



# Friday - Practice Schedule

## Practice Block 1

Practice Time: 10:00 to 10:30

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	JPMCDBFF Polar Bears
A	2	Paddlers Without Borders Women
A	3	Samurai of Green Gables
A	4	Philly Wild Things
A	5	Oakville Dragonflies

## Practice Block 2

Practice Time: 10:30 to 11:00

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	JPMCDBFF Ice Penguins
A	2	Paddlers Without Borders Mixed
A	3	Philadelphia Flying Phoenix
A	4	Dragon Zone Fire Dragons

## Practice Block 3

Practice Time: 11:00 to 11:30

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Dragon Boat Barrie - Mixed Barries
A	2	Rusty Dragons - Rusty Belles
A	3	Ice Dragon Boat Federation of India
A	4	ARMENIAN DRAGON BOAT FEDERATION
A	5	Welch Winter Whales



# Friday - Practice Schedule

## Practice Block 4

Practice Time: 11:30 to 12:00

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Morgan Stanley Sea Warriors
A	2	Rusty Dragons - Barracudas
A	3	Rowers on Ice
A	4	Raging Dragons of Chatham-Kent
A	5	Todd River Paddling Club
A	6	Vacant
A	7	Persia

## Practice Block 5

Practice Time: 12:00 to 12:30

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Bearded Dragons
A	2	Rusty Dragons - Pink Ice
A	3	Girls in the Hood
A	4	The Paddlin' Hellfish
A	5	Polar Pandas
A	6	Momoist TOWOE
A	7	Persian Cats

## Practice Block 6

Practice Time: 12:30 to 1:00

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Bytown Ice Rockets
A	2	Ryerson Rams
A	3	My Favourite Team
A	4	Pink Force
A	5	Woodstock Wave
A	6	Bytown Ice Storm
A	7	Ottawa Beijing Association



## Friday - Practice Schedule

### Practice Block 7

Practice Time: 1:00 to 1:30

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	ODM Mixed SrB
A	2	Ryerson Rams 2
A	3	Something's on fire
A	4	Coulee Classic Ice Dragons
A	5	Woodstock Whitecaps
A	6	DRS Dragons
A	7	Lucky Iceholes

### Practice Block 8

Practice Time: 1:30 to 2:00

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	The Confused Dragon
A	2	West Island Dragons
A	3	Panaceaa Ice
A	4	Deep and Delicious Carleton Dragon Boat
A	5	US Scalliwags
A	6	Chinatown Snowboat
A	7	22Dragons - Ice Capades

### Practice Block 9

Practice Time: 2:00 to 2:30

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Frozen Damsels 1
A	2	RBC Comets
A	3	Keep Calm and DragON
A	4	Love Machine
A	5	US Scalliwags
A	6	Bell Vikings
A	7	Chicks with Sticks - Blizzard



# Friday - Practice Schedule

## Practice Block 10

Practice Time: **2:30 to 3:00**

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Fabulous Ice Dragonettes
A	2	RBC Comets Women
A	3	Keep Cool and DragON
A	4	License to Chill
A	5	Ice Dragons
A	6	Chicks Ahoy
A	7	Chicks with Sticks - Storm

## Practice Block 11

Practice Time: **3:00 to 3:20**

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Phenomenal Dragons
A	2	Dragon Fierce
A	3	22Dragons
A	4	Waterborne Pathogens
A	5	Quick Rogues
A	6	Vacant
A	7	The Swamplilies

## Practice Block 12

Practice Time: **3:20 to 3:40**

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Blades of Fury
A	2	Paddle Like a Mother
A	3	Qmed Stroke Unit
A	4	Hurricanes
A	5	Cold as Ice
A	6	Boulevard Blazers'
A	7	Kingston Dragons



# Friday - Practice Schedule

## Practice Block 13

Practice Time: 3:40 to 4:00

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Flaming Dragons
A	2	ORC wRECeckers
A	3	ZEC Powerhouse
A	4	Frozen Damsels 2
A	5	HEAT on Ice
A	6	Vermont Fire
A	7	Out for a Paddle

## Practice Block 14

Practice Time: 4:00 to 4:20

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Gilda's Dragons
A	2	Fleet of Foote Lightning
A	3	Fleet of Foote Vikings
A	4	Fleetin Oars
A	5	SpICED
A	6	Pink Sensations
A	7	Haihe Dragon

## Practice Block 15

Practice Time: 4:20 to 4:40

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Ice Ice Baby
A	2	Newfoundland Puffins
A	3	GTB
A	4	Busch Buccaneers - Paddles of Fury
A	5	Wakebusters
A	6	Miller Magic
A	7	Frontline Condo Dragonfly Red



# Friday - Practice Schedule

Practice Block 16

Practice Time: 4:40 to 5:00

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	The RACE Team
A	2	TRPC Mixed
A	3	TRPC women
A	4	The Jackie Frosts
A	5	Chicco Optical Dragonfly Blue
A	6	Sinai Lightning
A	7	People in a Boat