

GBSA F&F Spring Nationals 2024 – Running Order

Version: 4.1

Updated: 05th April 2024

Saturday 20th April - Doors Open at 07:30

EVENT START TIME	EVENT TYPE	CATEGORY	EVENT DETAIL
08:00	FREE PRACTICE	ESPOIR LADIES	SHORT
08:15	FREE PRACTICE	ESPOIR & CADET MEN	SHORT
08:30	FREE PRACTICE	CADET LADIES	SHORT
09:00	FREE PRACTICE	YOUTH LADIES	SHORT
09:15	FREE PRACTICE	JUNIOR LADIES	SHORT
09:30	FREE PRACTICE	SENIOR LADIES & JUNIOR MEN	SHORT
09:45	FIGURE PRACTICE	TOTS, CADET & SENIOR	
10:15	FIGURE PRACTICE	MINI, ESPOIR, YOUTH & JUNIOR	
END OF PRACTICES (10:45)			
10:50 (Rink A)	FIGURE COMPETITION	TOTS LADIES	
	FIGURE COMPETITION	MINI LADIES	
	FIGURE COMPETITION	ESPOIR LADIES	
10:50 (Rink B)	FIGURE COMPETITION	CADET LADIES	
	FIGURE COMPETITION	YOUTH LADIES	
	FIGURE COMPETITION	JUNIOR LADIES	
	FIGURE COMPETITION	SENIOR LADIES	
BREAK (12:10)			
12:30	FREE COMPETITION	ESPOIR LADIES	SHORT
13:20	FREE COMPETITION	ESPOIR MEN	SHORT
LUNCH (13:40)			
14:10	FREE COMPETITION	CADET LADIES	SHORT
15:20	FREE COMPETITION	CADET MEN	SHORT
BREAK (15:40)			
15:50	FREE COMPETITION	YOUTH LADIES	SHORT
16:20	FREE COMPETITION	JUNIOR LADIES	SHORT
BREAK FROM COMPETITIONS			
17:00	FREE PRACTICE	ESPOIR LADIES	LONG
17:15	FREE PRACTICE	ESPOIR & CADET MEN	LONG
END OF PRACTICES (17:30)			
17:30	FREE COMPETITION	JUNIOR MEN	SHORT
17:50	FREE COMPETITION	SENIOR LADIES	SHORT
END OF DAY ONE COMPETITIONS (18:20)			
18:20	FREE PRACTICE	CADET LADIES	LONG
18:50	FREE PRACTICE	YOUTH LADIES	LONG
19:05	FREE PRACTICE	JUNIOR LADIES	LONG
19:20	FREE PRACTICE	SENIOR LADIES & JUNIOR MEN	LONG
END OF DAY ONE (19:35)			

Sunday 21st April - Doors Open at 07:30

EVENT START TIME	EVENT TYPE	CATEGORY	EVENT DETAIL
07:45	FREE PRACTICE	TOTS LADIES & MEN	TWO GROUPS
08:15	FREE PRACTICE	MINI LADIES	
START OF COMPETITIONS			
08:30	FREE COMPETITION	TOTS LADIES	
09:25	FREE COMPETITION	TOTS MEN	
BREAK (09:30)			
09:40	FREE COMPETITION	MINI LADIES	
BREAK (10:30)			
10:40	FREE COMPETITION	ESPOIR LADIES	LONG
11:40	FREE COMPETITION	ESPOIR MEN	LONG
LUNCH (12:00)			
12:30	FREE COMPETITION	CADET LADIES	LONG
BREAK (13:50)			
14:00	FREE COMPETITION	CADET MEN	LONG
14:20	FREE COMPETITION	YOUTH LADIES	LONG
BREAK (15:00)			
15:10	FREE COMPETITION	JUNIOR LADIES	LONG
16:00	FREE COMPETITION	JUNIOR MEN	LONG
16:20	FREE COMPETITION	SENIOR LADIES	LONG
PRESENTATIONS (17:00)			

- NOTE: The official practices are without program music.
- NOTE: Training costumes are not required to be in character; however, all other costume rules apply in training (see world skate general rule book).
- NOTE: The running order is subject to possible change.
- NOTE: The times provided are a rough guide, events may start early.
- NOTE: Rink A & B figures will run in parallel.

Kind Regards,
Figure and Free Team