



World Synchronized Skating Championships® 2019, Helsinki, FIN



Thursday, April 11, 2019 - Official Practice, Main Rink

20'

| | TEAM | WARM UP AREA | | |
|---|-------------------------|--------------|-------|-------|
| | | 00:45 | | |
| | | No | Enter | Exit |
| 1 | AUS - TEAM UNITY | 1 | 05:45 | 06:30 |
| 2 | AUT - TEAM SWEET MOZART | 3 | 06:05 | 06:50 |
| 3 | BEL - TEAM PHOENIX | 5 | 06:25 | 07:10 |

| | | | | |
|---|------------------------|---|-------|-------|
| 4 | CAN - TEAM NEXXICE | 1 | 06:55 | 07:40 |
| 5 | CAN - TEAM NOVA SENIOR | 3 | 07:15 | 08:00 |
| 6 | CHN - TEAM ICE PEARL | 5 | 07:35 | 08:20 |

| | | | | |
|---|-------------------------------|---|-------|-------|
| 7 | CRO - TEAM ZAGREB SNOWFLAKES | 1 | 08:10 | 08:55 |
| 8 | CZE - TEAM OLYMPIA | 3 | 08:30 | 09:15 |
| 9 | FIN - TEAM HELSINKI ROCKETTES | 5 | 08:50 | 09:35 |

| | | | | |
|----|-------------------------------|---|-------|-------|
| 10 | FIN - TEAM MARIGOLD ICE UNITY | 1 | 09:20 | 10:05 |
| 11 | FRA - TEAM ZOULOUS | 3 | 09:40 | 10:25 |
| 12 | GER - TEAM BERLIN 1 | 5 | 10:00 | 10:45 |

| | | | | |
|----|---------------------------|---|-------|-------|
| 13 | GBR - TEAM ICICLES SENIOR | 1 | 10:35 | 11:20 |
| 14 | HUN - TEAM PASSION | 3 | 10:55 | 11:40 |
| 15 | ITA - TEAM HOT SHIVERS | 5 | 11:15 | 12:00 |

| | | | | |
|----|---------------------------------|---|-------|-------|
| 16 | JPN - TEAM JINGU ICE MESSENGERS | 1 | 11:45 | 12:30 |
| 17 | LAT - TEAM AMBER | 3 | 12:05 | 12:50 |
| 18 | NED - TEAM ILLUMINATION | 5 | 12:25 | 13:10 |

| | | | | |
|----|----------------------|---|-------|-------|
| 19 | RUS - TEAM PARADISE | 1 | 13:00 | 13:45 |
| 20 | RUS - TEAM TATARSTAN | 3 | 13:20 | 14:05 |
| 21 | SUI - TEAM STARLIGHT | 5 | 13:40 | 14:25 |

| | | | | |
|----|------------------------|---|-------|-------|
| 22 | TUR - TEAM VIZYON | 1 | 14:10 | 14:55 |
| 23 | USA - TEAM HAYDENETTES | 3 | 14:30 | 15:15 |
| 24 | USA - TEAM SKYLINERS | 5 | 14:50 | 15:35 |

00:05

| DRESSING ROOM | | |
|---------------|-------|-----------|
| 00:20 | | |
| No | Enter | Go to ice |
| 1 | 06:35 | 06:55 |
| 2 | 06:55 | 07:15 |
| 3 | 07:15 | 07:35 |

| | | |
|---|-------|-------|
| 4 | 07:45 | 08:05 |
| 1 | 08:05 | 08:25 |
| 2 | 08:25 | 08:45 |

| | | |
|---|-------|-------|
| 3 | 09:00 | 09:20 |
| 4 | 09:20 | 09:40 |
| 1 | 09:40 | 10:00 |

| | | |
|---|-------|-------|
| 2 | 10:10 | 10:30 |
| 3 | 10:30 | 10:50 |
| 4 | 10:50 | 11:10 |

| | | |
|---|-------|-------|
| 1 | 11:25 | 11:45 |
| 2 | 11:45 | 12:05 |
| 3 | 12:05 | 12:25 |

| | | |
|---|-------|-------|
| 4 | 12:35 | 12:55 |
| 1 | 12:55 | 13:15 |
| 2 | 13:15 | 13:35 |

| | | |
|---|-------|-------|
| 3 | 13:50 | 14:10 |
| 4 | 14:10 | 14:30 |
| 1 | 14:30 | 14:50 |

| | | |
|---|-------|-------|
| 2 | 15:00 | 15:20 |
| 3 | 15:20 | 15:40 |
| 4 | 15:40 | 16:00 |

00:05

| ICE | | |
|-------|------|---------|
| 0:20 | | 0:20 |
| ENTER | EXIT | Exit DR |
| 7:00 | 7:20 | 7:40 |
| 7:20 | 7:40 | 8:00 |
| 7:40 | 8:00 | 8:20 |

| | | |
|------|------|------|
| 8:10 | 8:30 | 8:50 |
| 8:30 | 8:50 | 9:10 |
| 8:50 | 9:10 | 9:30 |

| | | |
|-------|-------|-------|
| 9:25 | 9:45 | 10:05 |
| 9:45 | 10:05 | 10:25 |
| 10:05 | 10:25 | 10:45 |

| | | |
|-------|-------|-------|
| 10:35 | 10:55 | 11:15 |
| 10:55 | 11:15 | 11:35 |
| 11:15 | 11:35 | 11:55 |

| | | |
|-------|-------|-------|
| 11:50 | 12:10 | 12:30 |
| 12:10 | 12:30 | 12:50 |
| 12:30 | 12:50 | 13:10 |

| | | |
|-------|-------|-------|
| 13:00 | 13:20 | 13:40 |
| 13:20 | 13:40 | 14:00 |
| 13:40 | 14:00 | 14:20 |

| | | |
|-------|-------|-------|
| 14:15 | 14:35 | 14:55 |
| 14:35 | 14:55 | 15:15 |
| 14:55 | 15:15 | 15:35 |

| | | |
|-------|-------|-------|
| 15:25 | 15:45 | 16:05 |
| 15:45 | 16:05 | 16:25 |
| 16:05 | 16:25 | 16:45 |


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| | TEAM | WARM UP AREA | | |
|---|------------------------|--------------|-------|-------|
| | | 00:45 | | |
| | | No | Enter | Exit |
| 1 | USA - TEAM SKYLINERS | 4 | 05:45 | 06:30 |
| 2 | USA - TEAM HAYDENETTES | 6 | 06:05 | 06:50 |
| 3 | TUR - TEAM VIZYON | 2 | 06:25 | 07:10 |

| | | | | |
|---|----------------------|---|-------|-------|
| 4 | SUI - TEAM STARLIGHT | 4 | 06:55 | 07:40 |
| 5 | RUS - TEAM TATARSTAN | 6 | 07:15 | 08:00 |
| 6 | RUS - TEAM PARADISE | 2 | 07:35 | 08:20 |

| | | | | |
|---|---------------------------------|---|-------|-------|
| 7 | NED - TEAM ILLUMINATION | 4 | 08:10 | 08:55 |
| 8 | JPN - TEAM JINGU ICE MESSENGERS | 6 | 08:30 | 09:15 |
| 9 | LAT - TEAM AMBER | 2 | 08:50 | 09:35 |

| | | | | |
|----|-------------------------|---|-------|-------|
| 10 | BEL - TEAM PHOENIX | 4 | 09:20 | 10:05 |
| 11 | AUT - TEAM SWEET MOZART | 6 | 09:40 | 10:25 |
| 12 | AUS - TEAM UNITY | 2 | 10:00 | 10:45 |

| | | | | |
|----|------------------------|---|-------|-------|
| 13 | CHN - TEAM ICE PEARL | 4 | 10:35 | 11:20 |
| 14 | CAN - TEAM NOVA SENIOR | 6 | 10:55 | 11:40 |
| 15 | CAN - TEAM NEXXICE | 2 | 11:15 | 12:00 |

| | | | | |
|----|-------------------------------|---|-------|-------|
| 16 | FIN - TEAM HELSINKI ROCKETTES | 4 | 11:45 | 12:30 |
| 17 | CZE - TEAM OLYMPIA | 6 | 12:05 | 12:50 |
| 18 | CRO - TEAM ZAGREB SNOWFLAKES | 2 | 12:25 | 13:10 |

| | | | | |
|----|-------------------------------|---|-------|-------|
| 19 | GER - TEAM BERLIN 1 | 4 | 13:00 | 13:45 |
| 20 | FRA - TEAM ZOULOUS | 6 | 13:20 | 14:05 |
| 21 | FIN - TEAM MARIGOLD ICE UNITY | 2 | 13:40 | 14:25 |

| | | | | |
|----|---------------------------|---|-------|-------|
| 22 | HUN - TEAM PASSION | 4 | 14:10 | 14:55 |
| 23 | ITA - TEAM HOT SHIVERS | 6 | 14:30 | 15:15 |
| 24 | GBR - TEAM ICICLES SENIOR | 2 | 14:50 | 15:35 |

| | DRESSING ROOM | | |
|----|---------------|-------|-----------|
| | 00:20 | | |
| | No | Enter | Go to ice |
| P1 | 06:35 | 06:55 | |
| P2 | 06:55 | 07:15 | |
| P3 | 07:15 | 07:35 | |

| | | | |
|----|-------|-------|--|
| P1 | 07:45 | 08:05 | |
| P2 | 08:05 | 08:25 | |
| P3 | 08:25 | 08:45 | |

| | | | |
|----|-------|-------|--|
| P1 | 09:00 | 09:20 | |
| P2 | 09:20 | 09:40 | |
| P3 | 09:40 | 10:00 | |

| | | | |
|----|-------|-------|--|
| P1 | 10:10 | 10:30 | |
| P2 | 10:30 | 10:50 | |
| P3 | 10:50 | 11:10 | |

| | | | |
|----|-------|-------|--|
| P1 | 11:25 | 11:45 | |
| P2 | 11:45 | 12:05 | |
| P3 | 12:05 | 12:25 | |

| | | | |
|----|-------|-------|--|
| P1 | 12:35 | 12:55 | |
| P2 | 12:55 | 13:15 | |
| P3 | 13:15 | 13:35 | |

| | | | |
|----|-------|-------|--|
| P1 | 13:50 | 14:10 | |
| P2 | 14:10 | 14:30 | |
| P3 | 14:30 | 14:50 | |

| | | | |
|----|-------|-------|--|
| P1 | 15:00 | 15:20 | |
| P2 | 15:20 | 15:40 | |
| P3 | 15:40 | 16:00 | |

| | ICE | | |
|--|-------|------|---------|
| | 0:20 | | |
| | ENTER | EXIT | Exit DR |
| | 7:00 | 7:20 | 7:40 |
| | 7:20 | 7:40 | 8:00 |
| | 7:40 | 8:00 | 8:20 |

| | | | |
|--|------|------|------|
| | 8:10 | 8:30 | 8:50 |
| | 8:30 | 8:50 | 9:10 |
| | 8:50 | 9:10 | 9:30 |

| | | | |
|--|-------|-------|-------|
| | 9:25 | 9:45 | 10:05 |
| | 9:45 | 10:05 | 10:25 |
| | 10:05 | 10:25 | 10:45 |

| | | | |
|--|-------|-------|-------|
| | 10:35 | 10:55 | 11:15 |
| | 10:55 | 11:15 | 11:35 |
| | 11:15 | 11:35 | 11:55 |

| | | | |
|--|-------|-------|-------|
| | 11:50 | 12:10 | 12:30 |
| | 12:10 | 12:30 | 12:50 |
| | 12:30 | 12:50 | 13:10 |

| | | | |
|--|-------|-------|-------|
| | 13:00 | 13:20 | 13:40 |
| | 13:20 | 13:40 | 14:00 |
| | 13:40 | 14:00 | 14:20 |

| | | | |
|--|-------|-------|-------|
| | 14:15 | 14:35 | 14:55 |
| | 14:35 | 14:55 | 15:15 |
| | 14:55 | 15:15 | 15:35 |

| | | | |
|--|-------|-------|-------|
| | 15:25 | 15:45 | 16:05 |
| | 15:45 | 16:05 | 16:25 |
| | 16:05 | 16:25 | 16:45 |