

**2023 Regional Practice
Wednesday June 21st**

FREESKATING PRACTICE

| | |
|---------|--|
| 7:00 AM | FIRST GROUP - FREESKATING Tot Girls Free Skating Tot Boys Free Skating Mini Boys Free Skating Mini Girls Free Skating Super Tots Juv B Girls Free Skating Juv B Boys Free Skating Elem B Boys Free Skating Elem B Girls Free Skating Juv C Girls Free Skating Elem C Girls Free Skating Espoir Girls Espoir Boys |
| 8:00 AM | SECOND GROUP - FREESKATING Classic Men Singles Classic Women Singles Adult C Freeskating Cadet Boys Cadet Girls Youth Women Fresh/Soph B Men Free Skating Fresh/Soph C Men Free Skating Fresh/Soph B Women Free Skating Fresh/Soph C Women Free Skating WS Jr Men Free Skating WS Jr Women FreeSkating WS Sr Men Free Skating WS Sr Women Free Skating WS Sr Women Inline & Classic Inline Fresh/Soph Pairs |

First Group is for the younger divisions.
We will split the skaters that are close to age and requirements and give approx. 10 minutes per group. This will allow skaters to get acclimated to the floor, while we consider safety first.

Second Group is for the remaining divisions not listed in First Group.
We will split the skaters that are close to age and requirements and give approx. 10 minutes per group. This will allow skaters to get acclimated to the floor, while we consider safety first.

FIGURE AND LOOP PRACTICE

| | Figure Panel 1 | Figure Panel 2 | Figure Panel 3 | Loop Panel |
|---------------------|--|---|--|--|
| Wave #1 9:30 AM | Bronze 3 Women Bronze 2 Women | Bronze 1/2/3 Men | Bronze 1 Women | Juvenile B Boys Lps Juvenile B Girls Lps Primary Boys Lps Primary Girls Lps |
| Wave #2 9:45 AM | Silver 1 Women Silver 2 Men/Women Silver 3 Men/Women | WS Jr. Women Classic Gold Women | Gold 1 Men/Women Gold 2/3 Women | Juv C Girls Loops Elem C Girls Loops |
| Wave #3 10:00 AM | Primary A Girls | Juvenile A Boys/Girls Elementary B Girls | Primary A Boys Juvenile B Boys Elementary B Boys | Elem A Boys Lps Elem A GirlsLps |
| Wave #4 10:15 AM | Fresh/Soph B Women | Freshman A Girls | Elementary A Boys/Girls | Bronze Men/Women Loops |
| Wave #5 10:30 AM | Fresh/Soph B Men Fresh/Soph A Men | Juvenile B Girls | Sophomore A Women | Silver Men/Women Loops |
| Wave #6 10:45 AM | Juv C Girls | Elem C Girls | Fr/So C Women | Classic Women Lps & JWC Women Lp Sophomore Women Lps |
| Wave #7 11:00 AM | Super Tot Girls | Fr/So C Men Adult C Men/Women | Elem C Boys Juv C Boys Fr/So C Women | Fr/So C Women Loops |
| | | | | Elementary B Boys Lps Elementary BGirls Lps Juv A Boys Lps Juv A GirlsLps |
| | | | | Fr A Girls Lps Frsh/So A Men Lps |
| | | | | Fr/So B Men Lps Fr/So B Women Lps |

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TEAM DANCE PRACTICE

| | | |
|----------|-------------------|-------------------------------|
| 11:00 AM | Bronze 1 Team | Sweetheart Waltz (132) |
| | Bronze 2 Team | Sweetheart Waltz (132) |
| | Juv/Elem C Team | Glide Waltz (108) |
| | Fresh/Soph C Team | Glide Waltz (108) |
| | Fresh/Soph B Team | Swing Schottische (100) |
| | Gold 3 Team | Century Blues (88) |
| | Silver 2 Team | Carey Foxtrot (92) |
| | Silver 3 Team | Carey Foxtrot (92) |
| | Bronze 1 Team | Swing Schottische (100) |
| | Bronze 2 Team | Swing Schottische (100) |
| | Fresh/Soph C Team | American March (100 6/8) |
| | Juv/Elem C Team | American March (100 6/8) |
| | Fresh/Soph B Team | Fiesta Tango modified (100) |
| | Elementary Team | Fiesta Tango modified (100) * |
| | Silver 2 Team | La Vista Cha Cha (100) |
| | Silver 3 Team | La Vista Cha Cha (100) |
| | Gold 3 Team | Valse Adante (155) |
| | Elementary Team | Mason March (100) |
| | Silver 2 Team | Sunshine Polka (100) |
| | Silver 3 Team | Sunshine Polka (100) |
| | Gold 3 Team | Milonga Tango (100) |

TEAM & SOLO DANCE PRACTICE

Events with the same Dance and tempo will be brought on the floor for a count and then split into groups for safety.

SOLO DANCE PRACTICE

| | | | | |
|----------|------------------------|----------------------------|----------------------------|-----------------------------|
| 12:10 PM | Juv C Solo | City Blues (88) | Advanced Domestic Solo | Silhouette Foxtrot (100)* |
| | Elem C Solo | City Blues (88) | Elementary A Solo | Sweetheart Waltz (132) |
| | Fresh/Soph C Solo | City Blues (88) | Juv/Elem B Solo | Dutch Waltz (120) |
| | Adult C Solo | City Blues (88) | Gold 3 men and women | Sharay Waltz (155) |
| | Bronze 1/2/3 Men/Women | Rythmn Blues (88) | Gold 1 men and women | California Swing (138) |
| | Fresh/Soph B Solo | Southland Swing (88) | Juv/Elem Solo Compulsory | 108 Style B Waltz |
| | Juv C Solo | Progressive Tango (100) | Fresh/Soph Solo Compulsory | 108 Flirtation Waltz |
| | Elem C Solo | Progressive Tango (100) | Silver 1/2/3 Men/Women | Joyce Lee Waltz (138) |
| | Fresh/Soph C Solo | Progressive Tango (100) | Sophomore Solo | Permyly Waltz (138) |
| | Adult C Solo | Progressive Tango (100) | Classic Gold | Permyly Waltz (138) |
| | Sophomore Solo | Karen Lee Tango (100) | Primary A Solo | Balanciaga (100) |
| | Advanced Domestic Solo | Iceland Tango Border (100) | Gold 1 men and women | Lyons Polka (104) |
| | Freshman A Solo | Mandi Lynn Tango (100) | Juv/Elem Solo Compulsory | 100 Country Polka |
| | Juvenile A Solo | Siesta Tango 100 | Fresh/Soph Solo Compulsory | 104 Easy Paso |
| | Juv/Elem B Solo | Siesta Tango (100) | Classic Gold | Paso Doble (100) Mens steps |
| | Silver 1/2/3 Men/Women | Casino Tango (100) | Elementary A Solo | La Vista Cha Cha (100)* |
| | Bronze 1/2/3 Men/Women | Denver Shuffle (100) | Classic Intl | La Vista Cha Cha (108) * |
| | Juvenile A Solo | Skaters March 6/8 100 | Primary A Solo | Double Cross Waltz (138)* |
| | Fresh/Soph B Solo | Mason March (100) | Juvenile A Solo | Swing Waltz * (120) |
| | Gold 3 men and women | Mason March (100) | Freshman A Solo | California Swing (138)* |
| | Freshman A Solo | Silk Sonic (104) March | Sophomore Solo | Fascination Foxtrot (92)* |
| | Advanced Domestic Solo | Killian (100 2/4) | Classic Intl | Kinder Waltz (120) |
| | Silver 1/2/3 Men/Women | Honey Rumba (100) | Mini Solo | Skaters March 6/8 100 |
| | Gold 3 men and women | Ruby Rumba (104) | Espoir Solo | Little Waltz |
| | Classic Gold | Carroll Swing (100) | Mini Solo | Carlos Tango |
| | Elementary A Solo | Marylee Foxtrot (92) | Espoir Solo | Roller Samba |
| | Gold 1 men and women | Joann Foxtrot (92) | | |

* red = non-organ music

Style/Freedance/Creative Dance Practice

| | | |
|---------|---|--|
| 2:30 PM | WS Jr & Sr Women Solo Dance - Style Dance | Youth Solo Freedance |
| | Classic Orig Comp Solo Dance | Elementary Creative Duet |
| | Classic Gold Orig Comp Solo Dance | Open Creative Duet |
| | Classic Orig & Classic Gold Comp Team Dance | WS Jr & Sr Women Solo Dance - Free Dance |
| | Cadet & Youth Style Dance | Juvenile A Creative Solo Free Dance |
| | WS Jr & Sr Women Solo Dance - Style Dance | Elem. A Creative Solo Free Dance |
| | Classic Creative | Open A Creative Solo Free Dance |
| | Mini Solo Freedance | Open B Creative Solo Free Dance |
| | Espoir Solo Freedance | Novice Precision Team Practice |
| | Cadet Solo Freedance | Youth & Open Quartet Practice (if time allows) |

OTHER TEAM SHOW PRACTICES

Thursday Break - after Gold Medal Tests
- Youth Quartet Practice (if time runs out Wed)
- Open Quartet Practice (if time runs out Wed)

Friday Break

- Jr. and Sr. WS Quartets (see Ed for specifics)
- Open Show (see Ed for specifics)

DON'T FORGET SOCIAL SKATE TONIGHT!