

## 2024 Regional Practice Wednesday June 22nd

### FREESKATING/PAIRS PRACTICE

6:30 AM Classic Women Freeskating & Classic Women Inline Freeskating  
 Classic Men/Adult C Women Freeskating  
 Cadet Boys/Girls/Youth Women Freeskating  
 Espoir Boys/Girls Freeskating  
 Sr. Men/Women Freeskating  
 Advance Men/Women Freeskating  
 Jr. Men/Women Freeskating  
 Sr. Women Inline Freeskating  
 Tot Boys/Girls Freeskating  
 Mini Boys/Girls Freeskating  
 Elementary C Girls Freeskating  
 Mini & Fresh/Soph Pairs  
 Juvenile C Girls Freeskating  
 Juvenile B Boys/Girls Freeskating  
 Elementary B Boys/Girls Freeskating  
 Supertot Boys/Girls Freeskating  
 Freshman/Sophomore C Men/Womens Freeskating  
 Freshman/Sophomore B Men & Women Freeskating

### FIGURES/LOOPS PRACTICE

<u>Figure Panel 1</u>		<u>Figure Panel 2</u>		<u>Loop Panel 2</u>	
9:30 AM	Silver 1 Men/Women Silver 2 Men/Women Silver 3 Women	Bronze 1 Women	9:30 AM	<i>Fr A Girls Lps Frsh/So A Men Lps Elem A Boys/Girls Lps</i>	
9:42 AM	Bronze 3 Men/Women Bronze 2 Men/Women	Elem B Girls	9:42 AM	<i>Juv B Girls Lps Primary A Girls Lps Juv C Boys/Girls Lps Elem C Girls Lps</i>	
9:54 AM	Gold 1 Men/Women Primary A Boys/Girls Elem C Girls	Sophomore A Women Fresh/Soph A Men	9:54 AM	<i>Fr/So C Women Lps Fr/So B Men/Women Lps</i>	
10:06 AM	Juv B Boys/Girls Juv C Girls	Jr Men Gold 3 Men/Gold 2 Women	10:06 AM	<i>Gold Women Lps Bronze Women Loops</i>	
10:18 AM	Fresh A Girls/Fresh So B Men Fresh/Soph B Women	Fr/So C Men/Women Super Tot Boys/Girls	10:18 AM	<i>Silver Men/Women Loops</i>	
10:30 AM	Juv A Boys/Girls	Elem B Boys/Girls Elementary A Boys/Girls	10:30 AM	<i>Elem B Boys/Girls Lps</i>	
			10:42 AM	<i>Juv A Boys/ Girls Lps Classic Gold Women Lps</i>	

### TEAM DANCE & ORIGINAL COMPULSORY PRACTICE

11:00 AM Sliver 2,3 Team	Las Vista Cha Cha 100
Fresh/Soph B Team	Bounce Boogie 101
Sliver 2,3 Team	Carey Foxtrot 92
Bronze 1,2 Team	Denver Schuffle 100
Fresh/Soph C Team	American March 100 6/8
Fresh/Soph B Team	Chase Waltz (108)
Sliver 2,3 Team	Sunshine Polka 100
Bronze 1,2 Team	Swing Waltz 102
Fresh/Soph C Team	Glide Waltz 108
Classic OCD Team Dance	
Classic Gold OCD Solo Dance	
Classic OCD Solo Dance	

### 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.*

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## SOLO DANCE PRACTICE

11:30 AM	Bronze 1,2,3	Rythmn Blues 88	12:20 PM	Fresh A	Association Waltz 120
	Juv C	City Blues 88		Soph A	Flirtation Waltz 108
	Elem C	City Blues 88		Juv A	Siesta Tango 100
	Fresh/Soph C	City Blues 88		Juv/Elem B	Siesta Tango 100
	Adult C	City Blues 88		Classic Int'l	Canasta Tango 100
	Elem A	Century Blues 88		Fresh A	Metropolitan Tango 100
	Fresh/Soph B	Southland Swing 88		Gold 1	Casino March 100 6/8
	Bronze 1,2,3	Swing Schottische 100		Soph A	Karen Lee Tango 100
	Juv C	Progressive Tango 100		Classic Gold Int'l	Westminster Waltz 138
	Elem C	Progressive Tango 100		Juv A	Skaters March 100 6/8
	Fresh/Soph C	Progressive Tango 100		Fresh A	Joann Foxtrot 92
	Adult C	Progressive Tango 100		Gold 1	Joann Foxtrot 92
	Elem A	Fiesta Tango 100		Classic Gold Int'l	Cha Cha Patin 112
	Fresh/Soph B	Bounce Boogie 100		Silver 1,2,3	Joyce Lee Waltz 138
	Primary A	Skaters March 100 6/8		Gold 2,3	Valse Adante 155
	Elem A	Bounce Boogie 100		Classic Gold	Dench Blues 88
	Soph A	Viva Cha Cha 100		Silver 1,2,3	Honey Ruymba 100
	Primary A	Double Cross Waltz 168		Gold 2,3	Ruby Rumba 104
	Juv A	Swing Waltz 120		Classic Gold	Ten Fox 100
	Juv/Elem B	Swing Waltz 120		Silver 1,2,3	Casino Tango 100
	Classic Int'l	Dutch Waltz Int'l 138		Gold 2,3	Mason March 100 6/8
	Gold 1	California Swing 138		Classic Gold	Metropolitan Tango 100

## COMPULSORY/STYLE/FREE SOLO DANCE PRACTICE

1:45 PM	Juv/Elem Comp	Collegiate WS
	Fresh/Soph Comp	Little Waltz WS
	Juv/Elem Comp	Carol Tango WS
	Fresh/Soph Comp	Imperial Tango WS
	Mini	La Vista Cha Cha
	Espoir	Kinder Waltz
	Tot	Glide Waltz
	Mini	Denver Schuffle
	Espoir	Manhattan Blues
2:30 PM	Cadet Ladies Style Dance	
	Youth Men/Women Style Dance	
	Sr Style Dance	
	Tot & Mini Freedance	
	Espoir Freedance	
	Cadet Ladies FreeDance	
	Youth Men/Women FreeDance	
	Sr FreeDance	
	Classic Creative Solo	
	Open A Creative Solo	
	Open B Creative Solo	
	Elementary Creative Solo	
	Juvenile Creative Solo	

## DUET/QUARTET/SHOW/PRECISION PRACTICE

4:00 PM	Open Creative Duet
	Elementary Creative Duet
	Sr Quartet
	Open Quartet
	Elementary Quartet
	Open Show
	Sr Small Show
	Precision Team 2
	Precision Team 1