

TIME	SKATER	CATEGORY	DRESSING ROOM & COACH
SIMULATION – OCTOBER 26, 2014			
8:15-8:35 am (as per extra warm up given to Sectional skaters only due to competition regulations)	Sectionals Skaters only Warmup: Paul/Louise, Olivia P, Kylie S & Nicole G.	Senior Dance, Juvenile and Pre-Juvenile	See dressing room assignments below.
8:35-8:45 am	FLOOD	FLOOD	FLOOD
8:45-8:49 am (4 mins)	Warm-Up – Flt #1		
Flt #1-1	Amanda Stephenson	Star 2	DR#C2 - LEE
Flt #1-2	Elizabeth Gentile	Star 5 – Development 2	DR#C2- MARSHALL
Flt #1-3	Keira VanDinther	Star 2 – Intro Develop.	DR#C2- LEE
9:00-9:04 am (4 mins)	Warm-Up Flt #2		
Flt #2-1	Annabella Gummerson	Star 3	DR#C2 – MARSHALL
Flt #2-2	Heather Lanza	Star ?	DR#C2- MCLEAN
Flt #2-3	Angela Lee	Star 5	DR#C2- MARSHALL
9:20-9:25 am (5 mins)	Warm-Up Flt #3		
Flt #3-1	Erika Lumsden	Bronze Interpretive	DR#C3- MARSHALL
Flt #3-2	Bev Dodge	Silver Interpretive	DR#C3- ALGUIRE
Flt #3-3	Shelby Komarnicky	Gold Interpretive	DR#C3- MARSHALL
9:40-9:46 am (6 mins)	Warm-Up Flt #4		
Flt #4-1	Paul McLean & Louise	Senior – Short Dance	DR#C6- MCLEAN
9:55-10:05 am	FLOOD	FLOOD	FLOOD
10:05-10:11 AM (6 mins)	Warm-Up Flt #5		
Flt #5-1	Nicole Gallo	Pre-Juvenile	DR#C3- MARSHALL
Flt #5-2	Olivia Pellizzari	Pre-Juvenile	DR#C3- FARMER
Flt #5-3	Kylie Smale	Juvenile	DR#C3- MARSHALL

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TIME	SKATER	CATEGORY	DRESSING ROOM & COACH
10:25-10:29 am (6 mins)	Warm-Up Flt #6		
Flt #6-1	Bev Dodge	Silver Ladies (Adult)	DR#C3- ALGUIRE
Flt #6-2	Danielle McDougall	Senior Bronze StarSkate	DR#C3-MARSHALL
Flt #6-3	Amy McMillan	Senior Silver StarSkate	DR#C3- MCLEAN
Flt #6-4	Shelby Komarnicky	Gold StarSkate	DR#C3- MARSHALL
10:50-10:56 AM (6 mins)	Warm-Up Flt #7		
Flt #7-1	Paul McLean & Louise	Senior Free Dance	DR#C6- MCLEAN
11:15-12:05 PM	INTERVIEWS – DRESSING ROOM C1 – SKATERS & COACHES ONLY WITH THE PANEL. SKATERS INTERVIEWED IN ORDER OF SKATE		

Skaters are to arrive at Nichols Arena, "C" pad, to the music registration table set up in the lobby, to sign in with their music 1 hour prior to the posted warm-up time! Skaters skating in the Sectional Warmup listed above can arrive by 7:45 am. That should be early enough to register music and warm up off the ice. (Full makeup/hair and competition outfits are to be worn).

Flight numbers will be posted on the various dressing room doors from the list above.

Due to the fact that the panel watching and marking the solos are also coaches, all interviews will be held at the end of the simulation. Stay around and cheer on your fellow skaters!

All skaters will receive a simulation feed-back form that you may take with you for you and your coach to discuss. Skaters will be interviewed in the order that they skate, the same as the various competitions in WOS do when speaking to skaters. The Interview Room which is located in Dressing Room C1 is only for the skater and the coach along with the panel to discuss programs. No parent's please! The Ice Captain will ensure that skaters are taken in proper order and will call in skaters.

Good luck for a very successful competition season!