





**2008/2009 Israeli National Championships**  
**Schedule of Competitions and Practices**  
**December 18-20, 2008**

	דצמבר-16	דצמבר-17	דצמבר-18	דצמבר-19	דצמבר-20
	06:15 06:15-07:00 (45') Novice	06:15 06:15-07:00 (45') Novice	06:15 06:15-07:00 (45') Novice		
	07:00 07:15-08:00 (60') Junior Girls & Boys / Ladies&Men	07:00 07:15-08:00 (60') Junior Girls & Boys / Ladies&Men	07:00 07:15-08:00 (60') Junior Girls & Boys / Ladies&Men	07:00 07:00-08:00 (60') Junior Girls & Boys / Ladies&Men	07:00 07:00-08:00 (60') Novice Junior Girls & Boys / Ladies&Men
	08:00 Junior Girls & Boys /Ladies & Men	08:00 Junior Girls & Boys /Ladies & Men	08:00 Junior Girls & Boys /Ladies & Men	08:00 Junior Girls & Boys /Ladies & Men	08:00 Novice Junior Girls & Boys /Ladies & Men
	Zamboni	Zamboni	Zamboni	Zamboni	Zamboni
	08:15 08:15-09:00 (45') Dance	08:15 08:15-09:00 (45') Dance	08:15 08:15-09:00 (45') Dance	08:15 08:15-09:00 (45') Dance	08:15 08:15-09:00 (45') Dance
	09:00 09:00-09:45 (45') Pairs	09:00 09:00-09:45 (45') Pairs	09:00 09:00-09:45 (45') Pairs	09:00 09:00-09:45 (45') Pairs	09:00 09:00-09:45 (45') Pairs
	16:00			16:00 16:00-17:00 (60') Novice Free	
	17:00 Draw			17:00 Novice Free	17:00
	17:15 17:15-18:00 (45') Junior Girls & Boys / Ladies&Men	17:15 17:15-17:45 (30') Compulsory Dance	17:00 17:00-17:30 (30') Junior/Senior Ladies Free	17:00 17:00-17:30 (30') Junior/Senior Ladies Free	18:00 <b>GALA</b>
	18:00 Junior Girls & Boys /Ladies & Men	17:45	17:30 17:30-18:00 (30') Junior/Senior Men Free	17:30 17:30-18:00 (30') Junior/Senior Men Free	
	Zamboni	17:45	18:00 18:00-18:30 (30') Pairs Free	18:00 18:00-18:30 (30') Pairs Free	
	18:15 18:15-19:00 (45') Dance		17:45-19:00 (75') Small Skaters	18:30 18:30-19:00 (30') Zamboni	19:00 Banquet
20:00	All Skaters who arrived	19:00 19:00-19:45 (45') Pairs	19:00 19:00-20:00 (60') Novice Short Program	18:45 18:45-19:15 (30') Free Dance	
			20:00 Zamboni	19:15 Award Ceremony	
			20:15 20:15-20:45 (30') Junior/Senior Ladies Short		
			20:45 20:45-21:15 (30') Junior/Senior Men Short		
			21:15 21:15-21:45 (30') Pairs Short		
		Zamboni			
		22:00 22:00-22:30 (30') Original Dance			
		22:30			

 Practices-Junior Girls & Boys / Ladies & Men  
 Practices - Dance  
 Practices - Pairs  
 Practices - Novice

Practices - NOVICE  
 דצמבר-11 20:30-22:30  
 דצמבר-12 18:30-20:15  
 דצמבר-13 08:00-10:00  
 דצמבר-14 16:45-17:45 / 20:30-21:30  
 דצמבר-15 18:45-20:45  
 דצמבר-16 16:45-17:45