Skate NL

2026 Skate NL Sectionals/Kaetlyn Osmond Invitational

Friday, November 27th, 2026				
Time	**Category**	**#**	**warm-up time**	**Length**
9:45-10:00	**FLOOD**			
10:00-10:40	STAR 5 Girls U10	1	4mins 2 warm-ups	40mins
	STAR 4 Girls U10	8		
10:40-11:05	Special Olympics Level 3 Men	1	4 mins	25mins
	Special Olympics Level 3 Women	1		
	Special Olympics Level 4 Women	2		
11:05-11:20	**FLOOD**			
11:20-11:45	Novice Dance - Pattern Dance	3	3mins x 2	25mins
11:45-12:10	Novice Solo Dance - Pattern Dance	3	3mins x 2	25mins
12:10-12:25	Juvenile Dance - Pattern Dance	1	3mins x 2	15mins
12:25-12:45	Pre-Juvenile Dance - Pattern Dance	2	3mins x 2	20mins
12:45-1:10	STAR 6/7 Dance - Pattern Dance	3	3mins x 2	25mins
1:10-1:25	STAR 4/5 Dance - Pattern Dance	2	3mins x 2	15mins
1:25-1:40	**FLOOD**			
1:40-2:30	Pre-Novice Women Short	7	5mins 2 warm-ups	50mins
	Pre-Novice Men Short	1		
2:30-3:10	Novice Women Short	5	5mins	40mins
	Novice Men Short	1		
3:10-3:25	**FLOOD**			
3:25-4:05	Gold Women Short	5	5mins	40 mins
	Gold Men Short	1		
4:05-5:45	STAR 7 Women 14&Over	16	5mins 3 warm-ups	100mins
5:45-6:00	**FLOOD**			
6:00-7:10	STAR 7 Women U14	11	5mins 2 warm-ups	70mins
7:10-8:05	STAR 9 Women	11	5mins 2 warm-ups	55mins
8:05pm	**End of Friday Competition**			

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Saturday, November 28th, 2026				
9:15-9:30	**FLOOD**			
9:30-10:15	Pre-Juvenile Women U11	8	5mins 2 warm-ups	45mins
10:15-11:40	Pre-Juvenile Women U13	13	5mins 3 warm-ups	85mins
	Pre-Juvenile Men U13	1		
11:40-11:55	**FLOOD**			
11:55-12:05	Juvenile Dance - Free Dance	1	5mins	10 mins
12:05-12:30	Novice Dance - Free Dance	3	5mins	25 mins
12:30-12:55	Novice Solo Dance - Free Dance	3	5mins	25 mins
12:55-1:10	Juvenile Women U12	2	5mins	15 mins
1:10-40	Juvenile Women U14	4	5mins	30mins
1:40-1:55	**FLOOD**			
1:55-2:55	Pre-Novice Women Free	7	5mins 2 warm-ups	60mins
	Pre-Novice Men Free	1		
2:55-3:40	Novice Women Free	5	5 mins	45mins
	Novice Men Free	1		
3:40-3:55	**FLOOD**			
3:55-4:45	Gold Men	2	5mins 2 warm-ups	50 mins
	Gold Women	5		
4:45-6:25	STAR 6 Women	18	5mins 3 warm-ups	100 mins
6:25-6:40	**FLOOD**			
6:40-7:45	STAR 8 Women	10	5mins 2 warm-ups	65mins
7:45-8:25	STAR 10 Women	6	5mins	40mins
8:25pm	**End of Saturday Competition**			