



ASSOCIAZIONE SPORTIVA DILETTANTISTICA
PRECISION SKATING MILANO



in collaborazione con

CITTÀ DI
SESTO SAN GIOVANNI
MEDAGLIA D'ORO AL VALOR MILITARE

Con il contributo di



**Regione
Lombardia**

Con il patrocinio di:



**Città
metropolitana
di Milano**

La Spring Cup aderisce a:



29th Edition

International Synchronized Skating Competition

Milano, Sesto San Giovanni, Italy

January 16-18, 2026

SATURDAY, Jan 17, OFFICIAL PRACTICE

Sede Legale: Via Cadorna 24/4 – 20871 Vimercate (MB)

Tel: +39 338 911 9686 **email:** presidenza.psm@precisionskating.it

Sede Operativa: PALASESTO di SESTO SAN GIOVANNI (mi) – P.zza 1° Maggio



ASSOCIAZIONE SPORTIVA DILETTANTISTICA PRECISION SKATING MILANO

 											
Saturday Practis											
	WARM UP AREA	START WARM UP	END WARM UP	DRESS ROOM	ENTRANCE DRESS ROOM	EXIT DRESS ROOM	ENTER THE ICE RINK	TIME OF EXECUTION	EXIT THE ICE RINK	ENTRANCE DRESS ROOM	EXIT DRESS ROOM
TEAM NAME	N*	time	time	N°	time	time	time	hh:mm	time	time	time
Team Ruby Advanced Novice	Area 1	11:40	12:00	1	12:00	12:25	12:30	00:10:00	12:40	12:40	12:55
Team Bosphorus Advanced Novice	Area 2	11:50	12:10	2	12:10	12:35	12:40	00:10:00	12:50	12:50	13:05
Team Hot Shivers Advanced Novice	Area 3	12:00	12:20	6	12:20	12:45	12:50	00:10:00	13:00	13:00	13:15
Team Starlights	Area 4	12:10	12:30	7	12:30	12:55	13:00	00:10:00	13:10	13:10	13:25
Ice surfacing							13:10	00:15	13:25		
Team Hockettes	Area 1	12:35	12:55	10	12:55	13:20	13:25	00:10:00	13:35	13:35	13:50
Team Hot Shivers Junior	Area 2	12:45	13:05	1	13:05	13:30	13:35	00:10:00	13:45	13:45	14:00
Team Musketeers Junior	Area 3	12:55	13:15	2	13:15	13:40	13:45	00:10:00	13:55	13:55	14:10
Team Bosphorus Junior	Area 4	13:05	13:25	6	13:25	13:50	13:55	00:10:00	14:05	14:05	14:20
Ice surfacing							14:05	00:15	14:20		
Team Odyssey Junior	Area 1	13:30	13:50	7	13:50	14:15	14:20	00:10:00	14:30	14:30	14:45
Team Eternity Junior	Area 2	13:40	14:00	10	14:00	14:25	14:30	00:10:00	14:40	14:40	14:55
Team Sun City Swing Junior	Area 3	13:50	14:10	1	14:10	14:35	14:40	00:10:00	14:50	14:50	15:05
Team Lexettes Junior	Area 4	14:00	14:20	2	14:20	14:45	14:50	00:10:00	15:00	15:00	15:15
Ice surfacing							15:00	00:15	15:15		
Team Hot Shivers	Area 1	14:25	14:45	6	14:45	15:10	15:15	00:10:00	15:25	15:25	15:40
Team Ice on Fire	Area 2	14:40	15:00	7	15:00	15:25	15:25	00:10:00	15:35	15:35	15:50

Sede Legale: Via Cadorna 24/4 – 20871 Vimercate (MB)

Tel: +39 338 911 9686 email: presidenza.psm@precisionskating.it

Sede Operativa: PALASESTO di SESTO SAN GIOVANNI (mi) – P.zza 1° Maggio