that ice is primarily for the WP skaters only.

Your music must be in MP3 format, and should have reached us by the closing date, as a master will be used for the event and no single discs will be accepted in the sound-box. You are however advised to have a copy with you in case of emergency.

The Draw will be done privately and order of skate will be advised. Practice on Friday will be in this order per section.

Your competitors badge will be presented to you at the registration and it is compulsory to attend, (Also for registered coaches, judges and team leaders 1 per province) – dress Provincial track suit.

Please wear/display badge at all times to ensure entry to both the centre and the Ice Rink during both practice and competition times. Dress code for the Competition is Provincial Track Suits and no National Colours to be worn.

Your free SPUR burger + drink voucher, will be handed to you at Registration and is only valid for Fri 14th<sup>h</sup> October 2016 18:00-20:30.

Skaters to be seated in the Spur's designated area and to present their voucher to the waitron when ordering. Parents are welcome to join, but must arrange their own seating and payment.

Spectator prices:  
R50 per event  
Children U 12 R20.00

Season tickets @ R120 for all 3 competition events, available from the cashier at the rink.

Photographs will be taken during the event, in the kiss and cry area by Sion Stanton, and skaters will get one free posed photo Any additional photos/Podium will be on a pay with order system and to be arranged with the photographer.

Kristina Foster is offering an action photo package to skaters and Heinrich Painczyk is offering various video packages. These must be pre-ordered at registration on Thursday

The official parade will take place on the ice on Sunday 16<sup>th</sup> Oct at conclusion of competitive events, and skaters are to remain on the ice for the presentation wearing their Provincial Tracksuits/or tops with competition dress.. No blazers or green tracksuits are allowed.

The upstairs area is for officials and invited guests only and is designated with a knife & fork on your lanyard,

or a letter of invitation \*\* to the tea break on Sunday.

All presentations will be done on Sunday 16<sup>th</sup> October 2016 at approx. 13:45.

Draws for long programs will take place in the off-ice room as indicated on the time schedule.

Participation certificates will be handed to all skaters as they leave the ice.

Change rooms 1 & 2 will be allocated to solo skaters during the Competition and 3&4 to the synchro teams.

Full Protocols will be posted onto the SAFSA website.

Competition scoresheets to be collected by Team leader **only** from the upstairs function area, and distributed to Provincial coaches.

**NB: No coach to collect their own.**

Have a lovely competition and good luck to you all !

*Organizing Committee  
Western Province.*

