

**SPIN, SPARKLE & JUMP  
CALGARY REGION OPEN COMPETITION  
FRIDAY, NOVEMBER 27, 2009**

**Rose Kohn Arena**

11:30-12:05 PM	Ladies Junior Bronze Free Skate Flight A
12:05-12:40 PM	Ladies Junior Bronze Free Skate Flight B
12:40-1:15 PM	Ladies Junior Bronze Free Skate Flight C
1:15-1:50 PM	Ladies Junior Bronze Free Skate Flight D
1:50-2:05 PM	FLOOD
2:05-2:40 PM	Ladies Junior Bronze Free Skate Flight E
2:40-3:15 PM	Ladies Junior Bronze Free Skate Flight F
3:15-3:50 PM	Ladies/Mens Junior Bronze Free Skate Flight G
3:50-4:25 PM	Ladies Junior Bronze Free Skate Flight H
4:25-5:00 PM	Ladies Senior Bronze Free Skate Flight C
5:00-5:15 PM	FLOOD
5:15-5:50 PM	Ladies Senior Bronze Free Skate Flight A
5:50-6:25 PM	Ladies Senior Bronze Free Skate Flight B
6:25-7:00 PM	Ladies Senior Bronze Free Skate Flight D
7:00-7:15 PM	FLOOD
7:15-7:50 PM	Ladies Senior Bronze Free Skate Flight E
7:50-8:30 PM	Ladies Junior Silver Free Skate Flight A
8:30-9:10 PM	Ladies Junior Silver Free Skate Flight B
9:10-9:20 PM	Adult Masters Free Skate

**Jimmie Condon Arena**

11:30-12:00 PM	Ladies Preliminary Free Skate Flight A
12:00-12:30 PM	Ladies Preliminary Free Skate Flight B
12:30-1:00 PM	Ladies Preliminary Free Skate Flight C
1:00-1:30 PM	Ladies Preliminary Free Skate Flight D
1:30-2:00 PM	Ladies Preliminary Free Skate Flight E
2:00-2:30 PM	Ladies Preliminary Free Skate Flight F
2:30-2:45 PM	FLOOD
2:45-3:15 PM	Ladies Preliminary Free Skate Flight G
3:15-3:45 PM	Ladies Preliminary Free Skate Flight H
3:45-4:15 PM	Ladies Preliminary Free Skate Flight I
4:15-4:30 PM	FLOOD
4:30-5:45 PM	Pre Juvenile Ladies Free Program
5:45-6:00 PM	FLOOD
6:00-6:15 PM	Senior Ladies Short Program
6:15-7:30 PM	Novice Ladies Short Program
7:30-7:45 PM	FLOOD
7:45-9:25 PM	Pre Novice Ladies/Mens Short Program

Subject to Change  
As of Nov. 5/09

**SPIN, SPARKLE & JUMP**  
**CALGARY REGION OPEN COMPETITION**  
**SATURDAY, NOVEMBER 28, 2009**

**Rose Kohn Arena**

9:00-9:30 AM	Ladies Pre Introductory Interpretive Flight A
9:30-10:00 AM	Ladies Pre Introductory Interpretive Flight B
10:00-10:30 AM	Ladies Pre Introductory Interpretive Flight C
10:30-11:00 AM	Ladies Pre Introductory Interpretive Flight D
11:00-11:30 AM	Ladies Pre Introductory Interpretive Flight E
11:30-11:45 AM	FLOOD
11:45-12:10 PM	Ladies Introductory Interpretive Flight A
12:10-12:35 PM	Ladies Introductory Interpretive Flight B
12:35-1:00 PM	Ladies Introductory Interpretive Flight C
1:00-1:25 PM	Ladies Introductory Interpretive Flight D
1:25-1:50 PM	Ladies Introductory Interpretive Flight E
1:50-2:05 PM	FLOOD
2:05-2:20 PM	Mens Pre Preliminary Free Skate
2:20-2:50 PM	Ladies Pre Preliminary Free Skate Flight A
2:50-3:20 PM	Ladies Pre Preliminary Free Skate Flight B
3:20-3:50 PM	Ladies Pre Preliminary Free Skate Flight C
3:50-4:05 PM	FLOOD
4:05-4:35 PM	Ladies Pre Preliminary Free Skate Flight D
4:35-5:05 PM	Ladies Pre Preliminary Free Skate Flight E
5:05-5:35 PM	Ladies Pre Preliminary Free Skate Flight F
5:35-6:05 PM	Ladies Pre Preliminary Free Skate Flight G
6:05-6:20 PM	FLOOD
6:20-6:50 PM	Ladies Pre Preliminary Free Skate Flight H
6:50-7:20 PM	Ladies Pre Preliminary Free Skate Flight I
7:20-7:50 PM	Ladies Pre Preliminary Free Skate Flight J
7:50-8:05 PM	FLOOD
8:05-8:35 PM	Adult Bronze Free Skate
8:35-8:50 PM	Adult Silver Free Skate
8:50-9:10 PM	Adult Competitive Free Skate

**Jimmie Condon Arena**

9:00-9:40 AM	Ladies Silver Interpretive Flight A
9:40-10:20 AM	Ladies Silver Interpretive Flight B
10:20-11:05 AM	Ladies Gold Interpretive Flight A
11:05-11:20 AM	FLOOD
11:20-12:05 PM	Ladies Gold Interpretive Flight B
12:05-12:40 PM	Ladies Bronze Interpretive Flight A
12:40-1:15 PM	Ladies Bronze Interpretive Flight B
1:15-1:30 PM	FLOOD
1:30-2:05 PM	Ladies Bronze Interpretive Flight C
2:05-2:35 PM	Ladies Senior Silver Free Skate
2:35-3:20 PM	Ladies Gold Free Skate
3:20-3:35 PM	FLOOD
3:35-4:35 PM	Juvenile Ladies Free Skate
4:35-4:50 PM	FLOOD
4:50-5:05 PM	Pre Novice Mens Free Skate
5:05-6:35 PM	Pre Novice Ladies Free Skate
6:35-6:50 PM	FLOOD
6:50-8:05 PM	Novice Ladies Free Skate
8:05-8:20 PM	FLOOD
8:20-8:40 PM	Junior Ladies Free Skate
8:40-9:00 PM	Senior Ladies Free Skate

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As of Nov. 5/09

**SPIN, SPARKLE & JUMP**  
**CALGARY REGION OPEN COMPETITION**  
**SUNDAY, NOVEMBER 29, 2009**

**Rose Kohn Arena**

9:00-9:25 AM	Adult Pre Introductory Interpretive/Adult Introductory Interpretive
9:25-9:50 AM	Adult Bronze Interpretive/Adult Gold Interpretive
9:50-10:05 AM	FLOOD
10:05-10:20 AM	Mens Introductory Free Skate
10:20-10:40 AM	Ladies Introductory Free Skate Flight A
10:40-11:00 AM	Ladies Introductory Free Skate Flight B
11:00-11:20 AM	Ladies Introductory Free Skate Flight C
11:20-11:40 AM	Ladies Introductory Free Skate Flight D
11:40-11:55 AM	FLOOD
11:55-12:15 PM	Ladies Introductory Free Skate Flight E
12:15-12:35 PM	Ladies Introductory Free Skate Flight F
12:35-12:55 PM	Ladies Introductory Free Skate Flight G
12:55-1:15 PM	Ladies Introductory Free Skate Flight H
1:15-1:35 PM	Ladies Introductory Free Skate Flight I
1:35-1:50 PM	FLOOD
1:50-2:10 PM	Ladies Introductory Free Skate Flight J
2:10-2:30 PM	Ladies Introductory Free Skate Flight K
2:30-2:50 PM	Ladies Introductory Free Skate Flight L
2:50-3:10 PM	Ladies Introductory Free Skate Flight M
3:10-3:30 PM	Ladies Introductory Free Skate Flight N

**Jimmie Condon Arena**

9:15-9:25 AM	Special Olympics Level 3 Free Skate
9:25-9:40 AM	Bronze Creative Skills
9:40-9:55 AM	Silver Creative Skills
9:55-10:20 AM	Gold Creative Skills
10:20-10:35 AM	FLOOD
10:35-10:50 AM	Mens Primary Free Skate
10:50-11:10 AM	Ladies Primary Free Skate Flight A
11:10-11:30 AM	Ladies Primary Free Skate Flight B
11:30-11:50 AM	Ladies Primary Free Skate Flight C
11:50-12:10 PM	Ladies Primary Free Skate Flight D
12:10-12:25 PM	FLOOD
12:25-12:45 PM	Ladies Primary Free Skate Flight E
12:45-1:05 PM	Ladies Primary Free Skate Flight F
1:05-1:25 PM	Ladies Primary Free Skate Flight G
1:25-1:45 PM	Ladies Primary Free Skate Flight H
1:45-2:05 PM	Ladies Primary Free Skate Flight I
2:05-2:20 PM	FLOOD
2:20-2:35 PM	Ladies Primary Free Skate Flight J
2:35-2:50 PM	Ladies Primary Free Skate Flight K
2:50-3:05 PM	Ladies Primary Free Skate Flight L
3:05-3:20 PM	Ladies Primary Free Skate Flight M

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