



ASSOCIAZIONE SPORTIVA DILETTANTISTICA **PRECISION**
SKATING MILANO



28th Edition
International Synchronized Skating Competition
Milano, Sesto San Giovanni, Italy
February 15, 2025

Official Practice

Sede Legale: Via Cadorna 24/4 – 20871 Vimercate (MB)
Tel: +39 338 9119686 **email:** presidenza.psm@precisionskating.it
Sede Operativa: PALASESTO di SESTO SAN GIOVANNI (mi) – P.zza 1° Maggio



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MIXED AGE

SPRING CUP 2025 - SATURDAY 15/01		   in collaborazione con CITTÀ DI SESTO SAN GIOVANNI MOLteplicità d'Orto al Valore Militare								
		MIXED AGE PROGRAM								
	OFF PRACTICE MIXAGE	WARM UP AREA	START WARM UP	END WARM UP	DRESS ROOM	ENTRANCE DRESS ROOM	EXIT DRESS ROOM	ENTER THE ICE RINK	TIME OF EXECUTION	EXIT THE ICE RINK
	TEAM NAME	N°	time	time	N°	time	time	time	hh:mm:ss	time
1	Team Shining Blades Mixed Age	1	6:45:00	7:05:00	1	7:05:00	8:05:00	7:30:00	0:10:00	7:40:00
2	Team Frost Fairies Mixed Age	2	6:55:00	7:15:00	2	7:15:00	8:15:00	7:40:00	0:10:00	7:50:00
3	Team Ice Diamonds Mixed Age	3	7:05:00	7:25:00	10	7:25:00	8:25:00	7:50:00	0:10:00	8:00:00
4	Team Bernettes	4	7:15:00	7:35:00	7	7:35:00	8:35:00	8:00:00	0:10:00	8:10:00
ICE RESURFACING										
DRY CUT										

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BASIC NOVICE

SPRING CUP 2025 - SATURDAY 15/01		BASIC NOVICE PROGRAM								
		  								
	OFF PRACTICE BASIC NOVICE	WARM UP AREA	START WARM UP	END WARM UP	DRESS ROOM	ENTRANCE DRESS ROOM	EXIT DRESS ROOM	ENTER THE ICE RINK	TIME OF EXECUTION	EXIT THE ICE RINK
	TEAM NAME	N°	time	time	N°	time	time	time	hh:mm:ss	time
1	Team Ladybirds Basic Novice	1	7:35:00	7:55:00	6	7:55:00	9:05:00	8:25:00	0:10:00	8:35:00
2	Team Shining Blades Basic Novice	2	7:45:00	8:05:00	1	8:05:00	9:15:00	8:35:00	0:10:00	8:45:00
3	Team Ice Diamonds Basic Novice	3	7:55:00	8:15:00	2	8:15:00	9:25:00	8:45:00	0:10:00	8:55:00
ICE RESURFACING										
DRY CUT										



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JUNIOR

SPRING CUP 2025 - SATURDAY 15/01		OFF. PRACTICE JUNIOR SHORT PROGRAM					  			
	OFF PRACTICE JUNIOR	WARM UP AREA	START WARM UP	END WARM UP	DRESS ROOM	ENTRANCE DRESS ROOM	EXIT DRESS ROOM	ENTER THE ICE RINK	TIME OF EXECUTION	EXIT THE ICE RINK
	TEAM NAME	N°	time	time	N°	time	time	time	hh:mm	time
1	Team Stella Polaris Junior	1	8:25:00	8:45:00	10	8:45:00	9:45:00	9:10:00	0:10:00	9:20:00
2	Team Golding Ice Junior	2	8:35:00	8:55:00	7	8:55:00	9:55:00	9:20:00	0:10:00	9:30:00
3	Team Vzyon Junior	3	8:45:00	9:05:00	6	9:05:00	10:05:00	9:30:00	0:10:00	9:40:00
4	Team Hot Shivers Junior	4	8:55:00	9:15:00	1	9:15:00	10:15:00	9:40:00	0:10:00	9:50:00
5	Team Nova Juniors	1	9:05:00	9:25:00	2	9:25:00	10:25:00	9:50:00	0:10:00	10:00:00
ICE RESURFACING										
6	Team Reflections Junior	2	9:30:00	9:50:00	10	9:50:00	10:50:00	10:15:00	0:10:00	10:25:00
7	Team Bosphorus Junior	3	9:40:00	10:00:00	7	10:00:00	11:00:00	10:25:00	0:10:00	10:35:00
8	Team Cool Dreams Junior	4	9:50:00	10:10:00	6	10:10:00	11:10:00	10:35:00	0:10:00	10:45:00
9	Team Ladybirds Junior	1	10:00:00	10:20:00	1	10:20:00	11:20:00	10:45:00	0:10:00	10:55:00
10	Team Ice Steps Junior	2	10:10:00	10:30:00	2	10:30:00	11:30:00	10:55:00	0:10:00	11:05:00
ICE RESURFACING										
DRY CUT										

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SENIOR

SPRING CUP 2025 - SATURDAY 15/01		OFF. PRACTICE SENIOR SHORT PROGRAM					  			
	OFF PRACTICE SENIOR	WARM UP AREA	START WARM UP	END WARM UP	DRESS ROOM	ENTRANCE DRESS ROOM	EXIT DRESS ROOM	ENTER THE ICE RINK	TIME OF EXECUTION	EXIT THE ICE RINK
	TEAM NAME	N°	time	time	N°	time	time	time	hh:mm	time
1	Team Lumineers	1	10:35:00	10:55:00	10	10:55:00	11:55:00	11:20:00	0:10:00	11:30:00
2	Team Hot Shivers	2	10:45:00	11:05:00	7	11:05:00	12:05:00	11:30:00	0:10:00	11:40:00
3	Team Bosphorus	3	10:55:00	11:15:00	6	11:15:00	12:15:00	11:40:00	0:10:00	11:50:00
4	Team Ice on Fire	4	11:05:00	11:25:00	1	11:25:00	12:25:00	11:50:00	0:10:00	12:00:00
ICE RESURFACING										
DRY CUT										