

## Eastern, North East & South East Practice Times:

### Saturday, 7/18:

9:00 pm Figures  
9:30 pm Freestyle/Creative Solo/Pairs/Freedance  
10:00 pm Dance

### Sunday, 7/19:

11:30 pm Figures  
12:00 am Freestyle/Creative Solo/Pairs/Free Dance  
12:30 am Dance

### Monday 7/20:

11:30 pm Figures  
12:00 am Dance  
12:30 am Freestyle/Creative Solo/Pairs/Free Dance

### Tuesday 7/21:

11:30 pm Figures  
12:00 am Freestyle/Creative Solo/Pairs/Free Dance  
12:30 am Dance

### Wednesday 7/22:

12:00 am Figures  
12:30 am Freestyle/Creative Solo/Pairs/Free Dance  
1:00 am Dance

### Thursday 7/23:

11:00 pm Figures  
11:30 pm Dance  
12:00 am Freestyle/Creative Solo/Pairs/Free Dance

### Friday 7/24:

11:00 pm Figures  
11:30 pm Dance  
12:00 am Freestyle/Creative Solo/Pairs/Free Dance

### Saturday 7/25:

11:30 PM Figures  
12:00 AM Freestyle/Creative Solo/Pairs/Free Dance  
12:30 AM Dance

### Sunday 7/26:

11:30 pm Figures  
12:00 am Dance  
12:30 am Freestyle/Creative Solo/Pairs/Free Dance

### Monday 7/27:

11:30 pm Figures  
12:00 am Dance  
12:30 am Freestyle/Creative Solo/Pairs/Free Dance

### Tuesday 7/28:

11:00 pm Figures  
11:45 pm Dance

### Wednesday 7/29:

12:00 am Figures  
12:45 am Dance

### Thursday 7/30:

11:30 pm Figures  
12:15 am Dance

### Friday 7/31:

11:30 pm Figures  
12:15 am Dance

**Please be advised practice will start immediately after the last event of the evening. This means practice can run an hour ahead of our scheduled time or it can start later than our scheduled time. Skaters who compete the next day will use the official figure circles, run freestyle programs first and have first choice in dance music.**

All practice is on the official floor at the Albuquerque Convention Center. The Eastern Region Coaches Association and Eastern Region USA Roller Sports will be funding the cost of these practices. **Please participate in the fund raising drawings that we will be having at the Eastern Region Championships.**