



HSIDI 2026 – Helsinki, Finland

Schedule Saturday 04/04/2026



OFFICIAL PRACTICE (Practice Rink) (according to starting order)

Junior Group 1 – Rhythm Dance	(6)	07:00 – 07:30
Junior Group 2 – Rhythm Dance	(6)	07:30 – 08:00
Ice-cut		08:00 – 08:15
Junior Group 3 – Rhythm Dance	(6)	08:15 – 08:45
Junior Group 4 – Rhythm Dance	(6)	08:45 – 09:15
Ice-cut		09:15 – 09:30
Junior Group 5 – Rhythm Dance	(6)	09:30 – 10:00
Junior Group 6 – Rhythm Dance	(6)	10:00 – 10:30
Ice-cut		10:30 – 10:45
Junior Group 7 – Rhythm Dance	(6)	10:45 – 11:15
Senior Group 1 – Rhythm Dance	(5)	11:15 – 11:45
Ice-cut		11:45 – 12:00
Senior Group 2 – Rhythm Dance	(5)	12:00 – 12:30
Senior Group 3 – Rhythm Dance	(6)	12:30 – 13:00
Basic Novice Group 1 – Free Dance	(6)	14:15 – 14:45
Basic Novice Group 2 – Free Dance	(6)	14:45 – 15:15
Basic Novice Group 3 – Free Dance	(7)	15:15 – 15:45
Ice-cut		15:45 – 16:00
Intermediate Novice Group 1 – Free Dance	(5)	16:00 – 16:30
Intermediate Novice Group 2 – Free Dance	(6)	16:30 – 17:00
Intermediate Novice Group 3 – Free Dance	(6)	17:00 – 17:30
Ice-cut		17:30 – 17:45
Advanced Novice Group 1 – Free Dance	(5)	17:45 – 18:15
Advanced Novice Group 2 – Free Dance	(5)	18:15 – 18:45
Advanced Novice Group 3 – Free Dance	(6)	18:45 – 19:15

COMPETITION (Main Rink)

Junior – Rhythm Dance	08:30 – 14:06
Ice-cut	Ice-cut
Senior – Rhythm Dance	14:06 – 16:31
Ice-cut	Ice-cut
Basic Novice – Free Dance	16:31 – 18:22
Ice-cut	Ice-cut
Intermediate Novice – Free Dance	18:22 – 19:55
Podiums Basic & Intermediate Novice	20:15 approx.



Helsingin Luistelijat

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