

**MISTRZOSTWA POLSKI 2025  
W ŁYŻWIARSTWIE SYNCHRONICZNYM  
ZGIERZ, 20-21.12.2024**

**TIME SCHEDULE  
Friday, 20.12.2024  
PRACTICES**

	<i>Ice Resurfacing</i>							12:45	-	13:00		
<b>Klasa brązowa (Pre-Juvenile) - Free Skating</b>												
			Warm-up				Dressing room	Ice				
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out	
1	Team Le Soleil A	1	11:56	12:26	11	12:36	12:58	13:00	-	13:10	13:30	
2	Ice Crystals	2	12:06	12:36	26	12:46	13:08	13:10	-	13:20	13:40	
3	Team Skadi Pre-Juvenile	3	12:16	12:46	22	12:56	13:18	13:20	-	13:30	13:50	
4	Team Le Soleil B	4	12:26	12:56	13	13:06	13:28	13:30	-	13:40	14:00	
5	Ice Fire Pre-Juvenile	1	12:36	13:06	12	13:16	13:38	13:40	-	13:50	14:10	
	<i>Ice Resurfacing</i>							13:50	-	14:05		
<b>Junior Short Program</b>												
			Warm-up				Dressing room	Ice				
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out	
1	Ice Fire Junior	2	13:01	13:31	8	13:41	14:03	14:05	-	14:15	14:35	
2	Team Le Soleil	3	13:11	13:41	11	13:51	14:13	14:15	-	14:25	14:45	
<b>Klasa srebrna (Juvenile) Free Skating</b>												
			Warm-up				Dressing room	Ice				
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out	
1	Ice Crystals	4	13:21	13:51	26	14:01	14:23	14:25	-	14:35	14:55	
2	Team Le Soleil	1	13:31	14:01	13	14:11	14:33	14:35	-	14:45	15:05	
	<i>Ice Resurfacing</i>							14:45	-	15:00		
<b>Adult - Free Skating</b>												
			Warm-up				Dressing room	Ice				
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out	
1	Team Skadi Adult	2	13:56	14:26	22	14:36	14:58	15:00	-	15:10	15:30	
2	Ice Fire Adult A	3	14:06	14:36	12	14:46	15:08	15:10	-	15:20	15:40	
3	Team Le Soleil	4	14:16	14:46	11	14:56	15:18	15:20	-	15:30	15:50	
4	Ice Crystals	1	14:26	14:56	26	15:06	15:28	15:30	-	15:40	16:00	
	<i>Ice Resurfacing</i>							15:40	-	15:55		
<b>Senior Short Program</b>												
			Warm-up				Dressing room	Ice				
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out	
1	Ice Fire Senior	3	14:51	15:21	8	15:31	15:53	15:55	-	16:05	16:25	
			<b>Opening Ceremony</b>						16:35			
	<i>Ice Resurfacing</i>							16:55	-	17:10		
			<b>IJM plus Pre-event meeting</b>						16:15			

**MISTRZOSTWA POLSKI 2025  
W ŁYŻWIARSTWIE SYNCHRONICZNYM  
ZGIERZ, 20-21.12.2024**

**TIME SCHEDULE  
Friday, 20.12.2024  
COMPETITION**

	<i>Ice Resurfacing</i>							16:55	-	17:10	
<b>Klasa brązowa (Pre-Juvenile) - Free Skating</b>											
			Warm-up			Dressing room		Ice			
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out
1	Team Le Soleil A	2	16:05	16:35	11	16:45	17:08	17:10	-	17:17	17:37
2	Ice Crystals	3	16:12	16:42	26	16:52	17:15	17:17	-	17:24	17:44
3	Team Skadi Pre-Juvenile	4	16:19	16:49	22	16:59	17:22	17:24	-	17:31	17:51
4	Team Le Soleil B	1	16:26	16:56	13	17:06	17:29	17:31	-	17:38	17:58
5	Ice Fire Pre-Juvenile	2	16:33	17:03	12	17:13	17:36	17:38	-	17:45	18:05
	<i>Ice Resurfacing</i>							17:45	-	18:00	
<b>Junior Short Program</b>											
			Warm-up			Dressing room		Ice			
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out
1	Ice Fire Junior	4	16:55	17:25	8	17:35	17:58	18:00	-	18:08	18:28
2	Team Le Soleil	1	17:03	17:33	11	17:43	18:06	18:08	-	18:16	18:36
<b>Klasa srebrna (Juvenile) Free Skating</b>											
			Warm-up			Dressing room		Ice			
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out
1	Ice Crystals	2	17:11	17:41	26	17:51	18:14	18:16	-	18:23	18:43
2	Team Le Soleil	3	17:18	17:48	13	17:58	18:21	18:23	-	18:30	18:50
	<i>Ice Resurfacing</i>							18:30	-	18:45	
<b>Adult - Free Skating</b>											
			Warm-up			Dressing room		Ice			
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out
1	Team Skadi Adult	3	17:40	18:10	22	18:20	18:43	18:45	-	18:52	19:12
2	Ice Fire Adult A	4	17:47	18:17	12	18:27	18:50	18:52	-	18:59	19:19
3	Team Le Soleil	1	17:54	18:24	11	18:34	18:57	18:59	-	19:06	19:26
4	Ice Crystals	2	18:01	18:31	26	18:41	19:04	19:06	-	19:13	19:33
	<i>Ice Resurfacing</i>							19:13	-	19:28	
<b>Senior Short Program</b>											
			Warm-up			Dressing room		Ice			
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out
1	Ice Fire Senior	4	18:23	18:53	8	19:03	19:26	19:28	-	19:36	19:56
	Victory Ceremony							19:50			

**MISTRZOSTWA POLSKI 2025**  
**W ŁYŻWIARSTWIE SYNCHRONICZNYM**  
**ZGIERZ, 20-21.12.2024**

**TIME SCHEDULE**  
**Saturday, 21.12.2024**  
**PRACTICES**

	<i>Ice Resurfacing</i>							9:30	-	9:45	
<b>Junior Free Skating</b>											
			Warm-up			Dressing room		Ice			
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out
1	Junior I	1	8:43	9:13		9:21	9:43	9:45	-	9:56	10:16
2	Junior II	2	8:55	9:25		9:32	9:54	9:56	-	10:07	10:27
<b>Novice Basic- Free Skating</b>											
1	Team Le Soleil	3	9:05	9:35	13	9:43	10:05	10:07	-	10:17	10:37
2	Ice Crystals	4	9:15	9:45	26	9:53	10:15	10:17	-	10:27	10:47
3	Team Skadi Basic Novice	1	9:25	9:55	22	10:03	10:25	10:27	-	10:37	10:57
	<i>Ice Resurfacing</i>							10:37	-	10:52	
<b>Mixed Age - Free Skating</b>											
			Warm-up			Dressing room		Ice			
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out
1	Ice Fire Mixed Age	2	9:50	10:20	12	10:28	10:50	10:52	-	11:03	11:23
2	Team Le Soleil	3	10:01	10:31	11	10:39	11:01	11:03	-	11:14	11:34
3	Ice Fire Mixed Age Young	4	10:12	10:42	8	10:50	11:12	11:14	-	11:25	11:45
4	Team Skadi Mixed Age	1	10:23	10:53	22	11:01	11:23	11:25	-	11:36	11:56
	<i>Ice Resurfacing</i>							11:36	-	11:51	
<b>Junior Mt (Advanced Novice) Free Skating</b>											
			Warm-up			Dressing room		Ice			
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out
1	Ice Fire Novice	3	10:49	11:19	12	11:27	11:49	11:51	-	12:01	12:21
<b>Junior B Free Skating</b>											
			Warm-up			Dressing room		Ice			
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out
1	Ice Dancing Flames	4	10:59	11:29	27	11:37	11:59	12:01	-	12:12	12:32
<b>Senior Free Skating</b>											
			Warm-up			Dressing room		Ice			
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out
1	Ice Fire Senior	1	11:10	11:40	8	11:48	12:10	12:12	-	12:24	12:44
	<i>Ice Resurfacing</i>							13:09	-	13:24	

**MISTRZOSTWA POLSKI 2025  
W ŁYŻWIARSTWIE SYNCHRONICZNYM  
ZGIERZ, 20-21.12.2024**

**TIME SCHEDULE  
Saturday, 21.12.2024  
COMPETITION**

	<i>Ice Resurfacing</i>							13:09	-	13:24	
<b>Junior Free Skating</b>											
			Warm-up			Dressing room		Ice			
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out
1	Junior I	2	12:19	12:49		12:59	13:22	13:24	-	13:32	13:52
2	Junior II	3	12:27	12:57		13:07	13:30	13:32	-	13:40	14:00
<b>Novice Basic- Free Skating</b>											
1	Team Le Soleil	4	12:35	13:05	13	13:15	13:38	13:40	-	13:47	14:07
2	Ice Crystals	1	12:45	13:15	26	13:25	13:47	13:47	-	13:54	14:14
3	Team Skadi Basic Novice	2	12:55	13:25	22	13:35	13:57	13:54	-	14:01	14:21
	<i>Ice Resurfacing</i>							14:01	-	14:16	
<b>Mixed Age - Free Skating</b>											
			Warm-up			Dressing room		Ice			
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out
1	Ice Fire Mixed Age	3	13:11	13:41	12	13:51	14:14	14:16	-	14:23	14:43
2	Team Le Soleil	4	13:18	13:48	11	13:58	14:20	14:23	-	14:30	14:50
3	Ice Fire Mixed Age Young	1	13:25	13:55	8	14:05	14:27	14:30	-	14:37	14:57
4	Team Skadi Mixed Age	2	13:32	14:02	22	14:12	14:34	14:37	-	14:44	15:04
	<i>Ice Resurfacing</i>							14:44	-	14:59	
<b>Junior Mł (Advanced Novice) Free Skating</b>											
			Warm-up			Dressing room		Ice			
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out
1	Ice Fire Novice	4	13:54	14:24	12	14:34	14:57	14:59	-	15:06	15:26
<b>Junior B Free Skating</b>											
			Warm-up			Dressing room		Ice			
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out
1	Ice Dancing Flames	1	14:01	14:31	27	14:41	15:04	15:06	-	15:14	15:34
<b>Senior Free Skating</b>											
			Warm-up			Dressing room		Ice			
#	Team's Name	#	Start	End	#	Start	To Ice	on	-	off	Out
1	Ice Fire Senior	2	14:09	14:39	8	14:49	15:12	15:14	-	15:23	15:43
	Victory Ceremony							15:40			
	Round Table Discussion							16:40			