



SOLO ICE DANCE INTERNATIONAL - EPINAL (France)

EPINAL ICE RINK



**CSN
DANSE
SUR GLACE**

Time Schedule



Thursday December 4, 2025

UNOFFICIAL PRATICES

V6 16/11/2025

18:30 Opening of the Ice area

Accreditations will begin during the unofficial practices
USB key with your music is recommended

19:15	to	19:45	Unofficial Practice	1
19:45	to	20:15	Unofficial Practice	2
20:15	to	20:30	<i>Ice resurfacing</i>	
20:30	to	21:00	Unofficial Practice	3
21:00	to	21:30	Unofficial Practice	4



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Friday December 5, 2025

V6 16/11/2025

05:30 Opening of the Ice area

06:00	to	06:30	Unofficial Practice	1
06:30	to	07:00	Unofficial Practice	2
07:00	to	07:30	Unofficial Practice	3
07:30	to	07:45	<i>Ice resurfacing</i>	
07:45	to	08:15	Unofficial Practice	4
08:15	to	08:45	Unofficial Practice	5
08:45	to	09:00	<i>Ice resurfacing</i>	

COMPETITION PATTERN DANCE and RHYTHM DANCE

WARM UP

Pattern Dances
Rhythm Dance

3 minutes, 30" without music
4 minutes without music

09:00	to	10:07	Intermediate Novice	17 (Groups 1, 2 & 3)	PD 1	European Waltz KP
10:07	to	10:22	<i>Ice resurfacing</i>			
10:22	to	11:32	Intermediate Novice	17 (Groups 1, 2 & 3)	PD 2	Tango KP
11:32	to	11:47	<i>Ice resurfacing</i>			
11:47	to	12:18	Basic Novice	9 (Groups 1 & 2)	PD 1	Willow Waltz
12:18	to	12:49	Basic Novice	9 (Groups 1 & 2)	PD 2	Canasta Tango
12:49	to	13:55	<i>Meal Break</i>			

Unofficial practice 12h50-13h20 & 13h20-13h50

13:55	to	14:10	<i>Ice resurfacing</i>			
14:10	to	15:18	Advanced Novice	15 (Groups 1, 2 & 3)	PD 1	Starlight Waltz KP
15:18	to	15:33	<i>Ice resurfacing</i>			
15:33	to	16:30	Advanced Novice	15 (Groups 1, 2 & 3)	PD 2	Quickstep KP
16:30	to	16:45	<i>Ice resurfacing</i>			
16:45	to	18:48	Juniors	18 (Groups 1, 2 & 3)		Rhythm Dance
18:48	to	19:03	<i>Ice resurfacing</i>			
19:03	to	21:06	Juniors	18 (Groups 4, 5 & 6)		Rhythm Dance



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Saturday December 6, 2025

V6 16/11/2025

05:45 Opening of the Ice area

06:15	to	06:45	Unofficial Practice	1
06:45	to	07:15	Unofficial Practice	2
07:15	to	07:45	Unofficial Practice	3
07:45	to	08:15	Unofficial Practice	4
08:15	to	08:30	<i>Ice resurfacing</i>	

COMPETITION PATTERN DANCE and RHYTHM DANCE

WARM UP

Rhythm Dance 4 minutes without music

08:30	to	10:09	Seniors	14 (Groups 1, 2 & 3)	Rhythm Dance
10:09	to	10:24	<i>Ice resurfacing</i>		

COMPETITION FRE DANCE

WARM UP

Free Dance
3' without music for Basic & Intermediate Novices
4' without music for Advanced Novices
5' without music for Juniors & Seniors

For the Free Dance, the starting order will be the reverse order of the result after the pattern Dances / Rhythm Dance

10:24	to	11:52	Advanced Novice	15 (Groups 1, 2 & 3)	Free Dance
11:52	to	12:07	<i>Ice resurfacing</i>		
12:07	to	12:47	Basic Novice	9 (Groups 1 & 2)	Free Dance
12:47	to	13:47	<i>Meal break and Ice resurfacing</i>		
13:47	to	15:05	Intermediate Novice	17 (Groups 1, 2 & 3)	Free Dance

15:10 *VICTORY CEREMONY Basic , Intermediate & Advanced Novices*

16:30	to	17:00	Unofficial Practice	1
17:00	to	17:30	Unofficial Practice	2
17:30	to	18:00	Unofficial Practice	3
18:00	to	18:15	<i>Ice resurfacing</i>	
18:15	to	18:45	Unofficial Practice	4
18:45	to	19:15	Unofficial Practice	5
19:15	to	19:45	Unofficial Practice	6
19:45	to	20:00	<i>Ice resurfacing</i>	
20:00	to	20:30	Unofficial Practice	7
20:30	to	21:00	Unofficial Practice	8
21:00	to	21:30	Unofficial Practice	9



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Sunday December 7, 2025

V6 16/11/2025

05:45 Opening of the Ice area

06:15	to	06:45	Unofficial Practice	1
06:45	to	07:15	Unofficial Practice	2
07:15	to	07:45	Unofficial Practice	3
07:45	to	08:00	<i>Ice resurfacing</i>	

COMPETITION FREE DANCE

WARM UP

Free Dance

5' without music for Juniors & Seniors

For the Free Dance, the starting order will be the reverse order of the result after the pattern Dances / Rhythm Dance

08:00	to	09:29	Juniors	12 (Groups 1 & 2)	Free Dance
09:29	to	09:44	<i>Ice resurfacing</i>		
09:44	to	11:13	Juniors	12 (Groups 3 & 4)	Free Dance
11:13	to	11:28	<i>Ice resurfacing</i>		
11:28	to	12:57	Juniors	12 (Groups 5 & 6)	Free Dance
12:57	to	13:50	<i>Meal break and Ice resurfacing</i>		
13:50	to	15:04	Seniors	9 (Groups 1 & 2)	Free Dance
15:04	to	15:19	<i>Réfection de la Glace</i>		
15:19	to	15:59	Seniors	5 (Group 3)	Free Dance

16:05

VICTORY CEREMONY Juniors & Seniors