

2023 U.S. Synchronized Skating Championships
OFFICIAL PRACTICE - Wednesday, March 1, 2023

TEAM	Warm up time			Dressing Room No.	Enter Dressing Room	Exit Dressing Room	Wait at Rink Side	Enter Competition Rink	Exit Competition Rink	Exit Dressing Room	
	Area	In	Out								
	JUNIOR OFFICIAL PRACTICE - SP										
Lexettes	A	7:40 AM	8:00 AM	1	8:05 AM	8:25 AM	8:27 AM	8:30 AM	8:40 AM	8:50 AM	10
Northernettes	B	7:50 AM	8:10 AM	2	8:15 AM	8:35 AM	8:37 AM	8:40 AM	8:50 AM	9:00 AM	10
Hockettes	C	8:00 AM	8:20 AM	3	8:25 AM	8:45 AM	8:47 AM	8:50 AM	9:00 AM	9:10 AM	10
Fond du lac Blades	D	8:10 AM	8:30 AM	4	8:35 AM	8:55 AM	8:57 AM	9:00 AM	9:10 AM	9:20 AM	10
Starlights	A	8:20 AM	8:40 AM	5	8:45 AM	9:05 AM	9:07 AM	9:10 AM	9:20 AM	9:30 AM	10
					ICE MAKE			9:20 AM	9:35 AM		15
DC EDGE	B	8:45 AM	9:05 AM	6	9:10 AM	9:30 AM	9:32 AM	9:35 AM	9:45 AM	9:55 AM	10
Team Image	C	8:55 AM	9:15 AM	7	9:20 AM	9:40 AM	9:42 AM	9:45 AM	9:55 AM	10:05 AM	10
Teams Elite	D	9:05 AM	9:25 AM	8	9:30 AM	9:50 AM	9:52 AM	9:55 AM	10:05 AM	10:15 AM	10
Skyliners	A	9:15 AM	9:35 AM	1	9:40 AM	10:00 AM	10:02 AM	10:05 AM	10:15 AM	10:25 AM	10
Saint Louis Synergy	B	9:25 AM	9:45 AM	2	9:50 AM	10:10 AM	10:12 AM	10:15 AM	10:25 AM	10:35 AM	10
					ICE MAKE			10:25 AM	10:40 AM		15
ADULT OFFICIAL PRACTICE											
Team Delaware	C	9:50 AM	10:10 AM	3	10:15 AM	10:35 AM	10:37 AM	10:40 AM	10:48 AM	10:58 AM	8
Michigan Adult	D	9:58 AM	10:18 AM	4	10:23 AM	10:43 AM	10:45 AM	10:48 AM	10:56 AM	11:06 AM	8
Team Del Sol Adult	A	10:06 AM	10:26 AM	5	10:31 AM	10:51 AM	10:53 AM	10:56 AM	11:04 AM	11:14 AM	8
California Gold	B	10:14 AM	10:34 AM	6	10:39 AM	10:59 AM	11:01 AM	11:04 AM	11:12 AM	11:22 AM	8
					ICE MAKE			11:12 AM	11:27 AM		15
Tremors of San Francisco	C	10:37 AM	10:57 AM	7	11:02 AM	11:22 AM	11:24 AM	11:27 AM	11:35 AM	11:45 AM	8
Starlights	D	10:45 AM	11:05 AM	8	11:10 AM	11:30 AM	11:32 AM	11:35 AM	11:43 AM	11:53 AM	8
Saint Louis Synergy	A	10:53 AM	11:13 AM	1	11:18 AM	11:38 AM	11:40 AM	11:43 AM	11:51 AM	12:01 PM	8
Team Excel	B	11:01 AM	11:21 AM	2	11:26 AM	11:46 AM	11:48 AM	11:51 AM	11:59 AM	12:09 PM	8
					ICE MAKE			11:59 AM	12:14 PM		15
DC Edge	C	11:24 AM	11:44 AM	3	11:49 AM	12:09 PM	12:11 PM	12:14 PM	12:22 PM	12:32 PM	8
Denver Synchronicity	D	11:32 AM	11:52 AM	4	11:57 AM	12:17 PM	12:19 PM	12:22 PM	12:30 PM	12:40 PM	8
Crystallettes	A	11:40 AM	12:00 PM	5	12:05 PM	12:25 PM	12:27 PM	12:30 PM	12:38 PM	12:48 PM	8
The Colonials	B	11:48 AM	12:08 PM	6	12:13 PM	12:33 PM	12:35 PM	12:38 PM	12:46 PM	12:56 PM	8
					ICE MAKE			12:46 PM	1:01 PM		15
SENIOR ELITE 12 OFFICIAL PRACTICE - SP											
Crystallettes	C	12:11 PM	12:31 PM	7	12:36 PM	12:56 PM	12:58 PM	1:01 PM	1:11 PM	1:21 PM	10
Hayden Select	D	12:21 PM	12:41 PM	8	12:46 PM	1:06 PM	1:08 PM	1:11 PM	1:21 PM	1:31 PM	10
					ICE MAKE			1:21 PM	1:36 PM		15
COMPETITION								2:30 PM	3:54 PM		

2023 U. S. Synchronized Skating Championships

Competition - Wednesday, March 1, 2023

TEAM				Dressing Room No.	Enter Dressing Room	Exit Dressing Room	Wait at Rink Side	Enter Competition Rink	Exit Competition Rink	Exit Dressing Room	
	Warm up time										
	Area	In	Out								
National Anthem & Announcements											10
JUNIOR SHORT PROGRAM											
Lexettes	A	1:40 PM	2:00 PM	1	2:05 PM	2:25 PM	2:27 PM	2:30 PM	2:38 PM	2:53 PM	8
Northernettes	B	1:48 PM	2:08 PM	2	2:13 PM	2:33 PM	2:35 PM	2:38 PM	2:44 PM	2:59 PM	6
Hockettes	C	1:54 PM	2:14 PM	3	2:19 PM	2:39 PM	2:41 PM	2:44 PM	2:50 PM	3:05 PM	6
Fond du lac Blades	D	2:00 PM	2:20 PM	4	2:25 PM	2:45 PM	2:47 PM	2:50 PM	2:56 PM	3:11 PM	6
Starlights	A	2:06 PM	2:26 PM	5	2:31 PM	2:51 PM	2:53 PM	2:56 PM	3:02 PM	3:17 PM	6
					ICE MAKE			3:02 PM	3:22 PM	3:37 PM	20
DC EDGE	B	2:32 PM	2:52 PM	6	2:57 PM	3:17 PM	3:19 PM	3:22 PM	3:30 PM	3:45 PM	8
Team Image	C	2:40 PM	3:00 PM	7	3:05 PM	3:25 PM	3:27 PM	3:30 PM	3:36 PM	3:51 PM	6
Teams Elite	D	2:46 PM	3:06 PM	8	3:11 PM	3:31 PM	3:33 PM	3:36 PM	3:42 PM	3:57 PM	6
Skyliners	A	2:52 PM	3:12 PM	1	3:17 PM	3:37 PM	3:39 PM	3:42 PM	3:48 PM	4:03 PM	6
Saint Louis Synergy	B	2:58 PM	3:18 PM	2	3:23 PM	3:43 PM	3:45 PM	3:48 PM	3:54 PM	4:09 PM	6
					ICE MAKE			3:54 PM	4:14 PM		20
MASTERS PRACTICE								4:20 PM	6:26 PM		

2023 U.S. Synchronized Skating Championships

OFFICIAL PRACTICE - Wednesday, March 1, 2023

TEAM				Dressing Room No.	Enter Dressing Room	Exit Dressing Room	Wait at Rink Side	Enter Competition Rink	Exit Competition Rink	Exit Dressing Room	
	Warm up time										
	Area	In	Out								
MASTERS OFFICIAL PRACTICE											
The Colonials	C	3:30 PM	3:50 PM	3	3:55 PM	4:15 PM	4:17 PM	4:20 PM	4:28 PM	4:38 PM	8
IceSymmetrics	D	3:38 PM	3:58 PM	4	4:03 PM	4:23 PM	4:25 PM	4:28 PM	4:36 PM	4:46 PM	8
Denver Synchronicity	A	3:46 PM	4:06 PM	5	4:11 PM	4:31 PM	4:33 PM	4:36 PM	4:44 PM	4:54 PM	8
Allegro!	B	3:54 PM	4:14 PM	6	4:19 PM	4:39 PM	4:41 PM	4:44 PM	4:52 PM	5:02 PM	8
					ICE MAKE			4:52 PM	5:07 PM		15
Ice Denettes Tenacity	C	4:17 PM	4:37 PM	7	4:42 PM	5:02 PM	5:04 PM	5:07 PM	5:15 PM	5:25 PM	8
Esprit de Corps	D	4:25 PM	4:45 PM	8	4:50 PM	5:10 PM	5:12 PM	5:15 PM	5:23 PM	5:33 PM	8
DC EDGE	A	4:33 PM	4:53 PM	1	4:58 PM	5:18 PM	5:20 PM	5:23 PM	5:31 PM	5:41 PM	8
Kalamazoo Kinetic	B	4:41 PM	5:01 PM	2	5:06 PM	5:26 PM	5:28 PM	5:31 PM	5:39 PM	5:49 PM	8
					ICE MAKE			5:39 PM	5:54 PM		15
Kansas City Illusion	C	5:04 PM	5:24 PM	3	5:29 PM	5:49 PM	5:51 PM	5:54 PM	6:02 PM	6:12 PM	8
Matrix	D	5:12 PM	5:32 PM	4	5:37 PM	5:57 PM	5:59 PM	6:02 PM	6:10 PM	6:20 PM	8
Gotham City Synchro	A	5:20 PM	5:40 PM	5	5:45 PM	6:05 PM	6:07 PM	6:10 PM	6:18 PM	6:28 PM	8
Starlights	B	5:28 PM	5:48 PM	6	5:53 PM	6:13 PM	6:15 PM	6:18 PM	6:26 PM	6:36 PM	8
					ICE MAKE			6:26 PM	6:41 PM		15

2023 U.S. Synchronized Skating Championships

OFFICIAL PRACTICE - Thursday, March 2, 2023

TEAM	Area	Warm up time		Dressing Room No.	Enter Dressing Room	Exit Dressing Room	Wait at Rink Side	Enter Competition Rink	Exit Competition Rink	Exit Dressing Room	
		In	Out								
INTERMEDIATE OFFICIAL PRACTICE											
L.A. Synchro	A	7:10 AM	7:30 AM	1	7:35 AM	7:55 AM	7:57 AM	8:00 AM	8:10 AM	8:20 AM	10
Tremors of San Francisco	B	7:20 AM	7:40 AM	2	7:45 AM	8:05 AM	8:07 AM	8:10 AM	8:20 AM	8:30 AM	10
Dazzlers	C	7:30 AM	7:50 AM	3	7:55 AM	8:15 AM	8:17 AM	8:20 AM	8:30 AM	8:40 AM	10
Ice Denettes Affinity	D	7:40 AM	8:00 AM	4	8:05 AM	8:25 AM	8:27 AM	8:30 AM	8:40 AM	8:50 AM	10
					ICE MAKE			8:40 AM	8:55 AM		15
Teams Elite	A	8:05 AM	8:25 AM	5	8:30 AM	8:50 AM	8:52 AM	8:55 AM	9:05 AM	9:15 AM	10
Capital Ice Chips	B	8:15 AM	8:35 AM	6	8:40 AM	9:00 AM	9:02 AM	9:05 AM	9:15 AM	9:25 AM	10
Skyliners	C	8:25 AM	8:45 AM	7	8:50 AM	9:10 AM	9:12 AM	9:15 AM	9:25 AM	9:35 AM	10
Star Mates	D	8:35 AM	8:55 AM	8	9:00 AM	9:20 AM	9:22 AM	9:25 AM	9:35 AM	9:45 AM	10
					ICE MAKE			9:35 AM	9:50 AM		15
Saint Louis Synergy	A	9:00 AM	9:20 AM	1	9:25 AM	9:45 AM	9:47 AM	9:50 AM	10:00 AM	10:10 AM	10
Team Image - Black	B	9:10 AM	9:30 AM	2	9:35 AM	9:55 AM	9:57 AM	10:00 AM	10:10 AM	10:20 AM	10
DC EDGE	C	9:20 AM	9:40 AM	3	9:45 AM	10:05 AM	10:07 AM	10:10 AM	10:20 AM	10:30 AM	10
California Gold	D	9:30 AM	9:50 AM	4	9:55 AM	10:15 AM	10:17 AM	10:20 AM	10:30 AM	10:40 AM	10
					ICE MAKE			10:30 AM	10:45 AM		15
JUNIOR OFFICIAL PRACTICE FREE SKATE											
Northernettes	A	9:55 AM	10:15 AM	5	10:20 AM	10:40 AM	10:42 AM	10:45 AM	10:56 AM	11:06 AM	11
Saint Louis Synergy	B	10:06 AM	10:26 AM	6	10:31 AM	10:51 AM	10:53 AM	10:56 AM	11:07 AM	11:17 AM	11
Starlights	C	10:17 AM	10:37 AM	7	10:42 AM	11:02 AM	11:04 AM	11:07 AM	11:18 AM	11:28 AM	11
Fond du lac Blades	D	10:28 AM	10:48 AM	8	10:53 AM	11:13 AM	11:15 AM	11:18 AM	11:29 AM	11:39 AM	11
Hockettes	A	10:39 AM	10:59 AM	1	11:04 AM	11:24 AM	11:26 AM	11:29 AM	11:40 AM	11:50 AM	11
					ICE MAKE			11:40 AM	11:55 AM		15
DC EDGE	B	11:05 AM	11:25 AM	2	11:30 AM	11:50 AM	11:52 AM	11:55 AM	12:06 PM	12:16 PM	11
Teams Elite	C	11:16 AM	11:36 AM	3	11:41 AM	12:01 PM	12:03 PM	12:06 PM	12:17 PM	12:27 PM	11
Team Image	D	11:27 AM	11:47 AM	4	11:52 AM	12:12 PM	12:14 PM	12:17 PM	12:28 PM	12:38 PM	11
Lexettes	A	11:38 AM	11:58 AM	5	12:03 PM	12:23 PM	12:25 PM	12:28 PM	12:39 PM	12:49 PM	11
Skyliners	B	11:49 AM	12:09 PM	6	12:14 PM	12:34 PM	12:36 PM	12:39 PM	12:50 PM	1:00 PM	11
					ICE MAKE			12:50 PM	1:05 PM		15
COMPETITION								1:30 PM	8:54 PM		

2023 U. S. Synchronized Skating Championships

Competition - Thursday, March 2, 2023

TEAM	Warm up time			Dressing Room No.	Enter Dressing Room	Exit Dressing Room	Wait at Rink Side	Enter Competition Rink	Exit Competition Rink	Exit Dressing Room			
	Area	In	Out										
	National Anthem & Announcements											1:20 PM	1:30 PM
ADULT FREE SKATE													
Team Delaware	A	12:40 PM	1:00 PM	1	1:05 PM	1:25 PM	1:27 PM	1:30 PM	1:38 PM	1:48 PM	8		
Michigan Adult	B	12:48 PM	1:08 PM	2	1:13 PM	1:33 PM	1:35 PM	1:38 PM	1:44 PM	1:54 PM	6		
Team Del Sol Adult	C	12:54 PM	1:14 PM	3	1:19 PM	1:39 PM	1:41 PM	1:44 PM	1:50 PM	2:00 PM	6		
California Gold	D	1:00 PM	1:20 PM	4	1:25 PM	1:45 PM	1:47 PM	1:50 PM	1:56 PM	2:06 PM	6		
					ICE MAKE			1:56 PM	2:16 PM	2:26 PM	20		
Tremors of San Francisco	A	1:26 PM	1:46 PM	5	1:51 PM	2:11 PM	2:13 PM	2:16 PM	2:24 PM	2:34 PM	8		
Starlights	B	1:34 PM	1:54 PM	6	1:59 PM	2:19 PM	2:21 PM	2:24 PM	2:30 PM	2:40 PM	6		
Saint Louis Synergy	C	1:40 PM	2:00 PM	7	2:05 PM	2:25 PM	2:27 PM	2:30 PM	2:36 PM	2:46 PM	6		
Team Excel	D	1:46 PM	2:06 PM	8	2:11 PM	2:31 PM	2:33 PM	2:36 PM	2:42 PM	2:52 PM	6		
					ICE MAKE			2:42 PM	3:02 PM		20		
DC Edge	A	2:12 PM	2:32 PM	1	2:37 PM	2:57 PM	2:59 PM	3:02 PM	3:10 PM	3:20 PM	8		
Denver Synchronicity	B	2:20 PM	2:40 PM	2	2:45 PM	3:05 PM	3:07 PM	3:10 PM	3:16 PM	3:26 PM	6		
Crystallettes	C	2:26 PM	2:46 PM	3	2:51 PM	3:11 PM	3:13 PM	3:16 PM	3:22 PM	3:32 PM	6		
The Colonials	D	2:32 PM	2:52 PM	4	2:57 PM	3:17 PM	3:19 PM	3:22 PM	3:28 PM	3:38 PM	6		
					ICE MAKE			3:28 PM	3:48 PM		20		
MASTERS FREE SKATE													
The Colonials	A	2:58 PM	3:18 PM	5	3:23 PM	3:43 PM	3:45 PM	3:48 PM	3:56 PM	4:06 PM	8		
IceSymmetrics	B	3:06 PM	3:26 PM	6	3:31 PM	3:51 PM	3:53 PM	3:56 PM	4:02 PM	4:12 PM	6		
Denver Synchronicity	C	3:12 PM	3:32 PM	2	3:37 PM	3:57 PM	3:59 PM	4:02 PM	4:08 PM	4:18 PM	6		
Allegro!	D	3:18 PM	3:38 PM	7	3:43 PM	4:03 PM	4:05 PM	4:08 PM	4:14 PM	4:24 PM	6		
					ICE MAKE			4:14 PM	4:34 PM	4:44 PM	20		
Ice Denettes Tenacity	A	3:44 PM	4:04 PM	8	4:09 PM	4:29 PM	4:31 PM	4:34 PM	4:42 PM	4:52 PM	8		
Esprit de Corps	B	3:52 PM	4:12 PM	1	4:17 PM	4:37 PM	4:39 PM	4:42 PM	4:48 PM	4:58 PM	6		
DC EDGE	C	3:58 PM	4:18 PM	3	4:23 PM	4:43 PM	4:45 PM	4:48 PM	4:54 PM	5:04 PM	6		
Kalmazoo Kinetic	D	4:04 PM	4:24 PM	4	4:29 PM	4:49 PM	4:51 PM	4:54 PM	5:00 PM	5:10 PM	6		
					ICE MAKE			5:00 PM	5:20 PM		20		
Kansas City Illusion	A	4:30 PM	4:50 PM	5	4:55 PM	5:15 PM	5:17 PM	5:20 PM	5:28 PM	5:38 PM	8		
Matrix	B	4:38 PM	4:58 PM	6	5:03 PM	5:23 PM	5:25 PM	5:28 PM	5:34 PM	5:44 PM	6		
Gotham City Synchro	C	4:44 PM	5:04 PM	7	5:09 PM	5:29 PM	5:31 PM	5:34 PM	5:40 PM	5:50 PM	6		
Starlights	D	4:50 PM	5:10 PM	8	5:15 PM	5:35 PM	5:37 PM	5:40 PM	5:46 PM	5:56 PM	6		
AWARDS - ADULT & MASTERS											5:46 PM	6:26 PM	
					ICE MAKE			6:26 PM	6:46 PM		20		
SENIOR ELITE 12 SHORT PROGRAM													
Crystallettes	A	5:56 PM	6:16 PM	1	6:21 PM	6:41 PM	6:43 PM	6:46 PM	6:54 PM	7:04 PM	8		
Hayden Select	B	6:04 PM	6:24 PM	2	6:29 PM	6:49 PM	6:51 PM	6:54 PM	7:00 PM	7:10 PM	6		
					ICE MAKE			7:00 PM	7:20 PM		20		
JUNIOR FREE SKATE													
Northernettes	C	6:30 PM	6:50 PM	3	6:55 PM	7:15 PM	7:17 PM	7:20 PM	7:29 PM	7:39 PM	9		
Saint Louis Synergy	D	6:39 PM	6:59 PM	4	7:04 PM	7:24 PM	7:26 PM	7:29 PM	7:36 PM	7:46 PM	7		
Starlights	A	6:46 PM	7:06 PM	5	7:11 PM	7:31 PM	7:33 PM	7:36 PM	7:43 PM	7:53 PM	7		
Fond du lac Blades	B	6:53 PM	7:13 PM	6	7:18 PM	7:38 PM	7:40 PM	7:43 PM	7:50 PM	8:00 PM	7		
Hockettes	C	7:00 PM	7:20 PM	7	7:25 PM	7:45 PM	7:47 PM	7:50 PM	7:57 PM	8:07 PM	7		
					ICE MAKE			7:57 PM	8:17 PM		20		
DC EDGE	D	7:27 PM	7:47 PM	8	7:52 PM	8:12 PM	8:14 PM	8:17 PM	8:26 PM	8:36 PM	9		
Teams Elite	A	7:36 PM	7:56 PM	1	8:01 PM	8:21 PM	8:23 PM	8:26 PM	8:33 PM	8:43 PM	9		
Team Image	B	7:43 PM	8:03 PM	2	8:08 PM	8:28 PM	8:30 PM	8:33 PM	8:40 PM	8:50 PM	7		
Lexettes	C	7:50 PM	8:10 PM	3	8:15 PM	8:35 PM	8:37 PM	8:40 PM	8:47 PM	8:57 PM	7		
Skyliners	D	7:57 PM	8:17 PM	4	8:22 PM	8:42 PM	8:44 PM	8:47 PM	8:54 PM	9:04 PM	7		
U.S. Figure Skating Scholastic Honors											8:54 PM	8:59 PM	
AWARDS - JUNIORS											8:59 PM	9:35 PM	
World Junior Team Photo											9:35 PM		

2023 U.S. Synchronized Skating Championships

OFFICIAL PRACTICE - Friday, March 3, 2023

TEAM	Area	Warm up time		Dressing Room No.	Enter Dressing Room	Exit Dressing Room	Wait at Rink Side	Enter Competition Rink	Exit Competition Rink	Exit Dressing Room	
		In	Out								
SENIOR OFFICIAL PRACTICE - SP											
Adrian College	A	7:10 AM	7:30 AM	1	7:35 AM	7:55 AM	7:57 AM	8:00 AM	8:10 AM	8:20 AM	10
Skyliners	B	7:20 AM	7:40 AM	2	7:45 AM	8:05 AM	8:07 AM	8:10 AM	8:20 AM	8:30 AM	10
Miami University	C	7:30 AM	7:50 AM	3	7:55 AM	8:15 AM	8:17 AM	8:20 AM	8:30 AM	8:40 AM	10
Teams Elite	D	7:40 AM	8:00 AM	4	8:05 AM	8:25 AM	8:27 AM	8:30 AM	8:40 AM	8:50 AM	10
Haydenettes	A	7:50 AM	8:10 AM	5	8:15 AM	8:35 AM	8:37 AM	8:40 AM	8:50 AM	9:00 AM	10
					ICE MAKE			8:50 AM	9:05 AM		15
SR ELITE 12 OFFICIAL PRACTICE - FREE SKATE											
Hayden Select - Elite 12	B	8:15 AM	8:35 AM	6	8:40 AM	9:00 AM	9:02 AM	9:05 AM	9:17 AM	9:27 AM	12
Crystallettes - Elite	C	8:27 AM	8:47 AM	7	8:52 AM	9:12 AM	9:14 AM	9:17 AM	9:29 AM	9:39 AM	12
					ICE MAKE			9:29 AM	9:44 AM		15
JUVENILE OFFICIAL PRACTICE											
Starlights	D	8:54 AM	9:14 AM	8	9:19 AM	9:39 AM	9:41 AM	9:44 AM	9:52 AM	10:02 AM	8
Teams Elite	A	9:02 AM	9:22 AM	1	9:27 AM	9:47 AM	9:49 AM	9:52 AM	10:00 AM	10:10 AM	8
Team Excel	B	9:10 AM	9:30 AM	2	9:35 AM	9:55 AM	9:57 AM	10:00 AM	10:08 AM	10:18 AM	8
Crysalettes	C	9:18 AM	9:38 AM	3	9:43 AM	10:03 AM	10:05 AM	10:08 AM	10:16 AM	10:26 AM	8
					ICE MAKE			10:16 AM	10:31 AM		15
Mini Mates	D	9:41 AM	10:01 AM	4	10:06 AM	10:26 AM	10:28 AM	10:31 AM	10:39 AM	10:49 AM	8
Cleveland Ice Storm	A	9:49 AM	10:09 AM	5	10:14 AM	10:34 AM	10:36 AM	10:39 AM	10:47 AM	10:57 AM	8
Wisconsin Inspire	B	9:57 AM	10:17 AM	6	10:22 AM	10:42 AM	10:44 AM	10:47 AM	10:55 AM	11:05 AM	8
Team Image	C	10:05 AM	10:25 AM	7	10:30 AM	10:50 AM	10:52 AM	10:55 AM	11:03 AM	11:13 AM	8
					ICE MAKE			11:03 AM	11:18 AM		15
DC EDGE	D	10:28 AM	10:48 AM	8	10:53 AM	11:13 AM	11:15 AM	11:18 AM	11:26 AM	11:36 AM	8
Pacific Edge	A	10:36 AM	10:56 AM	1	11:01 AM	11:21 AM	11:23 AM	11:26 AM	11:34 AM	11:44 AM	8
Capital Ice Connection	B	10:44 AM	11:04 AM	2	11:09 AM	11:29 AM	11:31 AM	11:34 AM	11:42 AM	11:52 AM	8
Skyliners	C	10:52 AM	11:12 AM	3	11:17 AM	11:37 AM	11:39 AM	11:42 AM	11:50 AM	12:00 PM	8
					ICE MAKE			11:50 AM	12:05 PM		15
COMPETITION								1:00 PM	5:20 PM		

**2022 U.S. Synchronized Skating Championships
Competition - Friday, March 3, 2022**

TEAM	Warm up Time			Dressing Room No.	Enter Dressing Room	Exit Dressing Room	Wait at Rink Side	Enter Competition Rink	Exit Competition Rink	Exit Dressing Room	
	Area	In	Out								
National Anthem & Announcements											10
INTERMEDIATE FREE SKATE											
L.A. Synchro	A	12:10 PM	12:30 PM	1	12:35 PM	12:55 PM	12:57 PM	1:00 PM	1:08 PM	1:18 PM	8
Tremors of San Francisco	B	12:18 PM	12:38 PM	2	12:43 PM	1:03 PM	1:05 PM	1:08 PM	1:14 PM	1:24 PM	6
Dazzlers	C	12:24 PM	12:44 PM	3	12:49 PM	1:09 PM	1:11 PM	1:14 PM	1:21 PM	1:31 PM	7
Ice Denettes Affinity	D	12:31 PM	12:51 PM	4	12:56 PM	1:16 PM	1:18 PM	1:21 PM	1:27 PM	1:37 PM	6
					ICE MAKE			1:27 PM	1:47 PM		20
Teams Elite	A	12:57 PM	1:17 PM	5	1:22 PM	1:42 PM	1:44 PM	1:47 PM	1:55 PM	2:05 PM	8
Capital Ice Chips	B	1:05 PM	1:25 PM	6	1:30 PM	1:50 PM	1:52 PM	1:55 PM	2:01 PM	2:11 PM	6
Skyliners	C	1:11 PM	1:31 PM	7	1:36 PM	1:56 PM	1:58 PM	2:01 PM	2:08 PM	2:18 PM	7
Star Mates	D	1:18 PM	1:38 PM	8	1:43 PM	2:03 PM	2:05 PM	2:08 PM	2:14 PM	2:24 PM	6
					ICE MAKE			2:14 PM	2:34 PM		20
Saint Louis Synergy	A	1:44 PM	2:04 PM	1	2:09 PM	2:29 PM	2:31 PM	2:34 PM	2:42 PM	2:52 PM	8
Team Image - Black	B	1:52 PM	2:12 PM	2	2:17 PM	2:37 PM	2:39 PM	2:42 PM	2:48 PM	2:58 PM	6
DC EDGE	C	1:58 PM	2:18 PM	3	2:23 PM	2:43 PM	2:45 PM	2:48 PM	2:55 PM	3:05 PM	7
California Gold	D	2:05 PM	2:25 PM	4	2:30 PM	2:50 PM	2:52 PM	2:55 PM	3:01 PM	3:11 PM	6
					ICE MAKE			3:01 PM	3:21 PM		20
SENIOR SHORT PROGRAM											
Adrian College	A	2:31 PM	2:51 PM	5	2:56 PM	3:16 PM	3:18 PM	3:21 PM	3:29 PM	3:39 PM	8
Skyliners	B	2:39 PM	2:59 PM	6	3:04 PM	3:24 PM	3:26 PM	3:29 PM	3:35 PM	3:45 PM	6
Miami University	C	2:45 PM	3:05 PM	7	3:10 PM	3:30 PM	3:32 PM	3:35 PM	3:42 PM	3:52 PM	7
Teams Elite	D	2:52 PM	3:12 PM	8	3:17 PM	3:37 PM	3:39 PM	3:42 PM	3:48 PM	3:58 PM	6
Haydenettes	A	2:58 PM	3:18 PM	1	3:23 PM	3:43 PM	3:45 PM	3:48 PM	3:55 PM	4:05 PM	7
					ICE MAKE			3:55 PM	4:15 PM		20
SENIOR ELITE 12 FREE SKATE											
Hayden Select - Elite 12	B	3:05 PM	3:30 PM	2	3:50 PM	4:10 PM	4:12 PM	4:15 PM	4:23 PM	4:33 PM	8
Crystalletes - Elite	C	3:13 PM	3:38 PM	3	3:58 PM	4:18 PM	4:20 PM	4:23 PM	4:30 PM	4:40 PM	7
											0
AWARDS - INTERMEDIATE & ELITE 12											50
END OF COMPETITION											
					ICE MAKE			5:20 PM	5:40 PM		20
NOVICE PRACTICE											5:40 PM 8:20 PM

2023 U.S. Synchronized Skating Championships

OFFICIAL PRACTICE - Friday, March 3, 2023

TEAM	Area	Warm up time		Dressing Room No.	Enter Dressing Room	Exit Dressing Room	Wait at Rink Side	Enter Competition Rink	Exit Competition Rink	Exit Dressing Room	
		In	Out								
NOVICE OFFICIAL PRACTICE											
Skyliners	A	4:50 PM	5:10 PM	1	5:15 PM	5:35 PM	5:37 PM	5:40 PM	5:50 PM	6:00 PM	10
Dazzlers	B	5:00 PM	5:20 PM	2	5:25 PM	5:45 PM	5:47 PM	5:50 PM	6:00 PM	6:10 PM	10
DC EDGE	C	5:10 PM	5:30 PM	3	5:35 PM	5:55 PM	5:57 PM	6:00 PM	6:10 PM	6:20 PM	10
Teams Elite	D	5:20 PM	5:40 PM	4	5:45 PM	6:05 PM	6:07 PM	6:10 PM	6:20 PM	6:30 PM	10
					ICE MAKE			6:20 PM	6:35 PM		15
Starlights	A	5:45 PM	6:05 PM	5	6:10 PM	6:30 PM	6:32 PM	6:35 PM	6:45 PM	6:55 PM	10
Ice Mates	B	5:55 PM	6:15 PM	6	6:20 PM	6:40 PM	6:42 PM	6:45 PM	6:55 PM	7:05 PM	10
Crystallettes	C	6:05 PM	6:25 PM	7	6:30 PM	6:50 PM	6:52 PM	6:55 PM	7:05 PM	7:15 PM	10
Pacific Edge	D	6:15 PM	6:35 PM	8	6:40 PM	7:00 PM	7:02 PM	7:05 PM	7:15 PM	7:25 PM	10
					ICE MAKE			7:15 PM	7:30 PM		15
Northernettes	A	6:40 PM	7:00 PM	1	7:05 PM	7:25 PM	7:27 PM	7:30 PM	7:40 PM	7:50 PM	10
Hockettes	B	6:50 PM	7:10 PM	2	7:15 PM	7:35 PM	7:37 PM	7:40 PM	7:50 PM	8:00 PM	10
Team Delaware	C	7:00 PM	7:20 PM	3	7:25 PM	7:45 PM	7:47 PM	7:50 PM	8:00 PM	8:10 PM	10
Team Image	D	7:10 PM	7:30 PM	4	7:35 PM	7:55 PM	7:57 PM	8:00 PM	8:10 PM	8:20 PM	10
Formation	A	7:20 PM	7:40 PM	5	7:45 PM	8:05 PM	8:07 PM	8:10 PM	8:20 PM	8:30 PM	10
					ICE MAKE			8:20 PM	8:35 PM		15

2023 U.S. Synchronized Skating Championships

OFFICIAL PRACTICE - Saturday, March 4, 2023

TEAM				Dressing Room No.	Enter Dressing Room	Exit Dressing Room	Wait at Rink Side	Enter Competition Rink	Exit Competition Rink	Exit Dressing Room
	Warm up time									
	Area	In	Out							
COLLEGIATE OFFICIAL PRACTICE										
University of Illinois	A	7:10 AM	7:30 AM	1	7:35 AM	7:55 AM	7:57 AM	8:00 AM	8:11 AM	8:21 AM
Michigan State University	B	7:21 AM	7:41 AM	2	7:46 AM	8:06 AM	8:08 AM	8:11 AM	8:22 AM	8:32 AM
University of Massachusetts	C	7:32 AM	7:52 AM	3	7:57 AM	8:17 AM	8:19 AM	8:22 AM	8:33 AM	8:43 AM
Trine University	D	7:43 AM	8:03 AM	4	8:08 AM	8:28 AM	8:30 AM	8:33 AM	8:44 AM	8:54 AM
					ICE MAKE			8:44 AM	8:59 AM	
Boston University	A	8:09 AM	8:29 AM	5	8:34 AM	8:54 AM	8:56 AM	8:59 AM	9:10 AM	9:20 AM
University of Delaware	B	8:20 AM	8:40 AM	6	8:45 AM	9:05 AM	9:07 AM	9:10 AM	9:21 AM	9:31 AM
Boston College Eagles	C	8:31 AM	8:51 AM	7	8:56 AM	9:16 AM	9:18 AM	9:21 AM	9:32 AM	9:42 AM
Miami University Collegiate Varsity	D	8:42 AM	9:02 AM	8	9:07 AM	9:27 AM	9:29 AM	9:32 AM	9:43 AM	9:53 AM
					ICE MAKE			9:43 AM	9:58 AM	
Western Michigan University	A	9:08 AM	9:28 AM	1	9:33 AM	9:53 AM	9:55 AM	9:58 AM	10:09 AM	10:19 AM
Team Excel	B	9:19 AM	9:39 AM	2	9:44 AM	10:04 AM	10:06 AM	10:09 AM	10:20 AM	10:30 AM
University of Michigan	C	9:30 AM	9:50 AM	3	9:55 AM	10:15 AM	10:17 AM	10:20 AM	10:31 AM	10:41 AM
Adrian College Varsity	D	9:41 AM	10:01 AM	4	10:06 AM	10:26 AM	10:28 AM	10:31 AM	10:42 AM	10:52 AM
					ICE MAKE			10:42 AM	10:57 AM	
SENIOR OFFICIAL PRACTICE FREE SKATE										
To be announced 1	A	10:07 AM	10:27 AM	5	10:32 AM	10:52 AM	10:54 AM	10:57 AM	11:09 AM	11:19 AM
To be announced 2	B	10:19 AM	10:39 AM	6	10:44 AM	11:04 AM	11:06 AM	11:09 AM	11:21 AM	11:31 AM
To be announced 3	C	10:31 AM	10:51 AM	7	10:56 AM	11:16 AM	11:18 AM	11:21 AM	11:33 AM	11:43 AM
To be announced 4	D	10:43 AM	11:03 AM	8	11:08 AM	11:28 AM	11:30 AM	11:33 AM	11:45 AM	11:55 AM
To be announced 5	A	10:55 AM	11:15 AM	1	11:20 AM	11:40 AM	11:42 AM	11:45 AM	11:57 AM	12:07 PM
					ICE MAKE			11:57 AM	12:12 PM	
COMPETITION										
								12:30 PM	10:10 PM	

2023 U.S. Synchronized Skating Championships

Competition - Saturday, March 4, 2023

TEAM	Area	Warm up Time		Dressing	Enter	Exit	Wait at	Enter	Exit	Exit
		In	Out	Room	Dressing	Dressing	Rink	Competition	Competition	Dressing
				No.	Room	Room	Side	Rink	Rink	Room
National Anthem & Announcements										
								12:20 PM	12:30 PM	
JUVENILE FREE SKATE										
Starlights	A	11:40 AM	12:00 PM	2	12:05 PM	12:25 PM	12:27 PM	12:30 PM	12:38 PM	12:48 PM
Teams Elite	B	11:48 AM	12:08 PM	3	12:13 PM	12:33 PM	12:35 PM	12:38 PM	12:44 PM	12:54 PM
Team Excel	C	11:54 AM	12:14 PM	4	12:19 PM	12:39 PM	12:41 PM	12:44 PM	12:50 PM	1:00 PM
Crystallettes	D	12:00 PM	12:20 PM	5	12:25 PM	12:45 PM	12:47 PM	12:50 PM	12:56 PM	1:06 PM
					ICE MAKE			12:56 PM	1:16 PM	
Mini Mates	A	12:26 PM	12:46 PM	6	12:51 PM	1:11 PM	1:13 PM	1:16 PM	1:24 PM	1:34 PM
Cleveland Ice Storm	B	12:34 PM	12:54 PM	7	12:59 PM	1:19 PM	1:21 PM	1:24 PM	1:30 PM	1:40 PM
Wisconsin Inspire	C	12:40 PM	1:00 PM	8	1:05 PM	1:25 PM	1:27 PM	1:30 PM	1:36 PM	1:46 PM
Team Image	D	12:46 PM	1:06 PM	1	1:11 PM	1:31 PM	1:33 PM	1:36 PM	1:42 PM	1:52 PM
					ICE MAKE			1:42 PM	2:02 PM	
DC EDGE	A	1:12 PM	1:32 PM	2	1:37 PM	1:57 PM	1:59 PM	2:02 PM	2:10 PM	2:20 PM
Pacific Edge	B	1:20 PM	1:40 PM	3	1:45 PM	2:05 PM	2:07 PM	2:10 PM	2:16 PM	2:26 PM
Capital Ice Connection	C	1:26 PM	1:46 PM	4	1:51 PM	2:11 PM	2:13 PM	2:16 PM	2:22 PM	2:32 PM
Skyliners	D	1:32 PM	1:52 PM	5	1:57 PM	2:17 PM	2:19 PM	2:22 PM	2:28 PM	2:38 PM
					ICE MAKE			2:28 PM	2:48 PM	
NOVICE FREE SKATE										
Skyliners	A	1:58 PM	2:18 PM	6	2:23 PM	2:43 PM	2:45 PM	2:48 PM	2:56 PM	3:06 PM
Dazzlers	B	2:06 PM	2:26 PM	7	2:31 PM	2:51 PM	2:53 PM	2:56 PM	3:02 PM	3:12 PM
DC EDGE	C	2:12 PM	2:32 PM	8	2:37 PM	2:57 PM	2:59 PM	3:02 PM	3:09 PM	3:19 PM
Teams Elite	D	2:19 PM	2:39 PM	1	2:44 PM	3:04 PM	3:06 PM	3:09 PM	3:15 PM	3:25 PM
					ICE MAKE			3:15 PM	3:35 PM	
Starlights	A	2:45 PM	3:05 PM	2	3:10 PM	3:30 PM	3:32 PM	3:35 PM	3:43 PM	3:53 PM
Ice Mates	B	2:53 PM	3:13 PM	3	3:18 PM	3:38 PM	3:40 PM	3:43 PM	3:49 PM	3:59 PM
Crystallettes	C	2:59 PM	3:19 PM	4	3:24 PM	3:44 PM	3:46 PM	3:49 PM	3:56 PM	4:06 PM
Pacific Edge	D	3:06 PM	3:26 PM	5	3:31 PM	3:51 PM	3:53 PM	3:56 PM	4:02 PM	4:12 PM
					ICE MAKE			4:02 PM	4:22 PM	
Northernettes	A	3:32 PM	3:52 PM	6	3:57 PM	4:17 PM	4:19 PM	4:22 PM	4:30 PM	4:40 PM
Hockettes	B	3:40 PM	4:00 PM	7	4:05 PM	4:25 PM	4:27 PM	4:30 PM	4:36 PM	4:46 PM
Team Delaware	C	3:46 PM	4:06 PM	8	4:11 PM	4:31 PM	4:33 PM	4:36 PM	4:43 PM	4:53 PM
Team Image	D	3:53 PM	4:13 PM	1	4:18 PM	4:38 PM	4:40 PM	4:43 PM	4:49 PM	4:59 PM
Formation	A	3:59 PM	4:19 PM	2	4:24 PM	4:44 PM	4:46 PM	4:49 PM	4:55 PM	5:05 PM
AWARDS - JUVENILE & NOVICE										
								4:55 PM	5:45 PM	
					ICE MAKE			5:45 PM	6:05 PM	
COLLEGIATE FREE SKATE										
University of Massachusetts - Exhibition	B	5:15 PM	5:35 PM	3	5:40 PM	6:00 PM	6:02 PM	6:05 PM	6:14 PM	6:39 PM
University of Illinois	C	5:24 PM	5:44 PM	4	5:49 PM	6:09 PM	6:11 PM	6:14 PM	6:21 PM	6:46 PM
Michigan State University	D	5:31 PM	5:51 PM	5	5:56 PM	6:16 PM	6:18 PM	6:21 PM	6:28 PM	6:53 PM
Trine University	A	5:38 PM	5:58 PM	6	6:03 PM	6:23 PM	6:25 PM	6:28 PM	6:35 PM	7:00 PM
					ICE MAKE			6:35 PM	6:55 PM	
Boston University	B	6:05 PM	6:25 PM	7	6:30 PM	6:50 PM	6:52 PM	6:55 PM	7:04 PM	7:29 PM
University of Delaware	C	6:14 PM	6:34 PM	8	6:39 PM	6:59 PM	7:01 PM	7:04 PM	7:11 PM	7:36 PM
Boston College Eagles	D	6:21 PM	6:41 PM	1	6:46 PM	7:06 PM	7:08 PM	7:11 PM	7:18 PM	7:43 PM
Miami University Collegiate Varsity	A	6:28 PM	6:48 PM	2	6:53 PM	7:13 PM	7:15 PM	7:18 PM	7:25 PM	7:50 PM
					ICE MAKE			7:25 PM	7:45 PM	
Western Michigan University	B	6:55 PM	7:15 PM	3	7:20 PM	7:40 PM	7:42 PM	7:45 PM	7:54 PM	8:19 PM
Team Excel	C	7:04 PM	7:24 PM	4	7:29 PM	7:49 PM	7:51 PM	7:54 PM	8:01 PM	8:26 PM
University of Michigan	D	7:11 PM	7:31 PM	5	7:36 PM	7:56 PM	7:58 PM	8:01 PM	8:08 PM	8:33 PM
Adrian College Varsity	A	7:18 PM	7:38 PM	6	7:43 PM	8:03 PM	8:05 PM	8:08 PM	8:15 PM	8:40 PM
					ICE MAKE			8:15 PM	8:35 PM	
SENIOR FREE SKATE										
To be announced 1	B	7:45 PM	8:05 PM	7	8:10 PM	8:30 PM	8:32 PM	8:35 PM	8:45 PM	9:10 PM
To be announced 2	C	7:55 PM	8:15 PM	8	8:20 PM	8:40 PM	8:42 PM	8:45 PM	8:53 PM	9:18 PM
To be announced 3	D	8:03 PM	8:23 PM	1	8:28 PM	8:48 PM	8:50 PM	8:53 PM	9:01 PM	9:26 PM
To be announced 4	A	8:11 PM	8:31 PM	2	8:36 PM	8:56 PM	8:58 PM	9:01 PM	9:09 PM	9:34 PM
To be announced 5	B	8:19 PM	8:39 PM	3	8:44 PM	9:04 PM	9:06 PM	9:09 PM	9:17 PM	9:42 PM
PSA Award								9:17 PM	9:22 PM	
AWARDS - COLLEGIATE & SENIOR										
U.S. Figure Skating World Team Photo								9:22 PM	10:10 PM	
END OF COMPETITION										