

NSC Fall/Winter Regular Schedule 2016-17

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
2:30	Comp/Open (50)	2:30	Comp/Open (50)	2:30	Comp/Open (50)	2:30	Comp/Open (50)	2:30	Comp/Open (50)	8:30	Comp/Open (50)
	FLOOD (3:20)		FLOOD (3:20)		FLOOD (3:20)		FLOOD (3:20)		FLOOD (3:20)		FLOOD (9:20)
3:30	Comp (50)	3:30	Comp (50)	3:30	Comp (50)	3:30	Comp (50)	3:30	Comp (50)	9:30	Comp (50)
	FLOOD (4:20)		FLOOD (4:20)		FLOOD (4:20)		FLOOD (4:20)		FLOOD (4:20)		FLOOD (10:20)
4:30	Pre-Comp/Comp (50)	4:30	Pre-Comp/Comp (50)	4:30	Pre-Comp/Comp (50)	4:30	Pre-Comp/Comp (50)	4:30	Pre-Comp/Comp (50)	10:30	Comp/Pre-Comp (50)
	FLOOD (5:20)		FLOOD (5:20)		FLOOD (5:20)		FLOOD (5:20)		FLOOD (5:20)	11:20	Spins (30) SrStar+
5:30	Stroking/Edge-Turn (30) Pre-Comp/Comp	5:30	Pre-Comp/Sr Star (50)	5:30	Spins (30) Pre-Comp/Comp	5:30	Pre-Comp/Sr Star (50)	5:30	Spins (30) Pre-Comp/Comp	11:50	Dance/Skating Skills (30)
6:00	Dance/Skating Skills (30)		FLOOD (6:20)	6:00	Star/Rising STARS (50)		FLOOD (6:20)	6:00	Pre-Comp/Sr Star (50)		FLOOD (12:20)
6:30	Star (50)	6:30	Star (50)		FLOOD (6:50)	6:30	Star (50)		FLOOD (6:50)	12:30	Sr Star/Pre-Comp (50)
	FLOOD (7:20)		FLOOD (7:20)	7:00	Dance/Skating Skills (30)		FLOOD (7:20)	7:00	Dance/Skating Skills (30)		FLOOD (1:20)
7:30	Sr Star (50)	7:30	Sr Star (50)	7:30	Sr Star (50)	7:30	Sr Star (50)	7:30	Star/Sr Star (50)	1:30	Star (50)
	FLOOD (8:20)		FLOOD (8:20)		FLOOD (8:20)		FLOOD (8:20)		FLOOD (8:20)		FLOOD (2:20)
										2:30	Rising STARS (50)
Off Ice Schedule											
			Confed Centre		Hall E- Ballet		Confed Centre		Hall E - Ballet		Hall E- Technical Off-Ice
		7:00 AM	Technical			7:00 AM	Technical			11:30	Senior STAR and up
				3:30	Pre-Comp (Squash Court)			3:30	Pre-Comp (Squash Court)	12:30	STAR
				5:00	STAR/Rising STARS			5:00	Senior STAR	1:30	Senior STAR
				5:45	Senior STAR			5:45	STAR / Senior STAR		
				6:30	Pre-Comp / Comp			6:30	Pre-Comp / Comp	3:30	Rising STARS