

## **Practices 7.11**

### **Sunday 7.11**

9.00 – 9.25 - PRACTICE SENIOR WOMEN Starting Order 1-6

9.25 – 9.50 - PRACTICE SENIOR WOMEN Starting Order 7-12

*9.50-10.00 – ice resurfacing*

10.00 – 10.25 - PRACTICE SENIOR MEN Starting Order 1-7

10.25– 10.50 - PRACTICE SENIOR MEN Starting Order 8-13

**11.10 – 15.30 - COMPETITION**