

Tuesday, November 17th, 2009		Wednesday, November 18th, 2009		Thursday, November 19th, 2009		Friday, November 20th, 2009		Saturday, November 21st, 2009	
Rust Arena	Gold Arena	Rust Arena	Gold Arena	Rust Arena	Gold Arena	Rust Arena	Gold Arena	Rust Arena	Gold Arena
6:45 AM		6:45 - 7:00 a.m. Ice Resurface		6:45 - 7:00 a.m. Ice Resurface		6:45 - 7:00 a.m. Ice Resurface		6:45 - 7:00 a.m. Ice Resurface	
7:00 AM		7:00 - 7:25 a.m. Novice Men SP (1-6) Warm-up		7:00 - 7:25 a.m. Novice Men SP (1-6) Official Practice		7:00 - 7:20 a.m. Juvenile Dance CD (1-3) Warm-up		7:00 - 7:20 a.m. Juvenile Pair FS (1-3) Warm-up	
7:15 AM		7:20 - 7:40 a.m. Novice Men SP (7-12) Warm-up		7:25 - 7:50 a.m. Novice Men FS (7-12) Official Practice		7:20 - 7:40 a.m. Intermediate Dance CD (1-3) Warm-up		7:20 - 7:40 a.m. Intermediate Pair FS (1-3) Warm-up	
7:30 AM		7:40 - 7:55 a.m. Ice Resurface		7:50 - 8:05 a.m. Ice Resurface		7:40 - 8:00 a.m. Intermediate Dance CD (4-6) Warm-up		7:40 - 8:00 a.m. Intermediate Pair FS (4-7) Warm-up	
7:45 AM		7:55 - 8:15 a.m. Novice Ladies SP (1-6) Warm-up		8:05 - 8:30 a.m. Senior Ladies SP (1-4) Official Practice		8:00 - 8:15 a.m. Ice Resurface		8:00 - 8:15 a.m. Ice Resurface	
8:00 AM		8:15 - 8:35 a.m. Novice Ladies SP (7-12) Warm-up		8:30 - 8:55 a.m. Senior Ladies SP (5-8) Official Practice		8:15 - 8:40 a.m. Senior Ladies FS (1-4) Official Practice		8:15 - 8:35 a.m. Juvenile Dance FD (1-3) Warm-up	
8:15 AM		8:35 - 8:50 a.m. Ice Resurface		8:45 - 9:05 a.m. Novice Ladies FS (7-12) Warm-up		8:40 - 9:05 a.m. Senior Ladies FS (5-8) Official Practice		8:35 - 8:55 a.m. Intermediate Dance FD (1-3) Warm-up	
8:30 AM		8:50 - 9:10 a.m. Novice Dance CD (1-3) Warm-up		8:55 - 9:20 a.m. Senior Ladies SP (9-13) Official Practice		9:05 - 9:30 a.m. Senior Ladies FS (9-13) Official Practice		8:55 - 9:15 a.m. Intermediate Dance FD (4-6) Warm-up	
8:45 AM	8:45 - 9:00 a.m. Ice Resurface	9:10 - 9:30 a.m. Novice Dance CD (4-6) Warm-up		9:20 - 9:35 a.m. Ice Resurface		9:30 - 9:45 a.m. Ice Resurface		9:15 - 9:30 a.m. Ice Resurface	
9:00 AM	9:00 - 9:25 a.m. Novice Men SP (1-6) Official Practice	9:30 - 9:45 a.m. Ice Resurface		9:35 - 10:00 a.m. Novice Men FS COMPETITION		9:40 - 10:00 a.m. Junior Men SP (7-12) Warm-up		9:30 - 9:50 a.m. Junior Ladies SP (1-6) Warm-up	
9:15 AM		9:45 - 10:05 a.m. Junior Pair SP (1-3) Warm-up		10:00 - 10:10 Ice Resurface		10:00 - 10:10 Ice Resurface		9:50 - 10:10 a.m. Junior Ladies SP (7-12) Warm-up	
9:30 AM	9:25 - 9:50 a.m. Novice Men SP (7-12) Official Practice	10:05 - 10:25 a.m. Junior Pair SP (4-6) Warm-up		10:10 - 10:40 a.m. Ladies Unofficial Practice 8		10:10 - 10:40 a.m. Ladies Unofficial Practice 8		10:10 - 10:25 a.m. Ice Resurface	
9:45 AM	9:50 - 10:05 a.m. Ice Resurface	10:25 - 10:40 a.m. Ice Resurface		10:40 - 11:10 a.m. Pairs Unofficial Practice 2		10:25 - 10:35 a.m. Ice Resurface		10:25 - 10:45 a.m. Junior Men FS (1-6) Warm-up	
10:00 AM	10:05 - 10:30 a.m. Novice Ladies SP (1-6) Official Practice	10:40 - 11:00 a.m. Novice Pairs SP (1-4) Warm-up		11:10 - 11:25 a.m. Ice Resurface		10:35 - 11:40 a.m. Intermediate Dance CD COMPETITION		10:45 - 11:05 a.m. Junior Men FS (7-12) Warm-up	
10:15 AM		11:00 - 11:20 a.m. Novice Pairs SP (5-8) Warm-up		11:20 - 11:50 p.m. Novice Ladies FS COMPETITION		11:00 - 11:15 a.m. Ice Resurface		11:00 - 11:20 a.m. Ice Resurface	
10:30 AM	10:30 - 10:55 a.m. Novice Ladies SP (7-12) Official Practice	11:20 - 11:50 p.m. Ice Resurface		11:25 - 12:55 p.m. Novice Ladies FS COMPETITION		11:15 - 11:45 a.m. Ice Resurface		11:00 - 11:20 a.m. Senior Dance FD (1-3) Warm-up	
10:45 AM	10:55 - 11:10 a.m. Ice Resurface	12:00 - 12:15 p.m. Ice Resurface		12:55 - 1:10 p.m. Ice Resurface		11:20 - 11:40 a.m. Senior Dance OD (1-3) Warm-up		11:15 - 11:45 a.m. Ice Resurface	
11:00 AM	11:10 - 11:35 a.m. Novice Dance CD (1-3) Official Practice	1:05 - 1:20 p.m. Ice Resurface		1:10 - 1:25 p.m. Ice Resurface		11:40 - 12:00 p.m. Junior Dance OD (1-5) Warm-up		11:15 - 11:45 a.m. Ice Resurface	
11:15 AM	11:10 - 11:35 a.m. Novice Dance CD (1-3) Official Practice	1:20 - 1:45 p.m. Novice Pairs SP (1-4) Official Practice		1:25 - 1:45 p.m. Junior Pairs FS (1-3) Warm-up		11:40 - 12:00 p.m. Junior Dance OD (1-5) Warm-up		11:15 - 11:45 a.m. Ice Resurface	
11:30 AM	11:35 - 12:00 p.m. Novice Dance CD (4-6) Official Practice	1:45 - 2:10 p.m. Novice Pairs SP (5-8) Official Practice		2:05 - 2:15 p.m. Ice Resurface		11:55 - 1:15 p.m. Junior Ladies SP COMPETITION		11:20 - 11:40 a.m. Senior Dance OD (1-3) Warm-up	
11:45 AM	12:00 - 12:15 p.m. Ice Resurface	2:10 - 2:25 p.m. Ice Resurface		2:15 - 2:45 p.m. Ladies Unofficial Practice 9		12:00 - 12:15 p.m. Ice Resurface		11:45 - 12:30 p.m. Intermediate Dance FD COMPETITION	
12:00 PM	12:15 - 12:40 p.m. Junior Pairs SP (1-3) Official Practice	2:25 - 2:50 p.m. Novice Men FS (1-6) Official Practice		2:45 - 3:00 p.m. Ice Resurface		12:15 - 12:40 p.m. Juvenile Dance FD (1-3) Official Practice		12:00 - 12:15 p.m. Ice Resurface	
12:15 PM	12:40 - 1:05 p.m. Junior Pairs SP (4-6) Official Practice	2:50 - 3:15 p.m. Novice Men FS (7-12) Official Practice		3:00 - 3:20 p.m. Novice Pairs FS (1-4) Warm-up		12:40 - 1:05 p.m. Intermediate Dance FD (1-3) Official Practice		12:15 - 12:40 p.m. Ice Resurface	
12:30 PM	1:05 - 1:20 p.m. Ice Resurface	3:15 - 3:30 p.m. Ice Resurface		3:20 - 3:40 p.m. Novice Pairs FS (5-8) Warm-up		12:45 - 1:05 p.m. Junior Men FS (7-12) Warm-up		12:30 - 12:45 p.m. Ice Resurface	
12:45 PM	1:20 - 1:45 p.m. Novice Pairs SP (1-4) Official Practice	3:30 - 3:55 p.m. Novice Ladies SP COMPETITION		3:40 - 3:55 p.m. Ice Resurface		1:05 - 1:30 p.m. Intermediate Dance FD (4-6) Official Practice		12:45 - 1:05 p.m. Ice Resurface	
1:00 PM	1:45 - 2:10 p.m. Novice Pairs SP (5-8) Official Practice	3:55 - 4:25 p.m. Novice Ladies SP COMPETITION		3:50 - 4:50 p.m. Junior Pair LP COMPETITION		1:15 - 1:30 p.m. Ice Resurface		12:45 - 2:20 p.m. Junior Ladies FS COMPETITION	
1:15 PM	2:10 - 2:25 p.m. Ice Resurface	4:30 - 4:50 p.m. Junior Pair SP COMPETITION		4:15 - 4:35 p.m. Novice Dance FD (4-6) Warm-up		1:30 - 3:10 p.m. Junior Men FS COMPETITION		1:05 - 1:30 p.m. Ice Resurface	
1:30 PM	2:25 - 2:50 p.m. Novice Men FS (1-6) Official Practice	4:55 - 5:10 p.m. Ice Resurface		4:35 - 4:50 p.m. Ice Resurface		1:30 - 1:45 p.m. Ice Resurface		1:05 - 1:30 p.m. Ice Resurface	
1:45 PM	2:50 - 3:15 p.m. Novice Men FS (7-12) Official Practice	5:05 - 6:05 p.m. Novice Pairs SP COMPETITION		4:50 - 5:15 p.m. Juvenile Dance CD (1-3) Official Practice		1:45 - 2:05 p.m. Senior Pair SP (1-2) Warm-up		1:05 - 1:30 p.m. Ice Resurface	
2:00 PM	3:15 - 3:30 p.m. Ice Resurface	5:10 - 5:40 p.m. Ladies Unofficial Practice 1		5:15 - 5:40 p.m. Intermediate Dance CD (1-3) Official Practice		2:05 - 2:25 p.m. Senior Men SP (1-6) Warm-up		1:05 - 1:30 p.m. Ice Resurface	
2:15 PM	3:30 - 3:55 p.m. Novice Ladies FS (1-6) Official Practice	5:40 - 6:05 p.m. Junior Pairs FS (1-3) Official Practice		5:40 - 6:05 p.m. Intermediate Dance CD (4-6) Official Practice		2:25 - 2:45 p.m. Senior Men SP (7-12) Warm-up		1:05 - 1:30 p.m. Ice Resurface	
2:30 PM	3:55 - 4:20 p.m. Novice Ladies FS (7-12) Official Practice	6:05 - 6:30 p.m. Junior Pairs FS (4-6) Official Practice		6:05 - 6:20 p.m. Ice Resurface		2:45 - 3:00 p.m. Ice Resurface		1:05 - 1:30 p.m. Ice Resurface	
2:45 PM	4:20 - 4:35 p.m. Ice Resurface	6:30 - 6:45 p.m. Senior Dance CD/OD (1-3) Official Practice		6:15 - 6:30 p.m. Ice Resurface		3:00 - 3:20 p.m. Novice Pairs FS (1-4) Warm-up		1:05 - 1:30 p.m. Ice Resurface	
3:00 PM	4:35 - 5:00 p.m. Novice Dance FD (1-3) Official Practice	6:45 - 7:10 p.m. Novice Pairs FS (1-4) Official Practice		6:30 - 7:20 p.m. Novice FD COMPETITION		3:20 - 3:40 p.m. Novice Pairs FS (5-8) Warm-up		1:05 - 1:30 p.m. Ice Resurface	
3:15 PM	4:40 - 5:10 p.m. Men Unofficial Practice 1	7:10 - 7:35 p.m. Novice Pairs FS (5-8) Official Practice		6:50 - 7:20 p.m. Ladies Unofficial Practice 10		3:40 - 4:00 p.m. Senior Ladies SP (9-13) Warm-up		1:05 - 1:30 p.m. Ice Resurface	
3:30 PM	4:45 - 5:05 p.m. Ice Resurface	7:35 - 7:50 p.m. Ice Resurface		7:20 - 7:35 p.m. Ice Resurface		4:00 - 4:15 p.m. Ice Resurface		1:05 - 1:30 p.m. Ice Resurface	
3:45 PM	5:00 - 5:25 p.m. Novice Dance FD (4-6) Official Practice	7:50 - 8:20 p.m. Men Unofficial Practice 2		7:35 - 8:00 p.m. Senior Pair SP (1-2) Official Practice		4:15 - 4:40 p.m. Juvenile Pair FS (1-3) Official Practice		1:05 - 1:30 p.m. Ice Resurface	
4:00 PM	5:25 - 5:40 p.m. Ice Resurface	8:20 - 8:50 p.m. Ladies Unofficial Practice 2		8:00 - 8:25 p.m. Senior Men SP (1-6) Official Practice		4:40 - 5:05 p.m. Intermediate Pair FS (1-3) Official Practice		1:05 - 1:30 p.m. Ice Resurface	
4:15 PM	5:40 - 6:05 p.m. Junior Pairs FS (1-3) Official Practice	8:50 - 9:05 p.m. Ice Resurface		8:25 - 8:50 p.m. Senior Ladies FS (7-12) Official Practice		4:45 - 5:05 p.m. Senior Men SP COMPETITION		1:05 - 1:30 p.m. Ice Resurface	
4:30 PM	6:05 - 6:30 p.m. Junior Pairs FS (4-6) Official Practice	9:00 - 9:30 p.m. Ladies Unofficial Practice 7		8:50 - 9:05 p.m. Ice Resurface		5:05 - 5:30 p.m. Intermediate Pair FS (4-7) Official Practice		1:05 - 1:30 p.m. Ice Resurface	
4:45 PM	6:30 - 6:45 p.m. Senior Dance CD/OD (1-3) Official Practice	9:30 - 10:00 p.m. Pairs Unofficial Practice 1		9:05 - 9:30 p.m. Junior Men FS (1-6) Official Practice		5:30 - 5:45 p.m. Ice Resurface		1:05 - 1:30 p.m. Ice Resurface	
5:00 PM	6:45 - 7:10 p.m. Novice Pairs FS (1-4) Official Practice	10:00 - 10:15 p.m. Ice Resurface		9:55 - 10:20 p.m. Senior Men FS (1-6) Official Practice		5:45 - 6:15 p.m. Dance Unofficial Practice 3		1:05 - 1:30 p.m. Ice Resurface	
5:15 PM	7:10 - 7:35 p.m. Novice Pairs FS (5-8) Official Practice	10:15 - 10:45 p.m. Dance Unofficial Practice 1		10:10 - 10:35 p.m. Senior Dance FD (1-3) Official Practice		6:05 - 6:20 p.m. Ice Resurface		1:05 - 1:30 p.m. Ice Resurface	
5:30 PM	7:35 - 7:50 p.m. Ice Resurface			10:35 - 11:00 p.m. Junior Dance FD (1-5) Official Practice		6:15 - 6:30 p.m. Ice Resurface		1:05 - 1:30 p.m. Ice Resurface	
5:45 PM	7:50 - 8:20 p.m. Men Unofficial Practice 2					6:20 - 6:50 p.m. Men Unofficial Practice 7		1:05 - 1:30 p.m. Ice Resurface	
5:55 PM	8:20 - 8:50 p.m. Ladies Unofficial Practice 3					6:40 - 8:10 p.m. Senior Ladies SP COMPETITION		1:05 - 1:30 p.m. Ice Resurface	
6:00 PM	8:50 - 9:05 p.m. Ice Resurface					6:45 - 8:05 p.m. Senior Men SP COMPETITION		1:05 - 1:30 p.m. Ice Resurface	
6:15 PM	9:05 - 9:35 p.m. Men Unofficial Practice 3					6:50 - 7:20 p.m. Ladies Unofficial Practice 10		1:05 - 1:30 p.m. Ice Resurface	
6:30 PM	9:35 - 10:05 p.m. Ladies Unofficial Practice 3							1:05 - 1:30 p.m. Ice Resurface	
6:45 PM								1:05 - 1:30 p.m. Ice Resurface	
7:00 PM								1:05 - 1:30 p.m. Ice Resurface	
7:15 PM								1:05 - 1:30 p.m. Ice Resurface	
7:30 PM								1:05 - 1:30 p.m. Ice Resurface	
7:45 PM								1:05 - 1:30 p.m. Ice Resurface	
8:00 PM								1:05 - 1:30 p.m. Ice Resurface	
8:15 PM								1:05 - 1:30 p.m. Ice Resurface	
8:30 PM								1:05 - 1:30 p.m. Ice Resurface	
8:45 PM								1:05 - 1:30 p.m. Ice Resurface	
9:00 PM								1:05 - 1:30 p.m. Ice Resurface	
9:15 PM								1:05 - 1:30 p.m. Ice Resurface	
9:30 PM								1:05 - 1:30 p.m. Ice Resurface	
9:45 PM								1:05 - 1:30 p.m. Ice Resurface	
10:00 PM								1:05 - 1:30 p.m. Ice Resurface	
10:15 PM								1:05 - 1:30 p.m. Ice Resurface	
10:30 PM								1:05 - 1:30 p.m. Ice Resurface	
10:45 PM								1:05 - 1:30 p.m. Ice Resurface	
11:00 PM								1:05 - 1:30 p.m. Ice Resurface	