



# HSIDI 2026 – Helsinki, Finland

## Schedule Sunday 05/04/2026



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

Junior Group 1 – Free Dances	(6)	10:00 – 10:30
Junior Group 2 – Free Dances	(6)	10:30 – 11:00
<b>Ice-cut</b>		<b>11:00 – 11:15</b>
Junior Group 3 – Free Dances	(6)	11:15 – 11:45
Junior Group 4 – Free Dances	(6)	11:45 – 12:15
<b>Ice-cut</b>		<b>12:15 – 12:30</b>
Junior Group 5 – Free Dances	(6)	12:30 – 13:00
Junior Group 6 – Free Dances	(6)	13:00 – 13:30
<b>Ice-cut</b>		<b>13:30 – 13:45</b>
Junior Group 7 – Free Dances	(6)	13:45 – 14:15
Senior Group 1 – Free Dances	(5)	14:15 – 14:45
<b>Ice-cut</b>		<b>14:45 – 15:00</b>
Senior Group 2 – Free Dances	(5)	15:00 – 15:30
Senior Group 3 – Free Dances	(6)	15:30 – 16:00

### COMPETITION (Main Rink)

Advanced Novice – Free Dances	10:00 – 11:49
<b>Ice-cut</b>	<b>Ice-cut</b>
Junior – Free Dances	11:49 – 17:36
<b>Ice-cut</b>	<b>Ice-cut</b>
Senior – Free Dance	17:36 – 19:55
<b>Advanced Novice, Junior &amp; Senior Podiums</b>	<b>20:15 approx</b>



Helsingin Luistelijat

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