

Interlake Regionals - February 3rd, 2018
Gimli Rec Centre

| Time | Event | # of Skaters/Teams | Ice Surface |
|---------------|---------------------------------------|---------------------------|--------------------|
| 08:00 - 08:15 | Gold Triathlon: Creative Skills | 2 | Full |
| 08:15 - 08:30 | Star 7: Women's (SP) | 2 | Full |
| 08:30 - 09:10 | Star 5: Women's FreeSkate (U 13) | 9 | Full |
| 09:10 - 9:50 | Star 5: Women's FreeSkate (13 & over) | 7 | Full |
| 09:50 - 10:30 | Star 6: Men's FreeSkate | 1 | Full |
| 09:50 - 10:30 | Star 6: Women's Flight A | 7 | Full |
| 10:30 - 10:45 | FLOOD | | |
| 10:45 - 11:15 | Pre-Introductory Interpretive | 2 | Full |
| 10:45 - 11:15 | Introductory Interpretative | 1 | Full |
| 10:45 - 11:15 | Adult Interpretive Introductory | 1 | Full |
| 10:45 - 11:15 | Silver Interpretative | 1 | Full |
| 10:45 - 11:15 | Gold Triathlon: Interpretative | 2 | Full |
| 11:15 - 11:50 | Star 6: Women's Flight B | 7 | Full |
| 11:50 - 12:50 | CanSkate Elements/Lunch | 13 | |
| 12:50 - 13:05 | FLOOD | | |
| 13:05 - 13:15 | Couples Partner Dance: Star 2 - 3 | 1 | Full |
| 13:15 - 13:45 | Adult Bronze FreeSkate | 1 | Full |
| 13:15 - 13:45 | Star 8: Women's | 2 | Full |
| 13:15 - 13:45 | Gold Triathlon: FreeSkate | 2 | Full |
| 13:45 - 14:15 | Star 2: Flight A Elements | 7 | Half |

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| 13:45 - 14:15 | Star 3: Flight A Elements | 5 | Half |
| 14:15 - 14:45 | Star 2: Flight B Elements | 6 | Half |
| 14:15 - 14:45 | Star 3: Flight B Elements | 5 | Half |
| 14:45 - 15:15 | Star 4 & 5: Elements | 4 & 2 | Half |
| 14:45 - 15:15 | Star 6: Elements | 7 | Half |
| 15:15 - 15:30 | FLOOD | | |
| 15:30 - 15:55 | Star 1: FreeSkate | 5 | Half |
| 15:55 - 16:25 | Star 2: Flight A FreeSkate | 8 | Full |
| 16:25 - 16:55 | Star 2: Flight B FreeSkate | 7 | Full |
| 16:55 - 17:25 | Star 3: FreeSkate | 9 | Full |
| 17:25 - 17:45 | Star 4: Women's FreeSkate (U 13) | 3 | Full |
| 17:25 - 17:45 | Star 4: Women's FreeSkate (13 & over) | 1 | Full |
| 17:45 - 18:00 | Creative Improv 1 | 5 | Full |
| 18:00 - 18:15 | Star 2: Team | 2 | Full |
| 18:15 | End of Competition! | | |
| Notes: | 1. All events with the same start time, warm-up together | 2. Star 1 - 3 FreeSkates & all Elements events are double panelled. | 3. Star 2 events are assessed to standard so boys and girls are grouped together. |

| Warm-up |
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