Official Practice Sunday 8th October 2023

6.00am

4 minute warm up

**Adult Pairs** 

Niamh Roberts/Luke Udinga

6.10am

Infusion Junior Free Program

6.21am

**Bees Basic Novice** 

6.31am

Cohesion Adult Advanced

6.41am

Infusion Senior Free Program

## 6.53am Ice Resurface

7.10am

4 minute warm up Basic Novice Girls

Isla Chidlow Sophie Frost Charlotte Lu Kayla Otterman Elaine Wang Rachel Zhou

7.35am

5 Minute warm up Intermediate Novice Boys

Osckar Chum Jason Dong

Axel Greaves-Gilabert

7.50am

5 Minute warm up Intermediate Novice Girls

Josephine Adamlu Annabelle Debenham Gabrielle Martin Ellena Poedjokerto

Bridget Tai Tayla Wademan

Ice Resurface 8.20am

## 8.40am

6 Minute Warm up (combined with Women) Junior Men Free Program

Jeremy Adamlu Junior Women Free Program Hana Bath Lily Reynolds

9.00am

5 Minute Warm up (combined with Women) Advanced Novice Boys Free Program

Kai Jie Siow

**Advanced Novice Girls Free Program** 

Chanelle Chum Sienna Davis Isabela Fernandes Ava Hurle

9.30am 6 minute warm up <mark>Se</mark>nior Women

Hana Bath Abbey Williams

9.45am End of official Practice

WAISA State Championships Official practice Sunday 8<sup>th</sup> October 2023 V1—Before the draw \*Schedule is subject to change