



2024 U.S. SYNCHRONIZED SKATING CHAMPIONSHIPS

FEBRUARY 21 - 24, 2024



Approx. Start Time	Approx. End Time	Wednesday, February 21, 2024 Main Arena	# Teams
OFFICIAL PRACTICE			
9:00 AM	10:45 AM	JUNIOR SHORT PROGRAM OFFICIAL PRACTICE	9
11:00 AM	1:06 PM	ADULT OFFICIAL PRACTICE	12
1:21 PM	3:27 PM	MASTERS OFFICIAL PRACTICE	12
3:42 PM	4:02 PM	SENIOR ELITE 12 SHORT PROGRAM OFFICIAL PRACTICE	2
COMPETITION			
4:50 PM	6:12 PM	JUNIOR SHORT PROGRAM	9

Approx. Start Time	Approx. End Time	Thursday, February 22, 2024 Main Arena	# Teams
OFFICIAL PRACTICE			
8:30 AM	10:36 AM	JUVENILE OFFICIAL PRACTICE	12
10:51 AM	12:45 PM	JUNIOR FREE SKATE OFFICIAL PRACTICE	9
COMPETITION			
1:30 PM	3:31 PM	ADULT FREE SKATE	12
3:51 PM	5:49 PM	MASTERS FREE SKATE	12
5:49 PM	6:29 PM	AWARDS - ADULT & MASTERS	
6:49 PM	7:05 PM	SENIOR ELITE 12 SHORT PROGRAM	2
7:25 PM	8:55 PM	JUNIOR FREE SKATE	9
8:55 PM	9:00 PM	U.S. Figure Skating Scholastic Honors	
9:00 PM	9:30 PM	AWARDS - JUNIORS	
9:30 PM		U.S. Figure Skating World Team Photo	

Approx. Start Time	Approx. End Time	Friday February 23, 2024 Main Arena	# Teams
OFFICIAL PRACTICE			
8:30 AM	9:10 AM	SENIOR SHORT PROGRAM OFFICIAL PRACTICE	4
9:25 AM	9:49 AM	SENIOR ELITE 12 FREE SKATE OFFICIAL PRACTICE	2
10:04 AM	12:34 PM	INTERMEDIATE OFFICIAL PRACTICE	12
12:49 PM	3:19 PM	NOVICE OFFICIAL PRACTICE	13
COMPETITION			
4:10 PM	6:05 PM	JUVENILE FREE SKATE	12
6:25 PM	6:53 PM	SENIOR SHORT PROGRAM	4
7:13 PM	7:29 PM	SENIOR ELITE 12 FREE SKATE	2
7:29 PM	8:19 PM	AWARDS - JUVENILE & SENIOR ELITE 12	

Approx. Start Time	Approx. End Time	Saturday, February 24, 2024 Main Arena	# Teams
OFFICIAL PRACTICE			
8:30 AM	11:12 AM	COLLEGIATE OFFICIAL PRACTICE	12
11:27 AM	12:15 PM	SENIOR FREE SKATE OFFICIAL PRACTICE	4
COMPETITION			
1:00 PM	3:07 PM	INTERMEDIATE FREE SKATE	12
3:27 PM	5:41 PM	NOVICE FREE SKATE	13
5:41 PM	6:31 PM	AWARDS - INTERMEDIATE & NOVICE	
6:51 PM	9:04 PM	COLLEGIATE FREE SKATE	12
9:24 PM	9:58 PM	SENIOR FREE SKATE	4
9:58 PM	10:03 PM	PSA Award	
10:03 PM	10:45 PM	AWARDS - COLLEGIATE & SENIOR	
10:45 PM		U.S. Figure Skating World Team Photos	

2024 U.S. Synchronized Skating Championships

OFFICIAL PRACTICE - Wednesday, February 21, 2024

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								
JUNIOR SHORT PROGRAM OFFICIAL PRACTICE											
Lexettes	A	8:10 AM	8:30 AM	1	8:35 AM	8:55 AM	8:57 AM	9:00 AM	9:10 AM	9:20 AM	10
Team Image	B	8:20 AM	8:40 AM	2	8:45 AM	9:05 AM	9:07 AM	9:10 AM	9:20 AM	9:30 AM	10
Hockettes	C	8:30 AM	8:50 AM	3	8:55 AM	9:15 AM	9:17 AM	9:20 AM	9:30 AM	9:40 AM	10
DC Edge	D	8:40 AM	9:00 AM	4	9:05 AM	9:25 AM	9:27 AM	9:30 AM	9:40 AM	9:50 AM	10
					ICE MAKE			9:40 AM	9:55 AM		15
Skyliners	B	9:05 AM	9:25 AM	1	9:30 AM	9:50 AM	9:52 AM	9:55 AM	10:05 AM	10:15 AM	10
Teams Elite	C	9:15 AM	9:35 AM	2	9:40 AM	10:00 AM	10:02 AM	10:05 AM	10:15 AM	10:25 AM	10
Fond Du Lac Blades	D	9:25 AM	9:45 AM	3	9:50 AM	10:10 AM	10:12 AM	10:15 AM	10:25 AM	10:35 AM	10
Starlights	A	9:35 AM	9:55 AM	4	10:00 AM	10:20 AM	10:22 AM	10:25 AM	10:35 AM	10:45 AM	10
Northernettes	B	9:45 AM	10:05 AM	5	10:10 AM	10:30 AM	10:32 AM	10:35 AM	10:45 AM	10:55 AM	10
					ICE MAKE			10:45 AM	11:00 AM		15
ADULT OFFICIAL PRACTICE											
Team Del Sol	C	10:10 AM	10:30 AM	6	10:35 AM	10:55 AM	10:57 AM	11:00 AM	11:08 AM	11:18 AM	8
DC Edge	D	10:18 AM	10:38 AM	7	10:43 AM	11:03 AM	11:05 AM	11:08 AM	11:16 AM	11:26 AM	8
The Colonials	A	10:26 AM	10:46 AM	8	10:51 AM	11:11 AM	11:13 AM	11:16 AM	11:24 AM	11:34 AM	8
Michigan Adult	B	10:34 AM	10:54 AM	1	10:59 AM	11:19 AM	11:21 AM	11:24 AM	11:32 AM	11:42 AM	8
					ICE MAKE			11:32 AM	11:47 AM		15
Crystallettes	C	10:57 AM	11:17 AM	2	11:22 AM	11:42 AM	11:44 AM	11:47 AM	11:55 AM	12:05 PM	8
Starlights	D	11:05 AM	11:25 AM	3	11:30 AM	11:50 AM	11:52 AM	11:55 AM	12:03 PM	12:13 PM	8
Team Excel	A	11:13 AM	11:33 AM	4	11:38 AM	11:58 AM	12:00 PM	12:03 PM	12:11 PM	12:21 PM	8
Tremors of San Francisco	B	11:21 AM	11:41 AM	5	11:46 AM	12:06 PM	12:08 PM	12:11 PM	12:19 PM	12:29 PM	8
					ICE MAKE			12:19 PM	12:34 PM		15
Esprit de Corps	C	11:44 AM	12:04 PM	6	12:09 PM	12:29 PM	12:31 PM	12:34 PM	12:42 PM	12:52 PM	8
Wisconsin Edge	D	11:52 AM	12:12 PM	7	12:17 PM	12:37 PM	12:39 PM	12:42 PM	12:50 PM	1:00 PM	8
Denver Synchronicity	A	12:00 PM	12:20 PM	8	12:25 PM	12:45 PM	12:47 PM	12:50 PM	12:58 PM	1:08 PM	8
California Gold	B	12:08 PM	12:28 PM	1	12:33 PM	12:53 PM	12:55 PM	12:58 PM	1:06 PM	1:16 PM	8
					ICE MAKE			1:06 PM	1:21 PM		15
MASTERS OFFICIAL PRACTICE											
IceSymmetrics	C	12:31 PM	12:51 PM	1	12:56 PM	1:16 PM	1:18 PM	1:21 PM	1:29 PM	1:39 PM	8
Allegro!	D	12:39 PM	12:59 PM	2	1:04 PM	1:24 PM	1:26 PM	1:29 PM	1:37 PM	1:47 PM	8
Denver Synchronicity	A	12:47 PM	1:07 PM	3	1:12 PM	1:32 PM	1:34 PM	1:37 PM	1:45 PM	1:55 PM	8
The Colonials	B	12:55 PM	1:15 PM	4	1:20 PM	1:40 PM	1:42 PM	1:45 PM	1:53 PM	2:03 PM	8
					ICE MAKE			1:53 PM	2:08 PM		15
Esprit de Corps	C	1:18 PM	1:38 PM	5	1:43 PM	2:03 PM	2:05 PM	2:08 PM	2:16 PM	2:26 PM	8
DC Edge	D	1:26 PM	1:46 PM	6	1:51 PM	2:11 PM	2:13 PM	2:16 PM	2:24 PM	2:34 PM	8
KC Momentum	A	1:34 PM	1:54 PM	7	1:59 PM	2:19 PM	2:21 PM	2:24 PM	2:32 PM	2:42 PM	8
Ice Denettes Tenacity	B	1:42 PM	2:02 PM	8	2:07 PM	2:27 PM	2:29 PM	2:32 PM	2:40 PM	2:50 PM	8
					ICE MAKE			2:40 PM	2:55 PM		15
Gardens Synchronicity	C	2:05 PM	2:25 PM	1	2:30 PM	2:50 PM	2:52 PM	2:55 PM	3:03 PM	3:13 PM	8
Kalamazoo Kinetic	D	2:13 PM	2:33 PM	2	2:38 PM	2:58 PM	3:00 PM	3:03 PM	3:11 PM	3:21 PM	8
Starlights	A	2:21 PM	2:41 PM	3	2:46 PM	3:06 PM	3:08 PM	3:11 PM	3:19 PM	3:29 PM	8
NorCal Elite	B	2:29 PM	2:49 PM	4	2:54 PM	3:14 PM	3:16 PM	3:19 PM	3:27 PM	3:37 PM	8
					ICE MAKE			3:27 PM	3:42 PM		15
SENIOR ELITE 12 SHORT PROGRAM OFFICIAL PRACTICE											
Hayden Select	C	2:52 PM	3:12 PM	2	3:17 PM	3:37 PM	3:39 PM	3:42 PM	3:52 PM	4:02 PM	10
Hockettes	D	3:02 PM	3:22 PM	3	3:27 PM	3:47 PM	3:49 PM	3:52 PM	4:02 PM	4:12 PM	10
					DRY/WET			4:02 PM	4:40 PM		38

COMPETITION

4:50 PM 6:12 PM

2024 U. S. Synchronized Skating Championships

Competition - Wednesday, February 21, 2024

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										
								4:40 PM	4:50 PM	
JUNIOR SHORT PROGRAM										
Lexettes	A	4:00 PM	4:20 PM	2	4:25 PM	4:45 PM	4:47 PM	4:50 PM	4:58 PM	5:08 PM
Team Image	B	4:08 PM	4:28 PM	3	4:33 PM	4:53 PM	4:55 PM	4:58 PM	5:04 PM	5:14 PM
Hockettes	C	4:14 PM	4:34 PM	4	4:39 PM	4:59 PM	5:01 PM	5:04 PM	5:11 PM	5:21 PM
DC Edge	D	4:21 PM	4:41 PM	5	4:46 PM	5:06 PM	5:08 PM	5:11 PM	5:18 PM	5:28 PM
					ICE MAKE			5:18 PM	5:38 PM	
Skyliners	B	4:48 PM	5:08 PM	6	5:13 PM	5:33 PM	5:35 PM	5:38 PM	5:46 PM	5:56 PM
Teams Elite	C	4:56 PM	5:16 PM	7	5:21 PM	5:41 PM	5:43 PM	5:46 PM	5:52 PM	6:02 PM
Fond Du Lac Blades	D	5:02 PM	5:22 PM	8	5:27 PM	5:47 PM	5:49 PM	5:52 PM	5:59 PM	6:09 PM
Starlights	A	5:09 PM	5:29 PM	1	5:34 PM	5:54 PM	5:56 PM	5:59 PM	6:05 PM	6:15 PM
Northernettes	B	5:15 PM	5:35 PM	2	5:40 PM	6:00 PM	6:02 PM	6:05 PM	6:12 PM	6:22 PM
					ICE MAKE			6:12 PM	6:32 PM	

10

8

6

7

7

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8

6

7

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2024 U.S. Synchronized Skating Championships
OFFICIAL PRACTICE - Thursday, February 22, 2024

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								
	JUVENILE OFFICIAL PRACTICE										
Team Image	A	7:40 AM	8:00 AM	1	8:05 AM	8:25 AM	8:27 AM	8:30 AM	8:38 AM	8:48 AM	8
Team Del Sol	B	7:48 AM	8:08 AM	2	8:13 AM	8:33 AM	8:35 AM	8:38 AM	8:46 AM	8:56 AM	8
Starlights	C	7:56 AM	8:16 AM	3	8:21 AM	8:41 AM	8:43 AM	8:46 AM	8:54 AM	9:04 AM	8
Capital Ice Connection	D	8:04 AM	8:24 AM	4	8:29 AM	8:49 AM	8:51 AM	8:54 AM	9:02 AM	9:12 AM	8
					ICE MAKE			9:02 AM	9:17 AM		15
Teams Elite	A	8:27 AM	8:47 AM	5	8:52 AM	9:12 AM	9:14 AM	9:17 AM	9:25 AM	9:35 AM	8
Boston Fusion	B	8:35 AM	8:55 AM	6	9:00 AM	9:20 AM	9:22 AM	9:25 AM	9:33 AM	9:43 AM	8
Fond Du Lac Blades	C	8:43 AM	9:03 AM	7	9:08 AM	9:28 AM	9:30 AM	9:33 AM	9:41 AM	9:51 AM	8
Mini Mates	D	8:51 AM	9:11 AM	8	9:16 AM	9:36 AM	9:38 AM	9:41 AM	9:49 AM	9:59 AM	8
					ICE MAKE			9:49 AM	10:04 AM		15
DC Edge	A	9:14 AM	9:34 AM	1	9:39 AM	9:59 AM	10:01 AM	10:04 AM	10:12 AM	10:22 AM	8
Skyliners	B	9:22 AM	9:42 AM	2	9:47 AM	10:07 AM	10:09 AM	10:12 AM	10:20 AM	10:30 AM	8
Northernettes	C	9:30 AM	9:50 AM	3	9:55 AM	10:15 AM	10:17 AM	10:20 AM	10:28 AM	10:38 AM	8
Ice Denettes Symmetry	D	9:38 AM	9:58 AM	4	10:03 AM	10:23 AM	10:25 AM	10:28 AM	10:36 AM	10:46 AM	8
					ICE MAKE			10:36 AM	10:51 AM		15
JUNIOR FREE SKATE OFFICIAL PRACTICE											
To be announced 1	A	10:01 AM	10:21 AM	5	10:26 AM	10:46 AM	10:48 AM	10:51 AM	11:02 AM	11:12 AM	11
To be announced 2	B	10:12 AM	10:32 AM	6	10:37 AM	10:57 AM	10:59 AM	11:02 AM	11:13 AM	11:23 AM	11
To be announced 3	C	10:23 AM	10:43 AM	7	10:48 AM	11:08 AM	11:10 AM	11:13 AM	11:24 AM	11:34 AM	11
To be announced 4	D	10:34 AM	10:54 AM	8	10:59 AM	11:19 AM	11:21 AM	11:24 AM	11:35 AM	11:45 AM	11
					ICE MAKE			11:35 AM	11:50 AM		15
To be announced 5	B	11:00 AM	11:20 AM	1	11:25 AM	11:45 AM	11:47 AM	11:50 AM	12:01 PM	12:11 PM	11
To be announced 6	C	11:11 AM	11:31 AM	2	11:36 AM	11:56 AM	11:58 AM	12:01 PM	12:12 PM	12:22 PM	11
To be announced 7	D	11:22 AM	11:42 AM	3	11:47 AM	12:07 PM	12:09 PM	12:12 PM	12:23 PM	12:33 PM	11
To be announced 8	A	11:33 AM	11:53 AM	4	11:58 AM	12:18 PM	12:20 PM	12:23 PM	12:34 PM	12:44 PM	11
To be announced 9	B	11:44 AM	12:04 PM	5	12:09 PM	12:29 PM	12:31 PM	12:34 PM	12:45 PM	12:55 PM	11
					WET/DRY			12:45 PM	1:20 PM		35
COMPETITION								1:30 PM	9:30 PM		

2024 U. S. Synchronized Skating Championships

Competition - Thursday, February 22, 2024

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 Del Sol	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
DC Edge	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
The Colonials	C	12:54 PM	1:14 PM	3	1:19 PM	1:39 PM	1:41 PM	1:44 PM	1:51 PM	2:01 PM
Michigan Adult	D	1:01 PM	1:21 PM	4	1:26 PM	1:46 PM	1:48 PM	1:51 PM	1:57 PM	2:07 PM
					ICE MAKE			1:57 PM	2:17 PM	
Crystallettes	A	1:27 PM	1:47 PM	5	1:52 PM	2:12 PM	2:14 PM	2:17 PM	2:25 PM	2:35 PM
Starlights	B	1:35 PM	1:55 PM	6	2:00 PM	2:20 PM	2:22 PM	2:25 PM	2:31 PM	2:41 PM
Team Excel	C	1:41 PM	2:01 PM	7	2:06 PM	2:26 PM	2:28 PM	2:31 PM	2:38 PM	2:48 PM
Tremors of San Francisco	D	1:48 PM	2:08 PM	8	2:13 PM	2:33 PM	2:35 PM	2:38 PM	2:44 PM	2:54 PM
					ICE MAKE			2:44 PM	3:04 PM	
Esprit de Corps	A	2:14 PM	2:34 PM	1	2:39 PM	2:59 PM	3:01 PM	3:04 PM	3:12 PM	3:22 PM
Wisconsin Edge	B	2:22 PM	2:42 PM	2	2:47 PM	3:07 PM	3:09 PM	3:12 PM	3:18 PM	3:28 PM
Denver Synchronicity	C	2:28 PM	2:48 PM	3	2:53 PM	3:13 PM	3:15 PM	3:18 PM	3:25 PM	3:35 PM
California Gold	D	2:35 PM	2:55 PM	4	3:00 PM	3:20 PM	3:22 PM	3:25 PM	3:31 PM	3:41 PM
					ICE MAKE			3:31 PM	3:51 PM	
MASTERS FREE SKATE										
IceSymmetrics	A	3:01 PM	3:21 PM	1	3:26 PM	3:46 PM	3:48 PM	3:51 PM	3:59 PM	4:09 PM
Allegro!	B	3:09 PM	3:29 PM	2	3:34 PM	3:54 PM	3:56 PM	3:59 PM	4:05 PM	4:15 PM
Denver Synchronicity	C	3:15 PM	3:35 PM	3	3:40 PM	4:00 PM	4:02 PM	4:05 PM	4:11 PM	4:21 PM
The Colonials	D	3:21 PM	3:41 PM	4	3:46 PM	4:06 PM	4:08 PM	4:11 PM	4:17 PM	4:27 PM
					ICE MAKE			4:17 PM	4:37 PM	
Esprit de Corps	A	3:47 PM	4:07 PM	5	4:12 PM	4:32 PM	4:34 PM	4:37 PM	4:45 PM	4:55 PM
DC Edge	B	3:55 PM	4:15 PM	6	4:20 PM	4:40 PM	4:42 PM	4:45 PM	4:51 PM	5:01 PM
KC Momentum	C	4:01 PM	4:21 PM	7	4:26 PM	4:46 PM	4:48 PM	4:51 PM	4:57 PM	5:07 PM
Ice Denettes Tenacity	D	4:07 PM	4:27 PM	8	4:32 PM	4:52 PM	4:54 PM	4:57 PM	5:03 PM	5:13 PM
					ICE MAKE			5:03 PM	5:23 PM	
Gardens Synchronicity	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
Kalamazoo Kinetic	B	4:41 PM	5:01 PM	2	5:06 PM	5:26 PM	5:28 PM	5:31 PM	5:37 PM	5:47 PM
Starlights	C	4:47 PM	5:07 PM	3	5:12 PM	5:32 PM	5:34 PM	5:37 PM	5:43 PM	5:53 PM
NorCal Elite	D	4:53 PM	5:13 PM	4	5:18 PM	5:38 PM	5:40 PM	5:43 PM	5:49 PM	5:59 PM
AWARDS - ADULT & MASTERS										
					ICE MAKE			5:49 PM	6:29 PM	
								6:29 PM	6:49 PM	
SENIOR ELITE 12 SHORT PROGRAM										
Hayden Select	A	5:59 PM	6:19 PM	5	6:24 PM	6:44 PM	6:46 PM	6:49 PM	6:57 PM	7:07 PM
Hockettes	B	6:07 PM	6:27 PM	6	6:32 PM	6:52 PM	6:54 PM	6:57 PM	7:05 PM	7:15 PM
					ICE MAKE			7:05 PM	7:25 PM	
JUNIOR FREE SKATE										
To be announced 1	B	6:35 PM	6:55 PM	7	7:00 PM	7:20 PM	7:22 PM	7:25 PM	7:34 PM	7:44 PM
To be announced 2	C	6:44 PM	7:04 PM	8	7:09 PM	7:29 PM	7:31 PM	7:34 PM	7:41 PM	7:51 PM
To be announced 3	D	6:51 PM	7:11 PM	1	7:16 PM	7:36 PM	7:38 PM	7:41 PM	7:49 PM	7:59 PM
To be announced 4	D	6:59 PM	7:19 PM	2	7:24 PM	7:44 PM	7:46 PM	7:49 PM	7:56 PM	8:06 PM
					ICE MAKE			7:56 PM	8:16 PM	
To be announced 5	A	7:26 PM	7:46 PM	2	7:51 PM	8:11 PM	8:13 PM	8:16 PM	8:25 PM	8:35 PM
To be announced 6	B	7:35 PM	7:55 PM	3	8:00 PM	8:20 PM	8:22 PM	8:25 PM	8:32 PM	8:42 PM
To be announced 7	C	7:42 PM	8:02 PM	4	8:07 PM	8:27 PM	8:29 PM	8:32 PM	8:40 PM	8:50 PM
To be announced 8	D	7:50 PM	8:10 PM	5	8:15 PM	8:35 PM	8:37 PM	8:40 PM	8:47 PM	8:57 PM
To be announced 9	D	7:57 PM	8:17 PM	6	8:22 PM	8:42 PM	8:44 PM	8:47 PM	8:55 PM	9:05 PM
U.S. Figure Skating Scholastic Honors										
								8:55 PM	9:00 PM	
AWARDS - JUNIORS										
								9:00 PM	9:30 PM	
U.S. Figure Skating World Team Photo										
								9:30 PM	9:43 PM	

2024 U.S. Synchronized Skating Championships

OFFICIAL PRACTICE - Friday, February 23, 2024

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								
	SENIOR SHORT PROGRAM OFFICIAL PRACTICE										
Haydenettes	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
Adrian College Varsity SST	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
Miami University Varsity SST	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
Skyliners	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
					ICE MAKE			9:10 AM	9:25 AM		15
SENIOR ELITE 12 FREE SKATE OFFICIAL PRACTICE											
To be announced 1	B	8:35 AM	8:55 AM	1	9:00 AM	9:20 AM	9:22 AM	9:25 AM	9:37 AM	9:47 AM	12
To be announced 2	C	8:47 AM	9:07 AM	2	9:12 AM	9:32 AM	9:34 AM	9:37 AM	9:49 AM	9:59 AM	12
					ICE MAKE			9:49 AM	10:04 AM		15
INTERMEDIATE OFFICIAL PRACTICE											
Teams Elite	D	9:14 AM	9:34 AM	3	9:39 AM	9:59 AM	10:01 AM	10:04 AM	10:14 AM	10:24 AM	10
Ice Denettes Affinity	A	9:24 AM	9:44 AM	4	9:49 AM	10:09 AM	10:11 AM	10:14 AM	10:24 AM	10:34 AM	10
Capital Ice Chips	B	9:34 AM	9:54 AM	5	9:59 AM	10:19 AM	10:21 AM	10:24 AM	10:34 AM	10:44 AM	10
Tremors of San Francisco	C	9:44 AM	10:04 AM	6	10:09 AM	10:29 AM	10:31 AM	10:34 AM	10:44 AM	10:54 AM	10
					ICE MAKE			10:44 AM	10:59 AM		15
California Gold	D	10:09 AM	10:29 AM	7	10:34 AM	10:54 AM	10:56 AM	10:59 AM	11:09 AM	11:19 AM	10
Matrix	A	10:19 AM	10:39 AM	8	10:44 AM	11:04 AM	11:06 AM	11:09 AM	11:19 AM	11:29 AM	10
Skyliners	B	10:29 AM	10:49 AM	1	10:54 AM	11:14 AM	11:16 AM	11:19 AM	11:29 AM	11:39 AM	10
Fond Du Lac Blades	C	10:39 AM	10:59 AM	2	11:04 AM	11:24 AM	11:26 AM	11:29 AM	11:39 AM	11:49 AM	10
					ICE MAKE			11:39 AM	11:54 AM		15
Team Image Black	D	11:04 AM	11:24 AM	3	11:29 AM	11:49 AM	11:51 AM	11:54 AM	12:04 PM	12:14 PM	10
Team Excel	A	11:14 AM	11:34 AM	3	11:39 AM	11:59 AM	12:01 PM	12:04 PM	12:14 PM	12:24 PM	10
Star Mates	B	11:24 AM	11:44 AM	4	11:49 AM	12:09 PM	12:11 PM	12:14 PM	12:24 PM	12:34 PM	10
Wisconsin Inspire	C	11:34 AM	11:54 AM	5	11:59 AM	12:19 PM	12:21 PM	12:24 PM	12:34 PM	12:44 PM	10
					ICE MAKE			12:34 PM	12:49 PM		15
NOVICE OFFICIAL PRACTICE											
Teams Elite	C	11:59 AM	12:19 PM	1	12:24 PM	12:44 PM	12:46 PM	12:49 PM	12:59 PM	1:09 PM	10
Dazzlers	D	12:09 PM	12:29 PM	2	12:34 PM	12:54 PM	12:56 PM	12:59 PM	1:09 PM	1:19 PM	10
Northernettes	A	12:19 PM	12:39 PM	3	12:44 PM	1:04 PM	1:06 PM	1:09 PM	1:19 PM	1:29 PM	10
Ice Mates	B	12:29 PM	12:49 PM	4	12:54 PM	1:14 PM	1:16 PM	1:19 PM	1:29 PM	1:39 PM	10
					ICE MAKE			1:29 PM	1:44 PM		15
Skyliners	C	12:54 PM	1:14 PM	5	1:19 PM	1:39 PM	1:41 PM	1:44 PM	1:54 PM	2:04 PM	10
DC Edges	D	1:04 PM	1:24 PM	6	1:29 PM	1:49 PM	1:51 PM	1:54 PM	2:04 PM	2:14 PM	10
Eastern Elite	A	1:14 PM	1:34 PM	7	1:39 PM	1:59 PM	2:01 PM	2:04 PM	2:14 PM	2:24 PM	10
Boston Fusion	B	1:24 PM	1:44 PM	8	1:49 PM	2:09 PM	2:11 PM	2:14 PM	2:24 PM	2:34 PM	10
					ICE MAKE			2:24 PM	2:39 PM		15
Starlights	C	1:49 PM	2:09 PM	1	2:14 PM	2:34 PM	2:36 PM	2:39 PM	2:49 PM	2:59 PM	10
Fond Du Lac Blades	D	1:59 PM	2:19 PM	2	2:24 PM	2:44 PM	2:46 PM	2:49 PM	2:59 PM	3:09 PM	10
Team Image	A	2:09 PM	2:29 PM	3	2:34 PM	2:54 PM	2:56 PM	2:59 PM	3:09 PM	3:19 PM	10
Pacific Edge	B	2:19 PM	2:39 PM	4	2:44 PM	3:04 PM	3:06 PM	3:09 PM	3:19 PM	3:29 PM	10
Crystallettes	C	2:29 PM	2:49 PM	5	2:54 PM	3:14 PM	3:16 PM	3:19 PM	3:29 PM	3:39 PM	10
					WET/DRY			3:29 PM	4:00 PM		31
COMPETITION								4:10 PM	8:19 PM		

**2024 U.S. Synchronized Skating Championships
Competition - Friday, February 23, 2024**

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									
JUVENILE FREE SKATE										
Team Image	A	3:20 PM	3:40 PM	1	3:45 PM	4:05 PM	4:07 PM	4:10 PM	4:17 PM	4:27 PM
Team Del Sol	B	3:27 PM	3:47 PM	2	3:52 PM	4:12 PM	4:14 PM	4:17 PM	4:23 PM	4:33 PM
Starlights	C	3:33 PM	3:53 PM	3	3:58 PM	4:18 PM	4:20 PM	4:23 PM	4:29 PM	4:39 PM
Capital Ice Connection	D	3:39 PM	3:59 PM	4	4:04 PM	4:24 PM	4:26 PM	4:29 PM	4:35 PM	4:45 PM
					ICE MAKE			4:35 PM	4:55 PM	
Teams Elite	A	4:05 PM	4:25 PM	5	4:30 PM	4:50 PM	4:52 PM	4:55 PM	5:02 PM	5:12 PM
Boston Fusion	B	4:12 PM	4:32 PM	6	4:37 PM	4:57 PM	4:59 PM	5:02 PM	5:08 PM	5:18 PM
Fond Du Lac Blades	C	4:18 PM	4:38 PM	7	4:43 PM	5:03 PM	5:05 PM	5:08 PM	5:14 PM	5:24 PM
Mini Mates	D	4:24 PM	4:44 PM	8	4:49 PM	5:09 PM	5:11 PM	5:14 PM	5:20 PM	5:30 PM
					ICE MAKE			5:20 PM	5:40 PM	
DC Edge	A	4:50 PM	5:10 PM	1	5:15 PM	5:35 PM	5:37 PM	5:40 PM	5:47 PM	5:57 PM
Skyliners	B	4:57 PM	5:17 PM	2	5:22 PM	5:42 PM	5:44 PM	5:47 PM	5:53 PM	6:03 PM
Northernettes	C	5:03 PM	5:23 PM	3	5:28 PM	5:48 PM	5:50 PM	5:53 PM	5:59 PM	6:09 PM
Ice Denettes Symmetry	D	5:09 PM	5:29 PM	4	5:34 PM	5:54 PM	5:56 PM	5:59 PM	6:05 PM	6:15 PM
					ICE MAKE			6:05 PM	6:25 PM	
SENIOR SHORT PROGRAM										
Haydenettes	A	5:35 PM	5:55 PM	5	6:00 PM	6:20 PM	6:22 PM	6:25 PM	6:33 PM	6:43 PM
Adrian College Varsity SST	B	5:43 PM	6:03 PM	6	6:08 PM	6:28 PM	6:30 PM	6:33 PM	6:39 PM	6:49 PM
Miami University Varsity SST	C	5:49 PM	6:09 PM	7	6:14 PM	6:34 PM	6:36 PM	6:39 PM	6:46 PM	6:56 PM
Skyliners	D	5:56 PM	6:16 PM	8	6:21 PM	6:41 PM	6:43 PM	6:46 PM	6:53 PM	7:03 PM
					ICE MAKE			6:53 PM	7:13 PM	
SENIOR ELITE 12 FREE SKATE										
To be announced 1	A	6:03 PM	6:28 PM	1	6:48 PM	7:08 PM	7:10 PM	7:13 PM	7:21 PM	7:31 PM
To be announced 2	B	6:11 PM	6:36 PM	2	6:56 PM	7:16 PM	7:18 PM	7:21 PM	7:29 PM	7:39 PM
AWARDS - JUVENILE & SENIOR ELITE 12								7:29 PM	8:19 PM	
END OF COMPETITION										
					ICE MAKE			8:19 PM	8:39 PM	

2024 U.S. Synchronized Skating Championships

OFFICIAL PRACTICE - Saturday, February 24, 2024

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							
	COLLEGIATE OFFICIAL PRACTICE									
University of Delaware SST	A	7:40 AM	8:00 AM	1	8:05 AM	8:25 AM	8:27 AM	8:30 AM	8:41 AM	8:51 AM
Miami University Varsity SST	B	7:51 AM	8:11 AM	2	8:16 AM	8:36 AM	8:38 AM	8:41 AM	8:52 AM	9:02 AM
Adrian College Varsity SST	C	8:02 AM	8:22 AM	3	8:27 AM	8:47 AM	8:49 AM	8:52 AM	9:03 AM	9:13 AM
Boston College Eagles	D	8:13 AM	8:33 AM	4	8:38 AM	8:58 AM	9:00 AM	9:03 AM	9:14 AM	9:24 AM
					ICE MAKE			9:14 AM	9:29 AM	
University of Massachusetts	A	8:39 AM	8:59 AM	5	9:04 AM	9:24 AM	9:26 AM	9:29 AM	9:40 AM	9:50 AM
Western Michigan University	B	8:50 AM	9:10 AM	6	9:15 AM	9:35 AM	9:37 AM	9:40 AM	9:51 AM	10:01 AM
University of Michigan SST	C	9:01 AM	9:21 AM	7	9:26 AM	9:46 AM	9:48 AM	9:51 AM	10:02 AM	10:12 AM
Trine University Varsity	D	9:12 AM	9:32 AM	8	9:37 AM	9:57 AM	9:59 AM	10:02 AM	10:13 AM	10:23 AM
					ICE MAKE			10:13 AM	10:28 AM	
Michigan State University SST	A	9:38 AM	9:58 AM	1	10:03 AM	10:23 AM	10:25 AM	10:28 AM	10:39 AM	10:49 AM
Northernettes	B	9:49 AM	10:09 AM	2	10:14 AM	10:34 AM	10:36 AM	10:39 AM	10:50 AM	11:00 AM
Team Excel	C	10:00 AM	10:20 AM	3	10:25 AM	10:45 AM	10:47 AM	10:50 AM	11:01 AM	11:11 AM
Boston University	D	10:11 AM	10:31 AM	4	10:36 AM	10:56 AM	10:58 AM	11:01 AM	11:12 AM	11:22 AM
					ICE MAKE			11:12 AM	11:27 AM	
SENIOR FREE SKATE OFFICIAL PRACTICE										
To be announced 1	A	10:37 AM	10:57 AM	5	11:02 AM	11:22 AM	11:24 AM	11:27 AM	11:39 AM	11:49 AM
To be announced 2	B	10:49 AM	11:09 AM	6	11:14 AM	11:34 AM	11:36 AM	11:39 AM	11:51 AM	12:01 PM
To be announced 3	C	11:01 AM	11:21 AM	7	11:26 AM	11:46 AM	11:48 AM	11:51 AM	12:03 PM	12:13 PM
To be announced 4	D	11:13 AM	11:33 AM	8	11:38 AM	11:58 AM	12:00 PM	12:03 PM	12:15 PM	12:25 PM
					WET/DRY			12:15 PM	12:50 PM	
COMPETITION										
								1:00 PM	10:45 PM	

2024 U.S. Synchronized Skating Championships

Competition - Saturday, February 24, 2024

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