

Steel City Trophy 2026 - British Synchronized Championships - Timetable Day 1 Official Practice

Practice Start	Duration	Finish Time	Category	Team
06:00	00:09:00	06:09	Advanced Adult	Team 1
06:09	00:09:00	06:18	Advanced Adult	Team 2
06:18	00:09:00	06:27	Advanced Adult	Team 3
06:27	00:09:00	06:36	Advanced Adult	Team 4
06:36	00:09:00	06:45	Advanced Adult	Team 5
06:45	00:09:00	06:54	Advanced Adult	Team 6
06:54	00:15:00	07:09	Resurface	
07:09	00:09:00	07:18	Advanced Adult	Team 7
07:18	00:09:00	07:27	Advanced Adult	Team 8
07:27	00:09:00	07:36	Adult	Team 1
07:36	00:09:00	07:45	Adult	Team 2
07:45	00:09:00	07:54	Adult	Team 3
07:54	00:09:00	08:03	Adult	Team 4
08:03	00:15:00	08:18	Resurface	
08:18	00:09:00	08:27	Adult	Team 5
08:27	00:09:00	08:36	Adult	Team 6
08:36	00:09:00	08:45	Adult	Team 7
08:45	00:09:00	08:54	Adult	Team 8
08:54	00:09:00	09:03	Adult	Team 9
09:03	00:09:00	09:12	Adult	Team 10
09:12	00:15:00	09:27	Resurface	
09:27	00:09:00	09:36	Adult	Team 11
09:36	00:09:00	09:45	Adult	Team 12
09:45	00:09:00	09:54	Adult	Team 13
09:54	00:09:00	10:03	Basic Novice	Team 1
10:03	00:09:00	10:12	Basic Novice	Team 2
10:12	00:09:00	10:21	Basic Novice	Team 3
10:21	00:09:00	10:30	Basic Novice	Team 4
10:30	00:15:00	10:45	Resurface	
10:45	00:09:00	10:54	Basic Novice	Team 5
10:54	00:09:00	11:03	Basic Novice	Team 6
11:03	00:09:00	11:12	Basic Novice	Team 7
11:12	00:09:00	11:21	Basic Novice	Team 8
11:21	00:10:00	11:31	Inclusive	Team 1
11:31	00:10:00	11:41	Inclusive	Team 2
11:41	00:10:00	11:51	Inclusive	Team 3
11:51	00:15:00	12:06	Resurface	
12:06	00:10:00	12:16	Junior Short	Team 1
12:16	00:10:00	12:26	Junior Short	Team 2
12:26	00:10:00	12:36	Junior Short	Team 3
12:36	00:10:00	12:46	Senior Short	Team 1
12:46	00:30:00	13:16	Lunch	

Steel City Trophy 2026 - British Synchronized Championships - Timetable Day 1 Competition

Practice Start	Duration	Finish Time	Category	Team
13:16	00:10:00	13:26	Opening Ceremony	
13:26	00:07:00	13:33	Advanced Adult	Team 1
13:33	00:07:00	13:40	Advanced Adult	Team 2
13:40	00:07:00	13:47	Advanced Adult	Team 3
13:47	00:07:00	13:54	Advanced Adult	Team 4
13:54	00:07:00	14:01	Advanced Adult	Team 5
14:01	00:07:00	14:08	Advanced Adult	Team 6
14:08	00:15:00	14:23	Resurface	
14:23	00:07:00	14:30	Advanced Adult	Team 7
14:30	00:07:00	14:37	Advanced Adult	Team 8
14:37	00:05:00	14:42	Panel Change 5 Minutes	
14:42	00:06:00	14:48	Adult	Team 1
14:48	00:06:00	14:54	Adult	Team 2
14:54	00:06:00	15:00	Adult	Team 3
15:00	00:06:00	15:06	Adult	Team 4
15:06	00:15:00	15:21	Resurface	
15:21	00:06:00	15:27	Adult	Team 5
15:27	00:06:00	15:33	Adult	Team 6
15:33	00:06:00	15:39	Adult	Team 7
15:39	00:06:00	15:45	Adult	Team 8
15:45	00:06:00	15:51	Adult	Team 9
15:51	00:06:00	15:57	Adult	Team 10
15:57	00:15:00	16:12	Resurface	
16:12	00:06:00	16:18	Adult	Team 11
16:18	00:06:00	16:24	Adult	Team 12
16:24	00:06:00	16:30	Adult	Team 13
16:30	00:05:00	16:35	Panel Change 5 Minutes	
16:35	00:06:00	16:41	Basic Novice	Team 1
16:41	00:06:00	16:47	Basic Novice	Team 2
16:47	00:06:00	16:53	Basic Novice	Team 3
16:53	00:06:00	16:59	Basic Novice	Team 4
16:59	00:15:00	17:14	Resurface	
17:14	00:06:00	17:20	Basic Novice	Team 5
17:20	00:06:00	17:26	Basic Novice	Team 6
17:26	00:06:00	17:32	Basic Novice	Team 7
17:32	00:06:00	17:38	Basic Novice	Team 8
17:38	00:05:00	17:43	Panel Change 5 Minutes	
17:43	00:08:00	17:51	Inclusive	Team 1
17:51	00:08:00	17:59	Inclusive	Team 2
17:59	00:08:00	18:07	Inclusive	Team 3
18:07	00:15:00	18:22	Resurface	
18:22	00:08:00	18:30	Junior Short	Team 1
18:30	00:08:00	18:38	Junior Short	Team 2
18:38	00:08:00	18:46	Junior Short	Team 3
18:46	00:10:00	18:56	Panel Change 10 Minutes	
18:56	00:08:00	19:04	Senior Short	Team 1
19:04	00:30:00	19:34	Presentations	

Steel City Trophy 2026 - British Synchronized Championships - Timetable Day 2 Official Practice

Practice Start	Duration	Finish Time	Category	Team
07:00	00:10:00	07:10	Mixed Age	Team 1
07:10	00:10:00	07:20	Mixed Age	Team 2
07:20	00:10:00	07:30	Mixed Age	Team 3
07:30	00:10:00	07:40	Mixed Age	Team 4
07:40	00:10:00	07:50	Mixed Age	Team 5
07:50	00:15:00	08:05	Resurface	
08:05	00:10:00	08:15	Mixed Age	Team 6
08:15	00:10:00	08:25	Mixed Age	Team 7
08:25	00:09:00	08:34	Beginner	Team 1
08:34	00:09:00	08:43	Beginner	Team 2
08:43	00:09:00	08:52	Beginner	Team 3
08:52	00:09:00	09:01	Beginner	Team 4
09:01	00:15:00	09:16	Resurface	
09:16	00:09:00	09:25	Beginner	Team 5
09:25	00:09:00	09:34	Beginner	Team 6
09:34	00:09:00	09:43	Beginner	Team 7
09:43	00:09:00	09:52	Beginner	Team 8
09:52	00:09:00	10:01	Beginner	Team 9
10:01	00:15:00	10:16	Resurface	
10:16	00:09:00	10:25	Beginner	Team 10
10:25	00:09:00	10:34	Beginner	Team 11
10:34	00:11:00	10:45	Junior B	Team 1
10:45	00:11:00	10:56	Junior B	Team 2
10:56	00:11:00	11:07	Junior B	Team 3
11:07	00:15:00	11:22	Resurface	
11:22	00:11:00	11:33	Junior Free	Team 1
11:33	00:11:00	11:44	Junior Free	Team 2
11:44	00:11:00	11:55	Junior Free	Team 3
11:55	00:12:00	12:07	Senior Free	Team 1
12:07	00:30:00	12:37	Lunch	

Steel City Trophy 2026 - British Synchronized Championships - Timetable Day 2 Competition

Practice Start	Duration	Finish Time	Category	Team
12:37	00:10:00	12:47	Opening Ceremony	
12:47	00:07:00	12:54	Mixed Age	Team 1
12:54	00:07:00	13:01	Mixed Age	Team 2
13:01	00:07:00	13:08	Mixed Age	Team 3
13:08	00:07:00	13:15	Mixed Age	Team 4
13:15	00:07:00	13:22	Mixed Age	Team 5
13:22	00:15:00	13:37	Resurface	
13:37	00:07:00	13:44	Mixed Age	Team 6
13:44	00:07:00	13:51	Mixed Age	Team 7
13:51	00:05:00	13:56	Panel Change 5 Minutes	
13:56	00:06:00	14:02	Beginner	Team 1
14:02	00:06:00	14:08	Beginner	Team 2
14:08	00:06:00	14:14	Beginner	Team 3
14:14	00:06:00	14:20	Beginner	Team 4
14:20	00:15:00	14:35	Resurface	
14:35	00:06:00	14:41	Beginner	Team 5
14:41	00:06:00	14:47	Beginner	Team 6
14:47	00:06:00	14:53	Beginner	Team 7
14:53	00:06:00	14:59	Beginner	Team 8
14:59	00:06:00	15:05	Beginner	Team 9
15:05	00:15:00	15:20	Resurface	
15:20	00:06:00	15:26	Beginner	Team 10
15:26	00:06:00	15:32	Beginner	Team 11
15:32	00:05:00	15:37	Panel Change 5 Minutes	
15:37	00:08:00	15:45	Junior B	Team 1
15:45	00:08:00	15:53	Junior B	Team 2
15:53	00:08:00	16:01	Junior B	Team 3
16:01	00:15:00	16:16	Resurface	
16:16	00:08:00	16:24	Junior Free	Team 1
16:24	00:08:00	16:32	Junior Free	Team 2
16:32	00:08:00	16:40	Junior Free	Team 3
16:40	00:10:00	16:50	Panel Change 10 Minutes	
16:50	00:08:00	16:58	Senior Free	Team 1
16:58	00:35:00	17:33	Presentations	

Steel City Trophy 2026 - British Synchronized Championships - Timetable Day 3 Official Practice

Practice Start	Duration	Finish Time	Category	Team
06:00	00:10:00	06:10	Pre-Mixed Age	Team 1
06:10	00:10:00	06:20	Pre-Mixed Age	Team 2
06:20	00:10:00	06:30	Pre-Mixed Age	Team 3
06:30	00:10:00	06:40	Pre-Mixed Age	Team 4
06:40	00:10:00	06:50	Pre-Mixed Age	Team 5
06:50	00:10:00	07:00	Pre-Mixed Age	Team 6
07:00	00:15:00	07:15	Resurface	
07:15	00:10:00	07:25	Pre-Mixed Age	Team 7
07:25	00:10:00	07:35	Pre-Mixed Age	Team 8
07:35	00:10:00	07:45	Pre-Mixed Age	Team 9
07:45	00:10:00	07:55	Pre-Mixed Age	Team 10
07:55	00:10:00	08:05	Pre-Mixed Age	Team 11
08:05	00:10:00	08:15	Juvenile	Team 1
08:15	00:15:00	08:30	Resurface	
08:30	00:10:00	08:40	Pre-Juvenile	Team 1
08:40	00:10:00	08:50	Pre-Juvenile	Team 2
08:50	00:10:00	09:00	Pre-Juvenile	Team 3
09:00	00:10:00	09:10	Pre-Juvenile	Team 4
09:10	00:10:00	09:20	Pre-Juvenile	Team 5
09:20	00:10:00	09:30	Pre-Juvenile	Team 6
09:30	00:15:00	09:45	Resurface	
09:45	00:10:00	09:55	Pre-Novice	Team 1
09:55	00:10:00	10:05	Pre-Novice	Team 2
10:05	00:10:00	10:15	Pre-Novice	Team 3
10:15	00:10:00	10:25	Pre-Novice	Team 4
10:25	00:10:00	10:35	Pre-Novice	Team 5
10:35	00:10:00	10:45	Pre-Novice	Team 6
10:45	00:30:00	11:15	Lunch	

Steel City Trophy 2026 - British Synchronized Championships - Timetable Day 3 Competition

Practice Start	Duration	Finish Time	Category	Team
11:15	00:10:00	11:25	Opening Ceremony	
11:25	00:07:00	11:32	Pre-Mixed Age	Team 1
11:32	00:07:00	11:39	Pre-Mixed Age	Team 2
11:39	00:07:00	11:46	Pre-Mixed Age	Team 3
11:46	00:07:00	11:53	Pre-Mixed Age	Team 4
11:53	00:07:00	12:00	Pre-Mixed Age	Team 5
12:00	00:07:00	12:07	Pre-Mixed Age	Team 6
12:07	00:15:00	12:22	Resurface	
12:22	00:07:00	12:29	Pre-Mixed Age	Team 7
12:29	00:07:00	12:36	Pre-Mixed Age	Team 8
12:36	00:07:00	12:43	Pre-Mixed Age	Team 9
12:43	00:07:00	12:50	Pre-Mixed Age	Team 10
12:50	00:07:00	12:57	Pre-Mixed Age	Team 11
12:57	00:05:00	13:02	Panel Change 5 Minutes	
13:02	00:06:00	13:08	Juvenile	Team 1
13:08	00:15:00	13:23	Resurface	
13:23	00:06:00	13:29	Pre-Juvenile	Team 1
13:29	00:06:00	13:35	Pre-Juvenile	Team 2
13:35	00:06:00	13:41	Pre-Juvenile	Team 3
13:41	00:06:00	13:47	Pre-Juvenile	Team 4
13:47	00:06:00	13:53	Pre-Juvenile	Team 5
13:53	00:06:00	13:59	Pre-Juvenile	Team 6
13:59	00:15:00	14:14	Resurface	
14:14	00:06:00	14:20	Pre-Novice	Team 1
14:20	00:06:00	14:26	Pre-Novice	Team 2
14:26	00:06:00	14:32	Pre-Novice	Team 3
14:32	00:06:00	14:38	Pre-Novice	Team 4
14:38	00:06:00	14:44	Pre-Novice	Team 5
14:44	00:06:00	14:50	Pre-Novice	Team 6
14:50	00:30:00	15:20	Presentations	