

Nationals 2016

Practice, Competition & Resurface Schedule version 2

22/05/2016

Sun

Practice	Group
05:00 – 05:10	Resurface
05:10 – 05:50	1
05:50 – 06:30	2
06:30 – 07:00	8
07:00 – 07:15	Resurface 15 min
07:15 – 07:55	3
07:55 – 08:35	4
08:35 – 09:05	10
09:05 – 09:35	9
09:35 – 09:50	Resurface 15 min
09:50 – 10:30	5
10:30 – 11:10	6
11:10 – 11:25	Resurface 15 min
11:25 – 12:00	7
13:00 – 16:00	DRAW Edgemoor community Hall
20:45 – 21:45	Group 11 (extra 30 min in lieu of Tuesdays practice)

23/05/2016

Mon

Practice	Group
06:00- 06:30	9
06:30 – 06:45	Resurface min
07:15 – 07:55	4
07:55 – 08:35	3
08:35 – 08:50	Resurface 15 min
08:50 – 09:30	2
09:30 – 10:10	1
10:10 – 10:25	Resurface 15 min
10:25 – 11:05	6
11:05 – 11:45	5
11:45 – 12:15	8
12:15 – 12:30	Resurface 15 min
12:30 – 13:15	7
13:15 – 14:00	Resurface
21:00 – 21:30	11

COMPETITION: FS/SP/Component			
14:00 - 14:50	Juvenile Girls Free Skate	18:20 - 18:30	Junior Synchro Short
14:50 - 15:15	Pre-Novice Girls Comp Group 1	18:30 - 19:30	Resurface/Dinner
15:15 - 15:45	Pre-Novice Girls Comp Group 2	19:30 - 19:40	Parade / All Skaters
15:45 - 16:15	Pre-Novice Girls Comp Group 3/Boy	19:40 - 20:05	Junior Ladies Short Group 1
16:15 - 16:45	Resurface / Interval (30 Min)	20:05 - 20:30	Junior Ladies Short Group 2
16:45 - 17:20	Novice Girls Short Program Group 1	20:30 - 20:50	Senior Ladies/Men Short
17:20 - 18:00	Novice Girls Short Program Group 2	20:50 - 21:00	Senior Synchro Short
18:00 - 18:10	Novice Boys Short Program		
18:10 - 18:20	Junior Men Short Program		

24/05/2015

Tue

Practice	Group
06:00- 06:30	10
06:30 – 07:00	Resurface
07:00 – 07:40	3
07:40 – 08:20	2
08:20 – 08:50	8
08:50 – 09:05	Resurface 15 min
09:05 – 09:45	4
09:45 – 10:25	5
10:25 – 10:40	Resurface 15 min
10:40 – 11:20	6
11:20 – 12:00	7
12:00 – 14:00	Resurface 15 min

COMPETITION: Free skating			
14:00 - 14:35	Pre-Novice Girls Free Group 1	19:00 - 19:35	Junior Ladies Free Group 1
14:35 - 15:10	Pre-Novice Girls Free Group 2	19:35 - 20:05	Junior Ladies Free Group 2
15:10 - 15:40	Pre-Novice Girls Free Group 3	20:05 - 20:50	Jnr Men/Snr Ladies/Men
15:40 - 16:10	Resurface / Interval (30 Min)	20:50 - 21:05	Novice Synchro Free
16:10 - 16:30	Pre-Novice/Novice Boys Free	21:05 - 21:10	Senior Synchro Free
16:30 - 17:10	Novice Girls Free Program Group 1	21:10 - 21:40	Presentations
17:10 - 17:50	Novice Girls Free Program Group 2		
17:50 - 18:00	Junior Synchro Free Program		
18:00 - 19:00	Resurface/Dinner		



Telephone Numbers:

The Ice Station
021535 2260
Dawn vd Riet
083 303 4907
Flying Squad
10111
Ambulance
10177
Hospital N1
021 590 4444
Cape Town Tourism
021426 4260
Grand West City Lodge
021535 3611
Mini Cab: Rob
083 519 9107

PRACTICE GROUPS:

GROUP 1:
Juvenile Girls

GROUP 2:
Pre-Novice Girls
CG,GN,KZN
Pre-Novice Boy WP

GROUP 3:
Pre Novice Girls WP

GROUP 4:
Novice Girls
CG,KZN

GROUP 5:
Novice Girls/Boy
GN,WP

GROUP 6:
Junior Ladies

Group 7
Jnr Men//Snr
Ladies/Men

Group 8
NovSyncCG

Group9:
NovSynWP

Group10
JunSynWP

Group 11
SenSynWP

Dear Skater,

Welcome to Nationals 2016 in 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.

Practice times are tight, and music will be played only once, and in the scheduled order. No deviations permitted. Skater's 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. 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 take place on Sunday 22 May at 13:00 at the Edgemead / Monte Vista Community Centre, 83 Edgemead Drive Edgemead. Directions have been circulated.

Your competitors badge will be presented to you at the draw, (Also for registered 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. Dress code for the draw = Highest colours achieved. A seating plan will be provided – kindly comply and sit where indicated. Light refreshments will be served after the draw, to which all are invited.

Spectator prices:
R40 per event
Children U12 R20.00
Season tickets @ R100 for all 4 competition events, available at the draw on Sunday as well as from the cashier at the rink.

Photographs will be taken during the event, in the kiss and cry area on a pay with order system. Any extra and podium shots can also be ordered and purchased from the photographer.

There will be a professional make up artist available for skaters, upstairs in the club office at a fee. Please ask the photographer, Kim for details.

The official parade will take place on the ice on Monday 23rd May at 19:30 **ALL** skaters will be required to march onto the ice, wearing their Provincial Tracksuits. No blazers or green tracksuits are allowed.

The upstairs area is for officials and invited guests only for the duration of the competition.

All presentations will be done on Tuesday 24th May, at 21:10. Only the medal winners will be called onto the ice to stand on the podium.

Skaters are welcome to skate thereafter. 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 take place in the off-ice room,(situated in the skate hire area) at 18:30, and again @ 21:00, which is straight after the short programs on Monday.

Participation certificates will be handed to all skater's 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.

The South African Institute for Drug Free Sport will host an information desk on Mon 12:00-18:00 and will be available for questions during this time.

There will be drug testing on Tuesday after the competition and no skater should leave the rink before checking whether they have been selected.

Protocols will be posted onto the SAFSA website.

Have a lovely competition and good luck to you all !

Organizing Committee Western Province.

