

Palace at Carolina Ice Palace

Monthly Calendar For July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 6a-7:30a Freestyle Low/Med	4	5 6a-7:30a Freestyle Low/Med	6	7 6a-7:30a Freestyle Low/Med	8
9	10 6a-7:30a Freestyle Low/Med	11	12 6a-7:30a Freestyle Low/Med	13	14 6a-7:30a Freestyle Low/Med	15
16	17 6a-7:30a Freestyle Low/Med	18	19 6a-7:30a Freestyle Low/Med	20	21 6a-7:30a Freestyle Low/Med 3:30p-4:30p Freestyle 4:30p-5:30p Freestyle	22 7:15a-8:15a Freestyle 8:15a-9:15a Freestyle 9:30a-10:30a Freestyle
23	24 6a-7:30a Freestyle Low/Med	25	26 6a-7a Freestyle (High) 7:10a-8:10a Freestyle (High) 8:20a-9:20a Freestyle (High) 9:30a-10:30a Freestyle (Low) 10:40a-11:40a Freestyle (Low)	27	28	29
30	31 6a-7:30a Freestyle Low/Med					

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						1 7:15a-8:15a Freestyle 8:15a-9:15a Freestyle 9:30a-10:30a Freestyle
2 8:15a-9:15a Freestyle 9:15a-10:15a Freestyle	3 6a-6:30a Freestyle (High Class) 6:30a-7a Freestyle (High) 7a-7:30a Freestyle (High) 7:30a-8a Freestyle (High) 8a-8:30a Freestyle (High) 8:45a-9:15a Freestyle (Med/High) 9:15a-9:45a Freestyle (Med) 9:45a-10:15a Freestyle (Med/Low) 10:15a-10:45a Freestyle (Med/Low) 11a-11:30a Freestyle (Med Class) 11:30a-12p Freestyle (Low Class) 12p-12:30p Freestyle (Low) 12:30p-1p Freestyle (Low) 2:45p-3:45p Freestyle 3:45p-4:45p Freestyle 4:45p-5:45p Freestyle	4	5 6a-6:30a Freestyle (High Class) 6:30a-7a Freestyle (High) 7a-7:30a Freestyle (High) 7:30a-8a Freestyle (High) 8a-8:30a Freestyle (High) 8:45a-9:15a Freestyle (Med/High) 9:15a-9:45a Freestyle (Med) 9:45a-10:15a Freestyle (Med/Low) 10:15a-10:45a Freestyle (Med/Low) 11a-11:30a Freestyle (Low Class) 11:30a-12p Freestyle (Low) 12p-1p Freestyle (H/M Exhib) 3:30p-4:30p Freestyle 4:30p-5:30p Freestyle	6 6a-6:30a Freestyle (High Class) 6:30a-7a Freestyle (High) 7a-7:30a Freestyle (High) 7:30a-8a Freestyle (High) 8a-8:30a Freestyle (High) 8:45a-9:15a Freestyle (Med/High) 9:15a-9:45a Freestyle (Med) 9:45a-10:15a Freestyle (Med/Low) 10:15a-10:45a Freestyle (Med/Low) 11a-11:30a Freestyle (Med Class) 11:30a-12p Freestyle (Low Class) 12p-12:30p Freestyle (Low) 12:30p-1p Freestyle (Low) 3:30p-4:30p Freestyle 4:30p-5:30p Freestyle	7 6a-6:30a Freestyle (High Class) 6:30a-7a Freestyle (High) 7a-7:30a Freestyle (High) 7:30a-8a Freestyle (High) 8a-8:30a Freestyle (High) 8:45a-9:15a Freestyle (Med/High) 9:15a-9:45a Freestyle (Med) 9:45a-10:15a Freestyle (Med/Low) 10:15a-10:45a Freestyle (Med/Low) 11a-11:30a Freestyle (Low) 11:30a-12p Freestyle (Low) 12p-1p Freestyle (Low Exhib) 3:30p-4:30p Freestyle 4:30p-5:30p Freestyle	8 7:15a-8:15a Freestyle 8:15a-9:15a Freestyle 9:30a-10:30a Freestyle
9 8:15a-9:15a Freestyle 9:15a-10:15a Freestyle	10 6a-6:30a Freestyle (High Class) 6:30a-7a Freestyle (High) 7a-7:30a Freestyle (High) 7:30a-8a Freestyle (High) 8a-8:30a Freestyle (High) 8:45a-9:15a Freestyle (Med/High) 9:15a-9:45a Freestyle (Med) 9:45a-10:15a Freestyle (Med/Low) 10:15a-10:45a Freestyle (Med/Low) 11a-11:30a Freestyle (Med Class) 11:30a-12p Freestyle (Low Class) 12p-12:30p Freestyle (Low) 12:30p-1p Freestyle (Low) 3:45p-4:45p Freestyle 4:45p-5:45p Freestyle	11 6a-6:30a Freestyle (High Class) 6:30a-7a Freestyle (High) 7a-7:30a Freestyle (High) 7:30a-8a Freestyle (High) 8a-8:30a Freestyle (High) 8:45a-9:15a Freestyle (Med/High) 9:15a-9:45a Freestyle (Med) 9:45a-10:15a Freestyle (Med/Low) 10:15a-10:45a Freestyle (Med/Low) 11a-11:30a Freestyle (Med Class) 11:30a-12p Freestyle (Low Class) 12p-12:30p Freestyle (Low) 12:30p-1p Freestyle (Low) 3:30p-4:30p Freestyle 4:30p-5:30p Freestyle	12 6a-6:30a Freestyle (High Class) 6:30a-7a Freestyle (High) 7a-7:30a Freestyle (High) 7:30a-8a Freestyle (High) 8a-8:30a Freestyle (High) 8:45a-9:15a Freestyle (Med/High) 9:15a-9:45a Freestyle (Med) 9:45a-10:15a Freestyle (Med/Low) 10:15a-10:45a Freestyle (Med/Low) 11a-11:30a Freestyle (Low Class) 11:30a-12p Freestyle (Low) 12p-1p Freestyle (H/M Exhib) 3:30p-4:30p Freestyle 4:30p-5:30p Freestyle	13 6a-6:30a Freestyle (High Class) 6:30a-7a Freestyle (High) 7a-7:30a Freestyle (High) 7:30a-8a Freestyle (High) 8a-8:30a Freestyle (High) 8:45a-9:15a Freestyle (Med/High) 9:15a-9:45a Freestyle (Med) 9:45a-10:15a Freestyle (Med/Low) 10:15a-10:45a Freestyle (Med/Low) 11a-11:30a Freestyle (Med Class) 11:30a-12p Freestyle (Low Class) 12p-12:30p Freestyle (Low) 12:30p-1p Freestyle (Low) 3:30p-4:30p Freestyle 4:30p-5:30p Freestyle	14 6a-6:30a Freestyle (High Class) 6:30a-7a Freestyle (High) 7a-7:30a Freestyle (High) 7:30a-8a Freestyle (High) 8a-8:30a Freestyle (High) 8:45a-9:15a Freestyle (Med/High) 9:15a-9:45a Freestyle (Med) 9:45a-10:15a Freestyle (Med/Low) 10:15a-10:45a Freestyle (Med/Low) 11a-11:30a Freestyle (Low) 11:30a-12p Freestyle (Low) 12p-1p Freestyle (Low Exhib) 3:30p-4:30p Freestyle 4:30p-5:30p Freestyle	15 7:15a-8:15a Freestyle 8:15a-9:15a Freestyle 9:30a-10:30a Freestyle

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23	24 6a-7a Freestyle (High) 7a-8a Freestyle (High) 8:15a-9:15a Freestyle (High) 9:15a-10:15a Freestyle (Low) 10:30a-11:30a Freestyle (Low) 11:30a-12:30p Freestyle (Low) 3:45p-4:45p Freestyle 4:45p-5:45p Freestyle	25 6a-7a Freestyle (High) 7a-8a Freestyle (High) 8:15a-9:15a Freestyle (High) 9:15a-10:15a Freestyle (Low) 10:30a-11:30a Freestyle (Low) 11:30a-12:30p Freestyle (Low) 1:15p-2:15p Freestyle 2:15p-3:15p Freestyle 3:30p-4:30p Freestyle 4:30p-5:30p Freestyle	26	27	28	29

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