



**2023 Canadian Tire National Skating Championships**  
**Tribute Communities Centre - Oshawa, ON**

*\*If running ahead, the competition will return to the published schedule after all flood breaks.*

<b>Competition Rink</b>							
Team			START	END	Ice Time	Dressing Room	Warm-up Area
<b>Wednesday, January 11, 2023 - Practice</b>							
<b>Practice - Junior Men Free</b>							
	Group 1		7:00:00	7:35:00	35	1	
FLOOD			7:35:00	7:50:00	15		
	Group 2		7:50:00	8:25:00	35	2	
	Group 3		8:25:00	9:00:00	35	3	
FLOOD			9:00:00	9:15:00	15		
<b>Practice - Senior Synchronized Skating Short/Free</b>							
	Team 1		9:15:00	9:35:00	20	1	1
	Team 2		9:35:00	9:55:00	20	2	2
	Team 3		9:55:00	10:15:00	20	3	3
FLOOD			10:15:00	10:35:00	20		
<b>Wednesday, January 11, 2023 - Competition</b>							
<b>Competition - Junior Men Free</b>							
	Warm Up		10:35:00	10:42:30	7.5		
1			10:42:30	10:49:30	7	1	
2			10:49:30	10:56:30	7	1	
3			10:56:30	11:03:30	7	1	
4			11:03:30	11:10:30	7	1	
5			11:10:30	11:17:30	7	1	
6			11:17:30	11:24:30	7	1	
FLOOD			11:24:30	11:39:30	15		
	Warm Up		11:39:30	11:47:00	7.5		
7			11:47:00	11:54:00	7	2	
8			11:54:00	12:01:00	7	2	
9			12:01:00	12:08:00	7	2	
10			12:08:00	12:15:00	7	2	
11			12:15:00	12:22:00	7	2	
12			12:22:00	12:29:00	7	2	
	Warm Up		12:29:00	12:36:30	7.5		
13			12:36:30	12:43:30	7	3	
14			12:43:30	12:50:30	7	3	
15			12:50:30	12:57:30	7	3	
16			12:57:30	13:04:30	7	3	
17			13:04:30	13:11:30	7	3	
18			13:11:30	13:18:30	7	3	
FLOOD			13:18:30	13:40:00	22		
<b>Competition - Junior Synchronized Skating Short</b>							
1	Lower Mainland Junior	BC/YK	13:40:00	13:48:00	8	4	1
2	Golding Ice	QC	13:48:00	13:55:00	7	1	2
3	ICE Ignite	ON	13:55:00	14:02:00	7	2	3
4	Synchronicity	ON	14:02:00	14:09:00	7	5	4
FLOOD			14:09:00	14:24:00	15		
5	Solstice Junior	AB/NT/NU	14:24:00	14:32:00	8	7	1
6	Nova	QC	14:32:00	14:39:00	7	4	2
7	Les Suprêmes	QC	14:39:00	14:46:00	7	6	3
8	NEXXICE	ON	14:46:00	14:53:00	7	2	4
9	Gold Ice	ON	14:53:00	15:00:00	7	3	1
FLOOD			15:00:00	15:20:00	20		

Competition - Junior Pair Free						
	Warm Up		15:20:00	15:27:30	7.5	
1			15:27:30	15:34:30	7	1 (W), 4 (M)
2			15:34:30	15:41:30	7	1 (W), 4 (M)
	Warm Up		15:41:30	15:49:00	7.5	
3			15:49:00	15:56:00	7	1 (W), 4 (M)
4			15:56:00	16:03:00	7	1 (W), 4 (M)
5			16:03:00	16:10:00	7	1 (W), 4 (M)
Victory Ceremony			16:10:00	16:35:00	25	
FLOOD			16:35:00	16:50:00	15	
Competition - Junior Women Free						
	Warm Up		16:50:00	16:57:30	7.5	
1			16:57:30	17:04:30	7	2
2			17:04:30	17:11:30	7	2
3			17:11:30	17:18:30	7	2
4			17:18:30	17:25:30	7	2
5			17:25:30	17:32:30	7	2
6			17:32:30	17:39:30	7	2
FLOOD			17:39:30	17:54:30	15	
	Warm Up		17:54:30	18:02:00	7.5	
7			18:02:00	18:09:00	7	3
8			18:09:00	18:16:00	7	3
9			18:16:00	18:23:00	7	3
10			18:23:00	18:30:00	7	3
11			18:30:00	18:37:00	7	3
12			18:37:00	18:44:00	7	3
	Warm Up		18:44:00	18:51:30	7.5	
13			18:51:30	18:58:30	7	4
14			18:58:30	19:05:30	7	4
15			19:05:30	19:12:30	7	4
16			19:12:30	19:19:30	7	4
17			19:19:30	19:26:30	7	4
18			19:26:30	19:33:30	7	4
FLOOD			19:33:30	19:55:00	21.5	
Competition - Junior Dance Free						
	Warm Up		19:55:00	20:01:30	6.5	
1			20:01:30	20:08:30	7	1 (W), 2 (M)
2			20:08:30	20:15:30	7	1 (W), 2 (M)
3			20:15:30	20:22:30	7	1 (W), 2 (M)
4			20:22:30	20:29:30	7	1 (W), 2 (M)
FLOOD			20:29:30	20:44:30	15	
	Warm Up		20:44:30	20:51:00	6.5	
5			20:51:00	20:58:00	7	3 (W), 4 (M)
6			20:58:00	21:05:00	7	3 (W), 4 (M)
7			21:05:00	21:12:00	7	3 (W), 4 (M)
8			21:12:00	21:19:00	7	3 (W), 4 (M)
9			21:19:00	21:26:00	7	3 (W), 4 (M)
	Warm Up		21:26:00	21:32:30	6.5	
10			21:32:30	21:39:30	7	1 (W), 2 (M)
11			21:39:30	21:46:30	7	1 (W), 2 (M)
12			21:46:30	21:53:30	7	1 (W), 2 (M)
13			21:53:30	22:00:30	7	1 (W), 2 (M)
14			22:00:30	22:07:30	7	1 (W), 2 (M)
Victory Ceremony			22:07:30	22:37:30	30	
END OF Wednesday				22:37:30		

Warm-up Area Access: Available from 1 hour before scheduled on-ice start time to 30 minutes before on-ice start time.

Dressing Room Access: Available approximately 25 minutes before scheduled on-ice start time. Skaters are asked to exit promptly with all belongings following their skate (with a maximum of fifteen minutes allowed).



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<b>Practice Rink</b>						
Team	START	END	Ice Time	Dressing Room	Warm-up Area	
<b>Wednesday, January 11, 2023 - Practice</b>						
<b>Practice - Junior Synchronized Skating Short</b>						
Team 1	7:10:00	7:20:00	10	5	4	
Team 2	7:20:00	7:30:00	10	6	1	
Team 3	7:30:00	7:40:00	10	7	2	
Team 4	7:40:00	7:50:00	10	4	3	
<b>FLOOD</b>						
Team 5	8:05:00	8:15:00	10	5	4	
Team 6	8:15:00	8:25:00	10	6	1	
Team 7	8:25:00	8:35:00	10	7	2	
Team 8	8:35:00	8:45:00	10	4	3	
Team 9	8:45:00	8:55:00	10	5	4	
<b>FLOOD</b>						
<b>Practice - Junior Pair Free</b>						
Group 1	9:25:00	9:55:00	30	W (6), M (7)		
Group 2	9:55:00	10:25:00	30	W (6), M (7)		
<b>FLOOD</b>						
<b>Practice - Junior Women Free</b>						
Group 1	10:55:00	11:30:00	35	5		
<b>FLOOD</b>						
Group 2	11:45:00	12:20:00	35	6		
Group 3	12:20:00	12:55:00	35	7		
<b>FLOOD</b>						
<b>Break - Oshawa Generals</b>						
<b>FLOOD</b>						
<b>Practice - Junior Dance Free</b>						
Group 1	15:20:00	15:50:00	30	5 (W), 7 (M)		
<b>FLOOD</b>						
Group 2	16:05:00	16:35:00	30	5 (W), 7 (M)		
Group 3	16:35:00	17:05:00	30	5 (W), 7 (M)		
<b>FLOOD</b>						
<b>Practice - Senior Synchronized Skating Short/Free</b>						
Team 1	17:20:00	17:40:00	20	6	1	
Team 2	17:40:00	18:00:00	20	4	2	
Team 3	18:00:00	18:20:00	20	5	3	
<b>END OF Wednesday</b>						
<b>18:20:00</b>						

**Warm-up Area Access:** Available from 1 hour before scheduled on-ice start time to 30 minutes before on-ice start time.

**Dressing Room Access:** Available approximately 25 minutes before scheduled on-ice start time. Skaters are asked to exit promptly with all belongings following their skate (with a maximum of fifteen minutes allowed).