

## ISU Adult Figure Skating Competition 2026

### Synchro Official Practice

Team	Warm Up					Dressing Room					OFFICIAL PRACTICE			Dressing Room		
<b>Team Cool Dreams Cyrstal</b>	<b>SUI</b>	Ballett Room	06:55	-	07:35	Yoga-Room	07:40	-	08:05	00:10	<b>08:05</b>	-	<b>08:15</b>	08:15	-	08:35
<b>Team Bauhinia</b>	<b>HKG</b>	Internat	07:05	-	07:45	Main Rink #1	07:50	-	08:15	00:10	<b>08:15</b>	-	<b>08:25</b>	08:25	-	08:45
<b>Team U.S. All-Star SYS Team</b>	<b>USA</b>	Practice Rink (left)	07:15	-	07:55	Practice Rink #1	08:00	-	08:25	00:10	<b>08:25</b>	-	<b>08:35</b>	08:35	-	08:55
<b>Team Starlight Diamonds</b>	<b>SUI</b>	Practice Rink (right)	07:25	-	08:05	Practice Rink #2	08:10	-	08:35	00:10	<b>08:35</b>	-	<b>08:45</b>	08:45	-	09:05
										00:10	<b>08:45</b>		<b>08:55</b>	Ice Resurfacing		
<b>Team Energice</b>	<b>CAN</b>	Ballett Room	07:45	-	08:25	Main Rink #2	08:30	-	08:55	00:10	<b>08:55</b>	-	<b>09:05</b>	09:05	-	09:25
<b>Team Dizharmony</b>	<b>SWE</b>	Internat	07:55	-	08:35	Yoga-Room	08:40	-	09:05	00:10	<b>09:05</b>	-	<b>09:15</b>	09:15	-	09:35
<b>Team Trinity</b>	<b>CAN</b>	Practice Rink (left)	08:05	-	08:45	Main Rink #1	08:50	-	09:15	00:10	<b>09:15</b>	-	<b>09:25</b>	09:25	-	09:45
<b>Team Riverbulls</b>	<b>FIN</b>	Practice Rink (right)	08:15	-	08:55	Practice Rink #1	09:00	-	09:25	00:10	<b>09:25</b>	-	<b>09:35</b>	09:35	-	09:55
<b>Team Mississauga Ice Precise</b>	<b>CAN</b>	Ballett Room	08:25	-	09:05	Practice Rink #2	09:10	-	09:35	00:10	<b>09:35</b>	-	<b>09:45</b>	09:45	-	10:05

\*Internat: Boarding School - entrance located behind judges stand

### Synchro Competition

Team	Warm Up					Dressing Room					COMPETITION			Dressing Room		
<b>Team Cool Dreams Cyrstal</b>	<b>SUI</b>	Ballett Room	16:45	-	17:25	Main Rink #2	17:30	-	17:55	00:06	<b>17:55</b>	-	<b>18:01</b>	18:01	-	18:21
<b>Team Bauhinia</b>	<b>HKG</b>	Internat	16:51	-	17:31	Main Rink #1	17:36	-	18:01	00:06	<b>18:01</b>	-	<b>18:07</b>	18:07	-	18:27
<b>Team U.S. All-Star SYS Team</b>	<b>USA</b>	Practice Rink (left)	16:57	-	17:37	Practice Rink #1	17:42	-	18:07	00:06	<b>18:07</b>	-	<b>18:13</b>	18:13	-	18:33
<b>Team Starlight Diamonds</b>	<b>SUI</b>	Practice Rink (right)	17:03	-	17:43	Practice Rink #2	17:48	-	18:13	00:06	<b>18:13</b>	-	<b>18:19</b>	18:19	-	18:39
										00:15	<b>18:19</b>		<b>18:34</b>	Ice Resurfacing		
<b>Team Energice</b>	<b>CAN</b>	Yoga-Room	17:24	-	18:04	Yoga-Room	18:09	-	18:34	00:06	<b>18:34</b>	-	<b>18:40</b>	18:40	-	19:00
<b>Team Dizharmony</b>	<b>SWE</b>	Ballett Room	17:30	-	18:10	Ballett Room	18:15	-	18:40	00:06	<b>18:40</b>	-	<b>18:46</b>	18:46	-	19:06
<b>Team Trinity</b>	<b>CAN</b>	Internat	17:36	-	18:16	Main Rink #2	18:21	-	18:46	00:06	<b>18:46</b>	-	<b>18:52</b>	18:52	-	19:12
<b>Team Riverbulls</b>	<b>FIN</b>	Practice Rink (left)	17:42	-	18:22	Main Rink #1	18:27	-	18:52	00:06	<b>18:52</b>	-	<b>18:58</b>	18:58	-	19:18
<b>Team Mississauga Ice Precise</b>	<b>CAN</b>	Practice Rink (right)	17:48	-	18:28	Practice Rink #1	18:33	-	18:58	00:07	<b>18:58</b>	-	<b>19:05</b>	19:05	-	19:25

\*Internat: Boarding School - entrance located behind judges stand