SOLO ICE DANCE INTERNATIONAL - EPINAL (France)

EPINAL ICE RINK

CSN DANSE SUR GLACE

Time Schedule

Thursday December 3, 2026

UNOFFICIAL PRACTICES

V4 17/11/2026

17:00 Opening of the Ice area

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

17:45	à	18:15	Unofficial Practice	1
18:15	à	18:45	Unofficial Practice	2
18:45	à	19:15	Unofficial Practice	3
19:15	à	19:30	*Ice resurfacing*	
19:30	à	20:00	Unofficial Practice	4
20:00	à	20:30	Unofficial Practice	5
20:30	à	21:00	Unofficial Practice	6
21:00	à	21:15	*Ice resurfacing*	
21:15	à	21:45	Unofficial Practice	7

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Time Schedule

Friday December 4, 2026

V4 17/11/2026

05:30			Opening of the Ice area			
06:15	à	06:45	Unofficial Practice	1		
06:45	à	07:15	Unofficial Practice	2		
07:15	à	07:45	Unofficial Practice	3		
07:45	à	08:00	Ice resurfacing			
08:00	à	08:30	Unofficial Practice	4		
08:30	à	09:00	Unofficial Practice	5		
09:00	à	09:15	Ice resurfacing			

COMPETITION PATTERN DANCE and RHYTHM DANCE

WARM UP

Pattern Dances — 3 minutes, 30" without music
Rhythm Dance — 4 minutes without music

09:15	à	10:22	**Intermediate Novice**	**16 (Groups 1 & 2)**	**PD1**	**Fox Trot KP**
10:22	à	10:37	*Ice resurfacing*			
10:37	à	11:40	**Intermediate Novice**	**16 (Groups 1 & 2)**	**PD2**	**American Waltz KP**
11:40	à	12:50	*Meal Break*			
			Unofficial Practice	**11:45 to 12:15 & 12:15 to 12:45**		
12:50	à	13:05	*Ice resurfacing*			
13:05	à	14:01	**Basic Novice**	**17 (Groups 1, 2 & 3)**	**PD1**	**Willow Waltz**
14:01	à	14:16	*Ice resurfacing*			
14:16	à	15:10	**Basic Novice**	**17 (Groups 1, 2 & 3)**	**PD2**	**Tango Fiesta**
15:10	à	15:25	*Ice resurfacing*			
15:25	à	16:33	**Advanced Novice**	**18 (Groups 1, 2 & 3)**	**PD1**	**Paso Doble KP +**
16:33	à	16:48	*Ice resurfacing*			
16:48	à	18:08	**Advanced Novice**	**18 (Groups 1, 2 & 3)**	**PD2**	**Blues KP**
18:08	à	18:23	*Ice resurfacing*			
18:23	à	20:08	**Juniors**	**15 (Groups 1, 2 & 3)**		**Rhythm Dance**
20:08	à	20:23	*Ice resurfacing*			
20:23	à	21:39	**Juniors**	**11 (Groups 4 & 5)**		**Rhythm Dance**

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Time Schedule

Saturday December 5, 2026

V4 17/11/2026

05:30		Opening of the Ice area			
06:15	à	06:45	Unofficial Practice	1	
06:45	à	07:15	Unofficial Practice	2	
07:15	à	07:45	Unofficial Practice	3	
07:45	à	08:15	Unofficial Practice	4	
08:15	à	08:30	Ice resurfacing		

COMPETITION PATTERN DANCE and RHYTHM DANCE

WARM UP

Rhythm Dance — 4 minutes without music

08:30	à	10:27	**Seniors**	**17 (Groups 1,2 & 3)**	**Rhythm Dance**
10:27	à	10:42	*Ice resurfacing*		

COMPETITION FREE 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

10:42	à	11:53	**Basic Novice**	**17 (Groups 1, 2 & 3)**	**Free Dance**
11:53	à	12:53	*Meal break and Ice resurfacing*		
12:53	à	14:08	**Intermediate Novice**	**16 (Groups 1,2 & 3)**	**Free Dance**
14:08	à	14:23	*Ice resurfacing*		
14:23	à	16:06	**Advanced Novice**	**18 (Groups 1, 2 & 3)**	**Free Dance**
	16:10		***VICTORY CEREMONY Basic , Intermediate & Advanced Novices***		
17:00	à	17:15	*Ice resurfacing*		
17:15	à	17:45	*Unofficial Practice*	1	
17:45	à	18:15	*Unofficial Practice*	2	
18:15	à	18:45	*Unofficial Practice*	3	
18:45	à	19:00	*Ice resurfacing*		
19:00	à	19:30	*Unofficial Practice*	4	
19:30	à	20:00	*Unofficial Practice*	5	
20:00	à	20:30	*Unofficial Practice*	6	
20:30	à	20:45	*Ice resurfacing*		
20:45	à	21:15	*Unofficial Practice*	7	
21:15	à	21:45	*Unofficial Practice*	8	
21:45	à	22:15	*Unofficial Practice*	9	

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CSN DANSE SUR GLACE

Time Schedule

Sunday December 6, 2026

V4 17/11/2026

05:45			Opening of the Ice area		
06:30	à	07:00	*Unofficial Practice*	1	
07:00	à	07:30	*Unofficial Practice*	2	
07:30	à	07:45	*Ice resurfacing*		
07:45	à	08:15	*Unofficial Practice*	3	
08:15	à	08:45	*Unofficial Practice*	4	
08:45	à	09:00	*Ice resurfacing*		

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

09:00	à	10:54	**Juniors**	**15 (Groups 1,2 & 3)**	**Free Dance**
10:54	à	11:09	*Ice resurfacing*		
11:09	à	12:31	**Juniors**	**11 (Groups 4 & 5)**	**Free Dance**
12:31	à	13:31	*Meal break and Ice resurfacing*		
13:31	à	15:47	**Seniors**	**17 (Groups 1, 2 & 3)**	**Free Dance**

16:00 — ***VICTORY CEREMONY Juniors & Seniors***