

III. SCHEDULES

Practice Schedule – Friday, January 22

Each team practices on each sheet of ice for 10 minutes and then rotates to the right.

The following grid identifies the sheet of ice where **you will begin** your practice session.

Time	RBC ARENA					MOLSON ARENA				
	A	B	C	D	E	F	G	H	I	J
9:00 am	NS	NS	NB	NB	PE	PE	NO	NO	QC	QC
9:50 am	ice maintenance					ice maintenance				
10:30 am	PE	NO	NO	QC	QC	NS	NS	NB	NB	PE
12:00 pm	SK	SK	AB	AB	MB	MB	NU	NU	YT	YT
12:50 pm	ice maintenance					ice maintenance				
1:30 pm	MB	NU	NU	YT	YT	SK	SK	AB	AB	MB
3:00 pm	BC	BC	NL	NL		ON	ON	NT	NT	
3:50 pm	ice maintenance					ice maintenance				
4:30 pm	ON	ON	NT	NT		BC	BC	NL	NL	
5:20 pm	Alternates practice					no practice				

Blue indicates men & Yellow indicates women