

2021 Northeast, Eastern and Southeast Regions National Practice Schedule

Figure Practice:

During the designated figure practice on the **Official Floor Figure Skaters MUST STAY** on the official figure circles and loops.
 During the designated figure practice on the **Practice Floor Figure Skaters MUST STAY** on the circles next to the loops.
 This will keep 1/2 of the floor open for Dance, Freestyle and Creative skaters to get a practice.

Dance Practice:

Music will be played in the order of the order in which the events compete.
 If there are a lot of dance skaters at a practice it may become necessary to limit or restrict other disciplines from practicing.

Freestyle and Creative Practice:

Routines will be played in the order in which the events compete.
 If there are a lot of skaters at a practice it may become necessary to limit or restrict other disciplines from practicing.
 Loop skaters can practice loops during this time provided they give way to the skaters doing their routines.
 If events are running on the official floor routine music may not be able to be played.

Open Practice:

These practices are for everyone with equal floor rights as described below.

Date	Day	Practice Times	
7/20/21	Tuesday	Open Practice 5:00 to 5:30 PM Dance has right of way 5:30 to 6:00 PM Freestyle & Creative has right of way 7:00 to 7:30 PM Figures has right of way	Practice Floor Practice Floor Practice Floor
7/21/21	Wednesday	Open Practice 11:00 to 11:30 AM Dance has right of way 11:30 AM to 12:00 PM Figures has right of way 7:30 to 8:00 PM Freestyle & Creative has right of way	Practice Floor Practice Floor Practice Floor
7/22/21	Thursday	Open Practice 5:00 to 5:30 PM Dance has right of way 5:30 to 6:00 PM Freestyle & Creative has right of way 7:00 to 7:30 PM Figures has right of way	Practice Floor Practice Floor Practice Floor
7/23/21	Friday	Open Practice 6:00 to 6:30 AM Figures has right of way 6:30 to 7:00 AM Dance has right of way 6:30 to 7:00 PM Freestyle & Creative has right of way	Official Floor Official Floor Practice Floor
7/24/21	Saturday	Open Practice 7:00 to 7:30 PM Freestyle & Creative has right of way 10:00 to 10:30 PM Figures has right of way 10:30 to 11:00 PM Dance has right of way	Practice Floor Official Floor Official Floor
7/25/21	Sunday	Open Practice 5:00 to 5:30 PM Freestyle & Creative has right of way 5:30 to 6:00 PM Dance has right of way 6:00 to 6:30 PM Figures has right of way	Practice Floor Practice Floor Practice Floor
7/26/21	Monday	Open Practice 11:00 to 11:30 AM Freestyle & Creative has right of way 11:30 AM to 12:00 PM Dance has right of way 7:00 to 7:30 PM Figures has right of way	Practice Floor Practice Floor Practice Floor
7/27/21	Tuesday	Open Practice 5:00 to 5:30 PM Dance has right of way 5:30 to 6:00 PM Freestyle & Creative has right of way 8:30 to 9:00 PM Figures has right of way	Practice Floor Practice Floor Practice Floor
7/28/21	Wednesday	Open Practice 10:30 to 11:00 AM Dance has right of way 11:00 to 11:30 AM Freestyle & Creative has right of way 11:30 AM to 12:00 PM Figures has right of way	Practice Floor Practice Floor Practice Floor
7/29/21	Thursday	Open Practice 10:30 to 11:00 AM Dance has right of way 11:00 to 11:30 AM Freestyle & Creative has right of way 11:30 AM to 12:00 PM Figures has right of way	Practice Floor Practice Floor Practice Floor
7/30/21	Friday	Open Practice 10:30 to 11:00 AM Freestyle & Creative has right of way 11:00 to 11:30 AM Dance has right of way 11:30 AM to 12:00 PM Figures has right of way	Practice Floor Practice Floor Practice Floor
7/31/21	Saturday	Open Practice 5:00 to 5:30 PM Freestyle & Creative has right of way 5:30 to 6:00 PM Dance has right of way 8:00 to 8:30 PM Figures has right of way	Practice Floor Practice Floor Practice Floor
8/1/21	Sunday	Open Practice 5:00 to 5:30 PM Freestyle & Creative has right of way 5:30 to 6:00 PM Dance has right of way	Practice Floor Practice Floor Practice Floor
8/2/21	Monday	No Practice	Practice Floor Practice Floor Practice Floor