

**2010 South Atlantic Regional Championships - Rockville, MD. - October 9-13, 2009**

**TENTATIVE SCHEDULE - Subject to Change**

**One minute of each skaters program will be played during Official Practices**

**REVISED 09/29/09**

**Friday October 9, 2009**

**NHL RINK**

12:00 PM	12:30 PM	Intermediate Ladies Group A (1-8)	Official Practice
12:30 PM	1:00 PM	Intermediate Ladies Group A (9-16)	Official Practice
1:00 PM	1:30 PM	Intermediate Ladies Group B (1-8)	Official Practice
1:30 PM	1:50 PM	<i>Ice Resurface</i>	
1:50 PM	2:20 PM	Intermediate Ladies Group B (9-16)	Official Practice
2:20 PM	2:50 PM	Intermediate Ladies Group C (1-8)	Official Practice
2:50 PM	3:20 PM	Intermediate Ladies Group C (9-16)	Official Practice
3:20 PM	3:40 PM	<i>Ice Resurface</i>	
3:40 PM	4:10 PM	Intermediate Ladies Group D (1-8)	Official Practice
4:10 PM	4:40 PM	Intermediate Ladies Group D (9-16)	Official Practice
4:40 PM	5:10 PM	Intermediate Ladies Group E (1-8)	Official Practice
5:10 PM	5:30 PM	<i>Ice Resurface</i>	
5:30 PM	6:00 PM	Intermediate Ladies Group E (9-16)	Official Practice
6:00 PM	6:30 PM	Intermediate Ladies Group F (1-8)	Official Practice
6:30 PM	7:00 PM	Intermediate Ladies Group F (9-16)	Official Practice

**End of Events**

**Saturday October 10, 2009**

**NHL RINK**

<b>8:00 AM</b>	<b>9:50 AM</b>	<b>Intermediate Ladies Group A</b>	
9:50 AM	10:10 AM	<i>Ice Resurface</i>	
<b>10:10 AM</b>	<b>12:00 PM</b>	<b>Intermediate Ladies Group B</b>	
12:00 PM	12:20 PM	<i>Ice Resurface</i>	
<b>12:20 PM</b>	<b>2:10 PM</b>	<b>Intermediate Ladies Group C</b>	
2:10 PM	2:30 PM	<i>Ice Resurface</i>	
<b>2:30 PM</b>	<b>4:20 PM</b>	<b>Intermediate Ladies Group D</b>	
4:20 PM	4:40 PM	<i>Ice Resurface</i>	
<b>4:40 PM</b>	<b>6:30 PM</b>	<b>Intermediate Ladies Group E</b>	
6:30 PM	6:50 PM	<i>Ice Resurface</i>	
<b>6:50 PM</b>	<b>8:40 PM</b>	<b>Intermediate Ladies Group F</b>	
8:40 PM	9:00 PM	<i>Ice Resurface</i>	
9:00 PM	9:30 PM	Juvenile Boys (1-9)	Official Practice

**End of Events**

**Olympic Rink**

3:00 PM	3:30 PM	Novice Ladies A (1-7)	Official Practice
3:30 PM	4:00 PM	Novice Ladies A (8-15)	Official Practice
4:00 PM	4:30 PM	Novice Ladies B (1-8)	Official Practice
4:30 PM	4:50 PM	<i>Ice Resurface</i>	
4:50 PM	5:20 PM	Novice Ladies B (9-15)	Official Practice
5:20 PM	5:50 PM	Novice Ladies C (1-8)	Official Practice
5:50 PM	6:20 PM	Novice Ladies C (9-15)	Official Practice
6:20 PM	6:40 PM	<i>Ice Resurface</i>	
6:40 PM	7:10 PM	Novice Men SP (1-5)	Official Practice
7:10 PM	7:40 PM	Novice Men SP (6-9)	Official Practice

**End of Events**

**Saturday**

**Olympic Rink**

7:00 AM	7:30 AM	Juvenile Girls A (1-8)	Official Practice
7:30 AM	8:00 AM	Juvenile Girls A (9-15)	Official Practice
8:00 AM	8:30 AM	Juvenile Girls B (1-8)	Official Practice
8:30 AM	8:50 AM	<i>Ice Resurface</i>	
<b>8:50 AM</b>	<b>10:45 AM</b>	<b>Novice Ladies A</b>	
10:45 AM	11:05 AM	<i>Ice Resurface</i>	
11:05 AM	11:35 AM	Juvenile Girls B (9-15)	Official Practice
11:35 AM	12:05 PM	Juvenile Girls C (1-8)	Official Practice
12:05 PM	12:35 PM	Juvenile Girls C (9-16)	Official Practice
12:35 PM	12:55 PM	<i>Ice Resurface</i>	
<b>12:55 PM</b>	<b>2:50 PM</b>	<b>Novice Ladies B</b>	
2:50 PM	3:10 PM	<i>Ice Resurface</i>	
3:10 PM	3:40 PM	Juvenile Girls D (1-8)	Official Practice
3:40 PM	4:10 PM	Juvenile Girls D (9-16)	Official Practice
4:10 PM	4:40 PM	Juvenile Girls E (1-8)	Official Practice
4:40 PM	5:00 PM	<i>Ice Resurface</i>	
<b>5:00 PM</b>	<b>6:55 PM</b>	<b>Novice Ladies C</b>	
6:55 PM	7:15 PM	<i>Ice Resurface</i>	
<b>7:15 PM</b>	<b>8:15 PM</b>	<b>Novice Men SP (9)</b>	
8:15 PM	8:45 PM	Juvenile Girls E (9-16)	Official Practice
8:45 PM	9:15 PM	Juvenile Girls F (1-8)	Official Practice
9:15 PM	9:45 PM	Juvenile Girls F (9-16)	Official Practice

## End of Events

### Sunday October 11, 2009

#### NHL RINK

<b>8:00 AM</b>	<b>9:45 AM Juvenile Girls Group A</b>
9:45 AM	10:05 AM <i>Ice Resurface</i>
<b>10:05 AM</b>	<b>11:50 AM Juvenile Girls Group B</b>
11:50 AM	12:10 PM <i>Ice Resurface</i>
<b>12:10 PM</b>	<b>1:55 PM Juvenile Girls Group C</b>
1:55 PM	2:15 PM <i>Ice Resurface</i>
<b>2:15 PM</b>	<b>3:15 PM Juvenile Boys</b>
3:15 PM	3:35 PM <i>Ice Resurface</i>
<b>3:35 PM</b>	<b>5:20 PM Juvenile Girls Group D</b>
5:20 PM	5:40 PM <i>Ice Resurface</i>
<b>5:40 PM</b>	<b>7:25 PM Juvenile Girls Group E</b>
7:25 PM	7:45 PM <i>Ice Resurface</i>
<b>7:45 PM</b>	<b>9:30 PM Juvenile Girls Group F</b>

End of Events

### Sunday

#### Olympic Rink

8:00 AM	8:30 AM Novice Ladies SP (1-7)	Official Practice
8:30 AM	9:00 AM Novice Ladies SP (7-15)	Official Practice
9:00 AM	9:30 AM Novice Men Free (1-5)	Official Practice
9:30 AM	10:00 AM Novice Men Free (6-9)	Official Practice
10:00 AM	10:20 AM <i>Ice Resurface</i>	
<b>10:20 AM</b>	<b>11:50 AM Novice Ladies SP</b>	
11:50 AM	12:10 PM <i>Ice Resurface</i>	
12:10 PM	12:40 PM Junior Ladies SP (1-8)	Official Practice
12:40 PM	1:10 PM Junior Ladies SP (9-15)	Official Practice
1:10 PM	1:40 PM Junior Ladies SP (16-22)	Official Practice
1:40 PM	2:00 PM <i>Ice Resurface</i>	
<b>2:00 PM</b>	<b>3:15 PM Novice Men FS</b>	
3:15 PM	3:45 PM Junior Men SP (1-8)	Official Practice
3:45 PM	4:05 PM <i>Ice Resurface</i>	
<b>4:05 PM</b>	<b>5:15 PM Junior Ladies SP (1-10)</b>	
5:15 PM	5:35 PM <i>Ice Resurface</i>	
<b>5:35 PM</b>	<b>6:55 PM Junior Ladies SP (11-22)</b>	
6:55 PM	7:15 PM <i>Ice Resurface</i>	
<b>7:15 PM</b>	<b>8:15 PM Junior Men SP</b>	

End of Events

### Monday October 12, 2009

#### NHL RINK

7:30 AM	8:00 AM Intermediate Ladies SP (1-8)	Official Practice
8:00 AM	8:30 AM Intermediate Ladies SP (9-16)	Official Practice
8:30 AM	9:00 AM Intermediate Ladies SP (17-24)	Official Practice
9:00 AM	9:20 AM <i>Ice Resurface</i>	
9:20 AM	9:50 AM Intermediate Men SP (1-8)	Official Practice
9:50 AM	10:20 AM Intermediate Men SP (9-16)	Official Practice
10:20 AM	10:40 AM <i>Ice Resurface</i>	
<b>10:40 AM</b>	<b>11:55 AM Intermediate Ladies SP (1-12)</b>	
11:55 AM	12:15 PM <i>Ice Resurface</i>	
<b>12:15 PM</b>	<b>1:30 PM Intermediate Ladies SP (13-24)</b>	
1:30 PM	1:50 PM <i>Ice Resurface</i>	
<b>1:50 PM</b>	<b>3:20 PM Intermediate Men SP (16)</b>	
3:20 PM	3:40 PM <i>Ice Resurface</i>	
3:40 PM	4:10 PM Juvenile Ladies Final (1-8)	Official Practice

### Monday

#### Olympic Rink

7:30 AM	8:00 AM Novice Ladies Final (1-7)	Official Practice
8:00 AM	8:30 AM Novice Ladies Final (8-15)	Official Practice
8:30 AM	8:50 AM <i>Ice Resurface</i>	
8:50 AM	9:20 AM Junior Men Final	Official Practice
9:20 AM	9:40 AM <i>Ice Resurface</i>	Official Practice
<b>9:40 AM</b>	<b>11:35 AM Novice Ladies Final</b>	
11:35 AM	11:55 AM <i>Ice Resurface</i>	
11:55 AM	12:25 PM Junior Ladies Final (1-8)	Official Practice
12:25 PM	12:55 PM Junior Ladies Final (9-15)	Official Practice
12:55 PM	1:25 PM Junior Ladies Final (16-22)	Official Practice
1:25 PM	1:45 PM <i>Ice Resurface</i>	
<b>1:45 PM</b>	<b>2:55 PM Junior Men Final</b>	
2:55 PM	3:15 PM <i>Ice Resurface</i>	
3:15 PM	3:45 PM Sr, Ladies SP (1-6)	Official Practice

4:10 PM 4:40 PM Juvenile Ladies Final (9-16)  
4:40 PM 5:10 PM Juvenile Ladies Final (17-24)  
5:10 PM 5:30 PM *Ice Resurface*  
**5:30 PM 6:50 PM Juvenile Ladies Final (1-12)**  
6:50 PM 7:10 PM *Ice Resurface*  
**7:10 PM 8:30 PM Juvenile Ladies Final (13-24)**

**End of Events**

**Tuesday October 13, 2009**

**NHL RINK**

8:00 AM 8:30 AM Intermediate Ladies Final (1-8) Official Practice  
8:30 AM 9:00 AM Intermediate Ladies Final (9-16) Official Practice  
9:00 AM 9:30 AM Intermediate Ladies Final (17-24) Official Practice  
9:30 AM 9:50 AM *Ice Resurface*  
**9:50 AM 11:10 AM Intermediate Ladies Final (1-12)**  
11:10 AM 11:30 AM *Ice Resurface*  
**11:30 AM 12:50 PM Intermediate Ladies Final (13-24)**

**End of Events**

Official Practice  
Official Practice

3:45 PM 4:15 PM Sr, Ladies SP (7-12) Official Practice  
4:15 PM 4:45 PM Sr, Ladies SP (13-19) Official Practice  
4:45 PM 5:05 PM *Ice Resurface*  
**5:05 PM 6:25 PM Junior Ladies Final (1-10)**  
6:25 PM 6:45 PM *Ice Resurface*  
**6:45 PM 8:15 PM Junior Ladies Final (11-22)**  
8:15 PM 8:35 PM *Ice Resurface*  
**8:35 PM 10:35 PM Senior Ladies SP (19)**

**End of Events**

**Tuesday**

**Olympic Rink**

8:00 AM 8:30 AM Senior Ladies Final (1-6) Official Practice  
8:30 AM 9:00 AM Senior Ladies Final (7-12) Official Practice  
9:00 AM 9:30 AM Senior Ladies Final (13-19) Official Practice  
9:30 AM 9:50 AM *Ice Resurface*  
9:50 AM 10:20 AM Intermediate Men Final (1-8) Official Practice  
10:20 AM 10:50 AM Intermediate Men Final (9-16) Official Practice  
10:50 AM 11:10 AM *Ice Resurface*  
**11:10 AM 12:30 PM Senior Ladies Final (1-9)**  
12:30 PM 12:50 PM *Ice Resurface*  
**12:50 PM 2:20 PM Senior Ladies Final (10-19)**  
2:20 PM 2:40 PM *Ice Resurface*  
**2:40 PM 4:30 PM Intermediate Men Final (1-16)**

**End of Events**