

**Cape Inter-Provincial 2007**  
**Practice Schedule: Friday 11<sup>th</sup> May 2007:**

**ONE MUSIC PLAY ONLY Be ready for your turn**

**06:00 – 07:30 WP: (Group 1)**

10 minutes general warm-up, immediately followed by;

Short Programs : (Group 1)

Jemma Eagar	Pre Nov	WP	
Tine-Marie Greeff	Pre Nov	WP	
Michela Maselli	Pre Nov	WP	
Jamie-Tatum Roebeck	Pre Nov	WP	
Rene Rosser	Pre Nov	WP	
Joshua Cilliers	Pre Nov	WP	
Matthew Samuels	Pre Nov	WP	
Ancio van Tonder	Pre Nov	WP	
Nicole Bessick	Nov Girls	WP	
Gretel Engelbrecht	Nov Girls	WP	
Lauren Golden	Nov Girls	WP	
Caroline Johnston	Nov Girls	WP	
Ziyadah Shaboodien	Nov Girls	WP	= 15

**Free Skating Program:**

Michiala Goliath	Juv Girls	WP	
Courtney Kuhn	Juv Girls	WP	
Jemma Eagar	Pre Nov	WP	
Tine-Marie Greeff	Pre Nov	WP	
Michela Maselli	Pre Nov	WP	
Jamie-Tatum Roebeck	Pre Nov	WP	
Rene Rosser	Pre Nov	WP	
Joshua Cilliers	Pre Nov	WP	
Matthew Samuels	Pre Nov	WP	
Ancio van Tonder	Pre Nov	WP	
Nicole Bessick	Nov Girls	WP	
Gretel Engelbrecht	Nov Girls	WP	
Lauren Golden	Nov Girls	WP	
Caroline Johnston	Nov Girls	WP	
Ziyadah Shaboodien	Nov Girls	WP	= 15

**07:30-08:45 (Group 2)**

10 min general warm-up followed by:

Short program

Wesley Horsman	Nov Boys	WP	
Michael Johnston	Nov Boys	WP	
Megan Allely	Jun Ladies	WP	
Tamryn Blomerus	Jun Ladies	WP	
Kim Falconer	Jun Ladies	WP	
Helen Laurie	Jun Ladies	WP	
Talitha Loftus	Jun Ladies	WP	
Cornel Mostert	Jun Men	WP	
Abigail Pietersen	Sen Ladies	WP	
Keagan Cafun	Sen Men	WP	
Justin Pietersen	Sen Men	WP	= 11

Free skating Program

Wesley Horsman	Nov Boys	WP	
Michael Johnston	Nov Boys	WP	
Megan Allely	Jun Ladies	WP	
Tamryn Blomerus	Jun Ladies	WP	
Kim Falconer	Jun Ladies	WP	
Helen Laurie	Jun Ladies	WP	
Talitha Loftus	Jun Ladies	WP	
Cornel Mostert	Jun Men	WP	
Abigail Pietersen	Sen Ladies	WP	
Keagan Cafun	Sen Men	WP	
Justin Pietersen	Sen Men	WP	= 11

**08:45 – 09:00**

**resurface**

**09:00 – 10:00: (Group 3)** CG + KZN National.

10 Min general warm-up followed by:

Short programs

Philippa Godson	Pre Nov	KZN	
Shannon Wood	Pre Nov	KZN	
Tamarah Jacobs	Nov Girls	KZN	
Nikita Pillay	Jun Ladies	KZN	
Michelle Trevethan	Jun Ladies	KZN	
Jessica Skinner	Nov Girls	CG	
Siobhan McColl	Jun Ladies	CG	= 7

Free Skating programs:

Julia Durant	Juv Girls	KZN	
Lara Valenti	Juv Girls	KZN	
Kathryn Winstanley	Juv Girls	KZN	
Philippa Godson	Pre Nov	KZN	
Shannon Wood	Pre Nov	KZN	
Tamarah Jacobs	Nov Girls	KZN	
Nikita Pillay	Jun Ladies	KZN	
Michelle Trevethan	Jun Ladies	KZN	
Jessica Skinner	Nov Girls	CG	
Siobhan McColl	Jun Ladies	CG	= 10

**10:00 – 11:00 (Group 4 CG + KZN non national)**

10 min warm-up followed by:

**Free skating only Music played once only:**

Jennifer Li	Pre nn girls	CG
Tiaan Bessinger	Pre nn boys	CG
Ntsiki Khuzwayo	Pre nn lady	CG
Jessica Haefele	Bronze nn G	CG
Johdettke Bezuidenhout	Sil nn Girls	CG
Nicole Goldie	Sil nn lady	CG
Coral Lee Searle	Sil nn lady	CG
Jamie Lee Meyers	Pre nn girls	KZN
Kaylee Muller	Pre nn girls	KZN
Cyan Clay Smith	Pre nn girls	KZN
Sarah Druce	Pre nn lady	KZN
Anna Ballantine	Bron nn girls	KZN
Emily van Rooyen	Bron nn girls	KZN
Gina Cossavelle	Bron nn girls	KZN
Jenna Fielding	Bron nn lady	KZN
Amy Smith	Silv nn lady	KZN
Lynndene Raymond	Sil nn lady	KZN
Jeannette Coetzee	Sil nn lady	KZN
Benjamin Klein	Sil nn man	KZN

**11:00 – 11:15****Resurface****11:15 – 12:30 (Group 5) GN National**

10 min general warm-up; followed by:

Short programs:

Soleil Grobler	Pre Nov Girl	GN
Crystal Liebenberg	Pre Nov Girl	GN
Meredith Potgieter	Pre Nov Girl	GN
Victoria Sailor	Pre Nov Girl	GN
Nadia Geldenhuys	Nov Girl	GN
Heinrich van Rooyen	Nov boy	GN
Lejeanne Marais	Jun lady	GN
Konrad Giering	Sen man	GN = 8

Free skating programs:

Alicia Gerber	Juv Girls	GN
Angelica Nortje	Juv Girls	GN
Shanon Strydom	Juv Girls	GN
Soleil Grobler	Pre Nov Girl	GN
Crystal Liebenberg	Pre Nov Girl	GN
Meredith Potgieter	Pre Nov Girl	GN
Victoria Sailor	Pre Nov Girl	GN
Nadia Geldenhuys	Nov Girl	GN
Heinrich van Rooyen	Nov boy	GN
Lejeanne Marais	Jun lady	GN
Konrad Giering	Sen man	GN = 11

**12:30-13:30 (Group 6) Dance music to be played once**

10 min general warm-up

**Bronze non national dance**

**Comp 1: Fourteen step:**

Kelly Ann Cameron / Gary van der Merwe CG

**Junior Dance**

**Comp 1: Starlight Waltz**

Tamsyn Scoble / Quiesto Spieringshoek WP

**Bronze non national dance**

**Comp 2: Foxtrot**

Kelly Ann Cameron / Gary van der Merwe CG

**Junior Dance**

**Comp 2: Silver Samba**

Tamsyn Scoble / Quiesto Spieringshoek WP

Divide up rest of time / warmup then

**Junior Dance: Original Dance**

Tamsyn Scoble / Quiesto Spieringshoek WP

Warmup then

**Junior Dance: Free Dance**

Tamsyn Scoble / Quiesto Spieringshoek WP

**13:15-14:00 (Group 7) (WP non nationals)**

**5 min general warm-up**

Free skating program only:

Robyn Cox	WP
Nicole Johnson	WP
Tamsin Meterlerkamp	WP
Johann Wilkinson	WP
Chloe Eden	WP
Kristin Ehrenreich	WP
Zara Haydricks	WP
Roxanne Marrow	WP
Shannon Valentine	WP
Nikita van de Velde	WP
Nikita Benade	WP
Ceilidha Speirs	WP
Alicia Benade	WP
Nadege Benoit	WP = 14

**16:45 – 17:15**

Group 8 30 min (Junior Synchro)

Group 9 30 min (Senior Synchro)