



Friday - Practice Schedule

Block A Practice 1

Practice Time: 12:00 to 12:30

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Girls On Fire
A	2	Ottawa Shieldmaidens
A	3	Rusty Dragons - Angels
A	4	Rusty Dragons - Barracudas
A	5	Rusty Dragons - Motley Crew
A	6	Where's Fay???
A	7	Snowboat
A	8	Titans

Block A Practice 2

Practice Time: 12:30 to 1:00

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Dragon this boat
A	2	Extras
A	3	Rusty Dragons - Liberty Waves
A	4	HITB on Ice
A	5	Sea Warriors
A	6	KLM Blue Dragons
A	7	Oakville Dragonflies
A	8	Oakville Iceflies

Block A Practice 3

Practice Time: 1:00 to 1:30

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Vacant
A	2	Vacant
A	3	Vacant
A	4	One Dragon
A	5	People in a Boat
A	6	Carleton Ravens Black
A	7	Vacant
A	8	Vacant



Friday - Practice Schedule

Block A Practice 4

Practice Time: 1:30 to 2:00

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Vacant
A	2	Woodstock Wave
A	3	Vacant
A	4	Vacant
A	5	Vacant
A	6	Carleton Ravens Red
A	7	Vacant
A	8	Vacant

Block A Practice 5

Practice Time: 2:00 to 2:30

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Vacant
A	2	Woodstock Whitecaps
A	3	Vacant
A	4	Vacant
A	5	Vacant
A	6	Carleton Ravens White
A	7	Vacant
A	8	Vacant

Block A Practice 6

Practice Time: 2:30 to 3:00

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Vacant
A	2	CNS FeiLong
A	3	Vacant
A	4	Vacant
A	5	Vacant
A	6	HMCS CARLETON
A	7	RBC Comets
A	8	Vacant



Friday - Practice Schedule

Block B Practice 7

Practice Time: 3:00 to 3:20

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Dirty Oars on Ice
A	2	HEAT on Ice
A	3	Ice Whiners - Mixed
A	4	Ice Whiners - Women
A	5	Vacant
A	6	Modern Niagara Rocks and Rows
A	7	The Fast and the Flurry-est
A	8	Thunder

Block B Practice 8

Practice Time: 3:20 to 3:40

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Ithaca Ice Dragons
A	2	Jade on ice
A	3	Paddle Demons - Hell Freezing Over
A	4	Ritz Dragons
A	5	💣 TNT 💣
A	6	Vacant
A	7	Warriors of Hope
A	8	Warriors of Hope & Supporters

Block B Practice 9

Practice Time: 3:40 to 4:00

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	BC Luna Realty JingJing -Tiger
A	2	Ice Burn Dragons
A	3	Panaceaa Ice
A	4	Scugog Dragon Boat Club
A	5	Dragon Fierce
A	6	LUCKY ICEHOLES
A	7	Kingston Dragonflyers Club
A	8	Chestmates Kingston



Friday - Practice Schedule

Block B Practice 10

Practice Time: 4:00 to 4:20

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Boo's Crew
A	2	Chicks with Sticks - Storm
A	3	Dragon Boat Barrie - Mixed Barries
A	4	Fleet of Foote Jetsam
A	5	Flotsam
A	6	My Favourite Team
A	7	Philly Phoenix Ice
A	8	The Boulevard Blazers'

Block B Practice 11

Practice Time: 4:20 to 4:40

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	BC Luna Realty JingJing - Lion
A	2	Bearded Dragons
A	3	Blades of Fury
A	4	GTB Girls ❄️
A	5	Miller Magic
A	6	Philly Wild Things
A	7	uOMed Hemorrhagic Strokes
A	8	Wakebusters

Block B Practice 12

Practice Time: 4:40 to 5:00

<i>Start Area</i>	<i>Lane</i>	<i>Team Name</i>
A	1	Dragon Wings
A	2	Flaming Dragons on Ice
A	3	Out for a Paddle
A	4	GTB ❄️
A	5	Rowers on Ice
A	6	West Island Dragons
A	7	UOMed Ischemic Strokes
A	8	Water Bugs