

2016 Northeast, Eastern and Southeast Regions National Practice Schedule

Figure Practice:

During the designated figure practice on the **Official Floor Figure Skaters MUST STAY** on the official figure circles and loops.
 During the designated figure practice on the **Practice Floor Figure Skaters MUST STAY** on the circles next to the loops.
 This will keep 1/2 of the floor open for Dance, Freestyle and Creative skaters to get a practice.

Dance Practice:

Music will be played in the order of the order in which the events compete.
 If there are a lot of dance skaters at a practice it may become necessary to limit or restrict other disciplines from practicing.

Freestyle and Creative Practice:

Routines will be played in the order of the order in which the events compete.
 If there are a lot of skaters at a practice it may become necessary to limit or restrict other disciplines from practicing.
 Loop skaters can practice loops during this time provided they give way to the skaters doing their routines.

Open Practice - World Class Right of way:

This is one practice on 8/2/16 from 12 midnight until 1:00 AM. This is the morning before World Class Events Start.
 This practice is open to everyone but the World Class skaters will have the right of way during the entire practice.

Adult Practices starting 8/3/16:

Dance Only Practice:

These practices are for dance only. The only exception would be on 8/3/16 for Novice Singles.
 If there are any Novice singles skaters who want to practice they can skate from 5:45 to 6:00 PM

Figure Only Practice:

These practices are for figures only. Figure skaters are expected to practice on the official circles.
 If a dance skater wants to feel the floor and roll around on the other half of the floor they may.
 Dance skaters MAY NOT skate through the official circles at this practice.

Date	Day	Official Floor	Official Floor	Practice Floor Time	Practice Floor Time
7/24/16	Sunday	9:30 - 10:30 PM	Open Practice 9:30 to 9:50 Figure has right of way 9:50 to 10:10 Freestyle & Creative has right of way 10:10 to 10:30 Dance has right of way		
7/25/16	Monday	10:30 - 11:30 PM	Open Practice 10:30 - 10:50 Figure has right of way 10:50 to 11:10 Freestyle & Creative has right of way 11:10 to 11:30 Dance has right of way	5:00 - 6:00 PM	Open Practice 5:00 to 5:20 Freestyle & Creative has right of way 5:20 to 5:40 Dance has right of way 5:40 to 6:00 Figures has right of way
7/26/16	Tuesday			10:30 - 11:30 AM	Open Practice 11:00 to 11:20 Figures has right of way 11:20 to 11:40 Freestyle & Creative has right of way 11:40 to 12 Noon Dance has right of way
				10:00 - 11:00 PM	Open Practice 10:00 to 10:20 Figures has right of way 10:20 to 10:40 Dance has right of way 10:40 to 11:00 Freestyle & Creative has right of way
7/27/16	Wednesday Day Continued Next Page			5:00 - 6:00 PM	Open Practice 5:00 to 5:20 Freestyle & Creative has right of way 5:20 to 5:40 Dance has right of way 5:40 to 6:00 Figures has right of way

Date	Day	Official Floor	Official Floor	Practice Floor Time	Practice Floor Time
7/27/16	Wednesday Continued			8:00 - 9:00 PM	Open Practice 8:00 to 8:20 Dance has right of way 8:20 to 8:40 Figures has right of way 8:40 to 9:00 Freestyle & Creative has right of way
7/28/16	Thursday	11:00 PM - 12:00 AM	Open Practice 11:00 to 11:20 Figures has right of way 11:20 to 11:40 Dance has right of way 11:40 to 12:00 Freestyle Creative has right of way	8:00 - 9:00 PM	Open Practice 8:00 to 8:20 Dance has right of way 8:20 to 8:40 Figures has right of way 8:40 to 9:00 Freestyle & Creative has right of way
7/29/16	Friday	10:30 - 11:30 PM	Open Practice 10:30 to 10:50 Figures has right of way 10:50 to 11:10 Dance has right of way 11:10 to 11:30 Freestyle Creative has right of way	8:00 - 9:00 PM	Open Practice 8:00 to 8:20 Freestyle & Creative has right of way 8:20 to 8:40 Figures has right of way 8:40 to 9:00 Dance has right of way
7/30/16	Saturday			5:00 - 6:00 PM	Open Practice 5:00 to 5:20 Freestyle & Creative has right of way 5:20 to 5:40 Dance has right of way 5:40 to 6:00 Figures has right of way
				11:00 PM - 12:00 AM	Open Practice 11:00 to 11:20 Figures has right of way 11:20 to 11:40 Freestyle & Creative has right of way 11:40 to 12:00 Midnight Dance has right of way
7/31/16	Sunday	11:30 PM - 12:30 AM	Open Practice 11:30 to 11:50 Figures has right of way 11:50 to 12:10 Dance has right of way 12:10 to 12:30 Freestyle Creative has right of way	8:00 - 9:00 PM	Open Practice 8:00 to 8:20 Freestyle Creative has right of way 8:20 to 8:40 Dance has right of way 8:40 to 9:00 Figures has right of way
8/1/16	Monday			5:00 - 6:00 PM	Open Practice 5:00 to 5:20 Dance has right of way 5:20 to 5:40 Freestyle Creative has right of way 5:40 to 6:00 Figures has right of way
8/2/16	Tuesday	12:00AM - 1:00 AM	Open Practice - World Class Right of way 12:00 to 12:20 - Figures has right of way 12:20 to 12:40 Dance has right of way 12:40 to 1:00 Freestyle Creative has right of way	5:00 - 6:00 PM	Open Practice 5:00 to 5:20 Freestyle Creative has right of way 5:20 to 5:40 Dance has right of way 5:40 to 6:00 Figures has right of way
8/3/16	Wednesday	11:30 PM - 12:00 AM	Figures Only Practice	5:00 - 6:00 PM	Dance Only Practice
8/4/16	Thursday	11:30 PM - 12:00 AM	Figures Only Practice	5:00 - 6:00 PM	Dance Only Practice
8/5/16	Friday	11:30 PM - 12:00 AM	Figures Only Practice	5:00 - 6:00 PM	Dance Only Practice
8/6/16	Saturday	NO PRACTICE		NO PRACTICE	