Steel City Trophy 2026 - British Synchronized Championships - Timetable Day 3 Official Practice										
Category	**Team**	**Off Ice area**	**Off ice start**	**Off ice End**	**Changing room**	**Enter changing room**	**Five min warning**	**On ice**	**Return to changing room**	**Exit changing room**
Pre-Mixed Age	BSA Silhouettes	Board Room	05:15	05:35	Board Room	Available from 05:15	05:55	06:00	06:10	06:40
Pre-Mixed Age	Northern Starlets	Skate Hire 1	05:15	05:35	9	Available from 05:15	06:05	06:10	06:20	06:50
Pre-Mixed Age	Ice Infinity	Skate Hire 2	05:20	05:40	Away 1 & Away 2	Available from 05:15	06:15	06:20	06:30	07:00
Pre-Mixed Age	Ohana	Skate Hire 3	05:20	05:40	1	Available from 05:15	06:25	06:30	06:40	07:10
Pre-Mixed Age	Helix	Skate Hire 1	05:40	06:10	2	Available from 05:15	06:35	06:40	06:50	07:20
Pre-Mixed Age	DeeLites	Dance Studio	05:50	06:20	Dance Studio	Available from 05:15	06:45	06:50	07:00	07:30
Resurface										
Pre-Mixed Age	Amici	EIS 1	06:15	06:45	7	06:45	07:10	07:15	07:25	07:55
Pre-Mixed Age	Calon Edges	EIS 2	06:25	06:55	6	07:00	07:20	07:25	07:35	08:05
Pre-Mixed Age	Azura	EIS 3	06:35	07:05	3	07:10	07:30	07:35	07:45	08:15
Pre-Mixed Age	Twizzles	EIS 4	06:45	07:15	Home 1	07:20	07:40	07:45	07:55	08:25
Pre-Mixed Age	Solent Riptide	EIS 1	06:55	07:25	5	07:30	07:50	07:55	08:05	08:35
Juvenile	Ice Gems	EIS 2	07:05	07:35	Away 1 & Away 2	07:40	08:00	08:05	08:15	08:45
Resurface										
Pre-Juvenile	Emerald	EIS 3	07:30	08:00	8	08:05	08:25	08:30	08:40	09:10
Pre-Juvenile	Solent Droplets	EIS 4	07:40	08:10	5	08:15	08:35	08:40	08:50	09:20
Pre-Juvenile	Presto	EIS 1	07:50	08:20	7	08:25	08:45	08:50	09:00	09:30
Pre-Juvenile	Lil Starz	EIS 2	08:00	08:30	3	08:35	08:55	09:00	09:10	09:40
Pre-Juvenile	Ice Pops	EIS 3	08:10	08:40	Away 1 & Away 2	08:45	09:05	09:10	09:20	09:50
Pre-Juvenile	Snowdrops	EIS 4	08:20	08:50	4	08:55	09:15	09:20	09:30	10:00
Resurface										
Pre-Novice	Magna	EIS 1	08:45	09:15	7	09:20	09:40	09:45	09:55	10:25
Pre-Novice	Calon Steps	EIS 2	08:55	09:25	6	09:30	09:50	09:55	10:05	10:35
Pre-Novice	Team Aries	EIS 3	09:05	09:35	Home 2	09:40	10:00	10:05	10:15	10:45
Pre-Novice	Crystallites	EIS 4	09:15	09:45	4	09:50	10:10	10:15	10:25	10:55
Pre-Novice	DeeNamic	EIS 1	09:25	09:55	Dance Studio	10:00	10:20	10:25	10:35	11:05
Pre-Novice	Solent Splash	EIS 2	09:35	10:05	5	10:10	10:30	10:35	10:45	11:15
Lunch										

Steel City Trophy 2026 - British Synchronized Championships - Timetable Day 3 Competition										
Category	**Team**	**Off Ice area**	**Off ice start**	**Off ice End**	**Changing room**	**Enter changing room**	**Five min warning**	**On ice**	**Return to changing room**	**Exit changing room**
Opening Ceremony										
Pre-Mixed Age	BSA Silhouettes	EIS 3	10:06	10:36	Board Room	10:41	11:20	11:25	11:32	12:02
Pre-Mixed Age	Northern Starlets	EIS 4	10:17	10:47	9	10:52	11:27	11:32	11:39	12:09
Pre-Mixed Age	Ice Infinity	EIS 1	10:34	11:04	Away 1 & Away 2	11:09	11:34	11:39	11:46	12:16
Pre-Mixed Age	Ohana	EIS 2	10:41	11:11	1	11:16	11:41	11:46	11:53	12:23
Pre-Mixed Age	Helix	EIS 3	10:38	11:08	2	11:13	11:48	11:53	12:00	12:30
Pre-Mixed Age	DeeLites	EIS 4	10:55	11:25	Dance Studio	11:30	11:55	12:00	12:07	12:37
Resurface										
Pre-Mixed Age	Amici	EIS 1	11:07	11:37	7	11:42	12:17	12:22	12:29	12:59
Pre-Mixed Age	Calon Edges	EIS 2	11:14	11:44	6	11:49	12:24	12:29	12:36	13:06
Pre-Mixed Age	Azura	EIS 3	11:31	12:01	3	12:06	12:31	12:36	12:43	13:13
Pre-Mixed Age	Twizzles	EIS 4	11:38	12:08	Home 1	12:13	12:38	12:43	12:50	13:20
Pre-Mixed Age	Solent Riptide	EIS 1	11:45	12:15	5	12:20	12:45	12:50	12:57	13:27
Panel Change 5 Minutes										
Juvenile	Ice Gems	EIS 2	11:57	12:27	Away 1 & Away 2	12:32	12:57	13:02	13:08	13:38
Resurface										
Pre-Juvenile	Emerald	EIS 3	12:08	12:38	8	12:43	13:18	13:23	13:29	13:59
Pre-Juvenile	Solent Droplets	EIS 4	12:14	12:44	5	12:49	13:24	13:29	13:35	14:05
Pre-Juvenile	Presto	EIS 1	12:20	12:50	7	12:55	13:30	13:35	13:41	14:11
Pre-Juvenile	Lil Starz	EIS 2	12:36	13:06	3	13:11	13:36	13:41	13:47	14:17
Pre-Juvenile	Ice Pops	EIS 3	12:42	13:12	Away 1 & Away 2	13:17	13:42	13:47	13:53	14:23
Pre-Juvenile	Snowdrops	EIS 4	12:48	13:18	4	13:23	13:48	13:53	13:59	14:29
Resurface										
Pre-Novice	Magna	EIS 1	12:59	13:29	7	13:34	14:09	14:14	14:20	14:50
Pre-Novice	Calon Steps	EIS 2	13:05	13:35	6	13:40	14:15	14:20	14:26	14:56
Pre-Novice	Team Aries	EIS 3	13:21	13:51	Home 2	13:56	14:21	14:26	14:32	15:02
Pre-Novice	Crystallites	EIS 4	13:27	13:57	4	14:02	14:27	14:32	14:38	15:08
Pre-Novice	DeeNamic	EIS 1	13:33	14:03	Dance Studio	14:08	14:33	14:38	14:44	15:14
Pre-Novice	Solent Splash	EIS 2	13:39	14:09	5	14:14	14:39	14:44	14:50	15:20
Presentations										