

2023 Ontario Provincial Championships

Windsor, Ontario

May 24-28, 2023

Tentative Schedule # 3

Key	Warm-up	Coaches		Officials	
	10 & Under	11-12	Youth	Junior	
	Senior	Adapted	Combo		
Date	Time	#	Event		
Wednesday	10:00AM-4:00PM		Spacing		
Thursday	9:00AM - 9:30AM	W	Youth Figure & 11-12 Figure Warmup		
	9:35AM - 12:50PM	162	Youth Figures - 2 panels		
	9:35AM - 12:50PM	152	11-12 Figure Competition - 2 Panels		
	12:55PM-1:25PM	W	10U Figures & Adapted Figures Warm-up		
	1:30PM-3:00PM	77	10&Under Figure Competition - 2 Panels		
	1:30PM-3:00PM	14	Adapted Figure Competition - 2 Panels		
	3:05PM-3:35PM	W	Junior Free Solo Warmup		
	3:35PM-3:50PM	4	Senior Free Solo		
	3:50PM-5:00PM	17	Junior Free Solo Competition		
	5:00PM-5:15PM		End of Year Awards Presentation		
	5:15PM-8:00PM		Provincial Championships Athlete Party		
	9:00AM-9:30AM	W	Junior Tech Solo Warmup		
	9:35AM-9:40AM	1	Adapted-C6 Tech Solo Competition		

Friday

9:40AM-9:45AM	1	Junior Tech Solo Competition
9:45AM-9:55AM	2	Senior Tech Solo
10:00AM-10:30AM	W	Youth Solo Warmup
10:35AM-11:50AM	18	Youth Solo Competition
11:55AM-12:25PM	W	Senior Free Duet, Adapted Duet and 10U Duet Warmup
12:30PM-12:45PM	3	Adapted Duet Competition
12:45PM-1:10PM	6	10&Under Duet Competition
1:10PM-1:15PM	1	Senior Free Duet
1:20PM-1:50PM	W	Junior Tech Duet & Youth Duet Warmup
1:55PM-2:10PM	3	Junior Tech Duet Competition
2:10PM-3:40PM	18	Youth Duet Competition
3:45PM-4:15PM	W	Senior Tech Duet & Mixed Ability Duet Warmup
4:15PM-4:25PM	2	Senior Tech Duet Competition
4:25PM-4:55PM	8	Mixed Ability Duet Competition
5:00PM - 5:30PM	W	11-12 Duet & Free Combination & Acrobatic Team Warmup
5:35PM - 5:45PM	2	Free Combination Competition
5:45PM-5:50PM	1	Acrobatic Routine Competition
5:50PM - 7:00PM	17	11-12 Duet Competition
8:45AM-9:15AM	W	11-12 Team Prelims Warmup
9:15AM-10:05AM	11	11-12 Team Prelim Competition
10:05AM-10:35AM	W	11-12 Team Prelim Warmup
10:35AM-11:25AM	11	11-12 Team Prelim Competition

Saturday			
	11:30AM-12:00PM	W	Adapted Solo Warmup
	12:05PM-1:50PM	24	Adapted Solo Competition
	1:55PM-2:25PM	W	Junior Free Duet Warmup
	2:30PM-3:35PM	13	Junior Free Duet Competition
	3:40PM-4:10PM	W	Adapted Team & 10&Under Warmup
	4:15PM-4:20PM	1	Adapted Team Competition
	4:20PM-5:10PM	12	10&Under Team Competition
	5:15PM-5:45PM	W	Junior Tech Team Warmup
	5:50PM-6:40PM	10	Junior Tech Team Competition
	6:45PM-7:15PM	W	Youth Team Prelim Warmup
	7:15PM-8:10PM	11	Youth Team Prelim Competition
Sunday	8:10PM-8:40PM	W	Youth Team Warmup
	8:40PM-9:35PM	11	Youth Team Prelim Competition
	7:45AM - 8:15AM	W	11-12 Solo Warmup
	8:20AM - 9:30AM	17	11-12 Solo Competition
	9:35AM-10:05AM	W	Mixed Ability Team Warmup
	10:10AM - 10:40AM	7	Mixed Ability Team Competition
	10:45AM-11:15AM	W	Junior Free Team Finals Warmup
	11:20AM-12:05PM	9	Junior Free Team Competition

12:10PM-12:40PM	W	11-12 Team Finals Warmup
12:45PM-1:45PM	12	11-12 Team Finals Competition
1:50PM-2:20PM	W	Youth Team Finals Warmup
2:25PM-3:30PM	12	Youth Team Finals Competition