

SYNC 2023 - SPACING SCHEDULE



Province / Club	Minutes	Schedule
Ontario	120	9:00 AM - 11:00 AM
BREAK	10	11:00 AM - 11:10 AM
Alberta	60	11:10 AM - 12:10 PM
BREAK	10	12:10 PM - 12:20 PM
Quebec	60	12:20 PM - 1:20 PM
BREAK	10	1:20 PM - 1:30 PM
Remix	30	1:30 PM - 2:00 PM
BREAK	10	2:00 PM - 2:10 PM
NB/NS	30	2:10 PM - 2:40 PM
BREAK	10	2:40 PM - 2:50 PM
Manitoba	60	2:50 PM - 3:50 PM

Spacing time has been allocated based on arrival schedules and entry sizes (30 minutes per team) for each delegation. Please review this schedule and contact Lauren for any issues.

Provinces and clubs are welcome to coordinate sharing spacing time with other delegations. If you have made an arrangement to share spacing time, please confirm your arrangement by email.

Music for spacing time can be submitted as a single music file, or as a run sheet to be followed by either a coach or music volunteer. Please contact Lauren to inform us of your plans.