

Ames ISU - Sat, Jul 12, 2025

Ev#	Start	End	Loc	Level	Event	Grp	Type
P1	6:45 AM	7:05 AM		Open	Practice		
P2	7:05 AM	7:25 AM		Open	Practice		
P3	7:25 AM	7:45 AM		Basic	Practice		
P4	7:45 AM	8:05 AM		Low	Practice		
P5	8:05 AM	8:25 AM		High	Practice		
P6	8:25 AM	8:45 AM		Duets	Shared Team		
	8:45 AM	9:00 AM		ICE RESURFACE			
	9:00 AM	9:05 AM		NATIONAL ANTHEM			
1	9:05 AM	9:15 AM	Z	Level 1	Spins		
2	9:05 AM	9:15 AM	L	Level 3	Spins		
3	9:15 AM	9:20 AM	Z	Level 2	Spins		
4	9:15 AM	9:20 AM	L	Level 4	Spins		
5	9:20 AM	9:25 AM	Z	Basic 2	Basic Elements (no music)		
6	9:20 AM	9:25 AM	L	Basic 3	Basic Elements (no music)		
7	9:25 AM	9:35 AM	Z	Basic 4	Basic Elements (no music)		
8	9:25 AM	9:35 AM	Z	Basic 5	Basic Elements (no music)		
9	9:25 AM	9:35 AM	L	Basic 6	Basic Elements (no music)		
	9:35 AM	9:55 AM		BREAK - NO ICE RESURFACE			
10	9:55 AM	10:05 AM	Z	Level 1	Jumps	A	
11	9:55 AM	10:05 AM	L	Level 1	Jumps	B	
12	10:05 AM	10:20 AM	Z	Level 2	Jumps		
13	10:05 AM	10:20 AM	L	Level 3	Jumps		
14	10:20 AM	10:30 AM	Z	Level 1	Compulsory Moves	A	
15	10:20 AM	10:30 AM	L	Level 1	Compulsory Moves	B	
16	10:20 AM	10:30 AM	L	Adult 6	Compulsory - Adult		
17	10:30 AM	10:40 AM	Z	Level 2	Compulsory Moves		
18	10:30 AM	10:40 AM	L	Level 3	Compulsory Moves		
19	10:40 AM	10:50 AM		Snowplow Sam	Free Skate Program (w/music)		
20	10:40 AM	10:50 AM		Basic 2	Free Skate Program (w/music)		
21	10:40 AM	10:50 AM		Basic 3	Free Skate Program (w/music)		
22	10:50 AM	11:05 AM		Basic 4	Free Skate Program (w/music)		
23	10:50 AM	11:05 AM		Basic 5	Free Skate Program (w/music)		
24	11:05 AM	11:15 AM		Basic 6	Free Skate Program (w/music)	A	
25	11:15 AM	11:25 AM		Basic 6	Free Skate Program (w/music)	B	
	11:25 AM	11:55 AM		LUNCH BREAK			
	11:55 AM	12:10 PM		ICE RESURFACE			
26	12:10 PM	12:20 PM		Intermediate	Solo Free Dance		
27	12:10 PM	12:20 PM		Adult Bronze	Solo Free Dance		
28	12:20 PM	12:35 PM		Excel Pre-Preliminary	Singles (Freeskate)		
29	12:20 PM	12:35 PM		Pre-Preliminary	Singles (Freeskate)		
30	12:20 PM	12:50 PM		Excel Preliminary	Singles (Freeskate)		
31	12:20 PM	12:50 PM		Excel Preliminary Plus	Singles (Freeskate)		
32	12:50 PM	1:00 PM		Adult Silver	Showcase - Emotional Performance		
33	12:50 PM	1:00 PM		Senior	Showcase - Emotional Performance		
34	1:00 PM	1:10 PM		Pre-Juvenile	Showcase - Theme (Motown)		
35	1:00 PM	1:10 PM		Young Adult	Showcase - Theme (Motown)		
36	1:10 PM	1:20 PM		Aspire 1-4	Showcase - Emotional Performance		
37	1:20 PM	1:30 PM		Pre-Preliminary	Showcase - Emotional Performance		
38	1:20 PM	1:30 PM		Pre-Juvenile	Showcase - Emotional Performance		
39	1:30 PM	1:45 PM		Adult 6	Singles (Free Skate) - Adult		
40	1:30 PM	1:45 PM		Adult High Beginner	Singles (Free Skate) - Adult		

41	1:45 PM	1:55 PM		Adult Bronze	Singles (Free Skate) - Adult		
42	1:45 PM	1:55 PM		Adult Silver	Singles (Free Skate) - Adult		
	1:55 PM	2:10 PM		ICE RESURFACE			
43	2:10 PM	2:25 PM		Aspire 1	Free Skate Program (w/music)	A	
44	2:25 PM	2:40 PM		Aspire 1	Free Skate Program (w/music)	B	
45	2:40 PM	3:00 PM		Aspire 2	Free Skate Program (w/music)	A	
46	2:40 PM	3:00 PM		Aspire 2	Free Skate Program (w/music)	B	
47	3:00 PM	3:15 PM		Aspire 3	Free Skate Program (w/music)		
48	3:15 PM	3:25 PM		Aspire 4	Free Skate Program (w/music)		
49	3:25 PM	3:35 PM		Open Juvenile	Showcase - Character Performance		
50	3:25 PM	3:35 PM		Young Adult	Showcase - Character Performance		
51	3:25 PM	3:35 PM		Pre-Juvenile	Showcase - Character Performance		
52	3:35 PM	3:50 PM		Basic 1 - 6	Showcase - Character Performance		
	3:50 PM	4:05 PM		ICE RESURFACE			
53	4:05 PM	4:20 PM		Aspire 1-4	Showcase - Character Performance	A	
54	4:20 PM	4:30 PM		Aspire 1-4	Showcase - Character Performance	B	
55	4:30 PM	4:40 PM		Pre-Preliminary	Showcase - Character Performance		
56	4:30 PM	4:40 PM		Preliminary	Showcase - Character Performance		
57	4:40 PM	4:50 PM		Aspire 1-4	Showcase - Comedic Impressions		
58	4:40 PM	4:50 PM		Basic 1 - 6	Showcase - Lyrical Pop		
59	4:40 PM	4:50 PM		Aspire 1-4	Showcase - Lyrical Pop		
60	4:50 PM	5:05 PM		Pre-Preliminary	Showcase - Lyrical Pop		
61	4:50 PM	5:05 PM		Pre-Juvenile	Showcase - Lyrical Pop		
62	4:50 PM	5:05 PM		Young Adult	Showcase - Lyrical Pop		
63	4:50 PM	5:05 PM		Adult Bronze	Showcase - Lyrical Pop		
64	4:50 PM	5:05 PM		Open Juvenile	Showcase - Comedic Impressions		
65	5:05 PM	5:15 PM		Basic 1-6	Showcase Duet/Trio		
66	5:05 PM	5:15 PM		Aspire 1-4	Showcase Duet/Trio		
67	5:05 PM	5:15 PM		Preliminary	Showcase Duet/Trio		
68	5:15 PM	5:25 PM		Basic 1 - 6	Showcase - Interpretive		
69	5:25 PM	5:35 PM		Aspire 1-4	Showcase - Interpretive		
70	5:35 PM	5:50 PM		Showcase-Interp PrePre-PreJuv	Showcase - Interpretive		