



# 2026 Eastern Sectional Synchronized Skating Championships

January 14-17, 2026

UNOFFICIAL PRACTICE AS OF 11/20/2025

Wednesday January 14, 2026

| PERFORMANCE CENTER             |         |          |          |      |          |          |          |          |
|--------------------------------|---------|----------|----------|------|----------|----------|----------|----------|
| TEAM                           | WARM-UP | ENTER    | EXIT     | PREP | ARRIVE   | ENTER    | EXIT     | LEAVE    |
|                                | AREA    | WARM-UP  | WARM-UP  | AREA | PRACTICE | PRACTICE | PRACTICE | PRACTICE |
|                                | #       |          |          | #    | RINK     | ICE      | ICE      | RINK     |
|                                |         | 9:20 AM  | 9:40 AM  |      | 9:45 AM  | 10:00 AM | 10:10 AM | 10:20 AM |
|                                |         | 9:30 AM  | 9:50 AM  |      | 9:55 AM  | 10:10 AM | 10:20 AM | 10:30 AM |
| Palermo's Peaches OJ           |         | 9:40 AM  | 10:00 AM |      | 10:05 AM | 10:20 AM | 10:30 AM | 10:40 AM |
| Team Delaware OJ               |         | 9:50 AM  | 10:10 AM |      | 10:15 AM | 10:30 AM | 10:40 AM | 10:50 AM |
| Team Delaware OJ               |         | 10:00 AM | 10:20 AM |      | 10:25 AM | 10:40 AM | 10:50 AM | 11:00 AM |
| DC Edge OJ                     |         | 10:10 AM | 10:30 AM |      | 10:35 AM | 10:50 AM | 11:00 AM | 11:10 AM |
| DC Edge OJ                     |         | 10:20 AM | 10:40 AM |      | 10:45 AM | 11:00 AM | 11:10 AM | 11:20 AM |
| ICE MAKE                       |         |          |          |      |          | 11:10 AM | 11:30 AM |          |
| Team Ashburn OJ                |         | 10:50 AM | 11:10 AM |      | 11:15 AM | 11:30 AM | 11:40 AM | 11:50 AM |
| Team Ashburn OJ                |         | 11:00 AM | 11:20 AM |      | 11:25 AM | 11:40 AM | 11:50 AM | 12:00 PM |
| Team Ashburn OJ                |         | 11:10 AM | 11:30 AM |      | 11:35 AM | 11:50 AM | 12:00 PM | 12:10 PM |
| Colonials OJ                   |         | 11:20 AM | 11:40 AM |      | 11:45 AM | 12:00 PM | 12:10 PM | 12:20 PM |
| Colonials OJ                   |         | 11:30 AM | 11:50 AM |      | 11:55 AM | 12:10 PM | 12:20 PM | 12:30 PM |
| Colonials OJ                   |         | 11:40 AM | 12:00 PM |      | 12:05 PM | 12:20 PM | 12:30 PM | 12:40 PM |
| CT Rinkettes OJ                |         | 11:50 AM | 12:10 PM |      | 12:15 PM | 12:30 PM | 12:40 PM | 12:50 PM |
| ICE MAKE                       |         |          |          |      |          | 12:40 PM | 1:00 PM  |          |
| Steel City Blades OJ           |         | 12:20 PM | 12:40 PM |      | 12:45 PM | 1:00 PM  | 1:10 PM  | 1:20 PM  |
| Steel City Blades OJ           |         | 12:30 PM | 12:50 PM |      | 12:55 PM | 1:10 PM  | 1:20 PM  | 1:30 PM  |
| Steel City Blades Pre-Juvenile |         | 12:40 PM | 1:00 PM  |      | 1:05 PM  | 1:20 PM  | 1:30 PM  | 1:40 PM  |
| Steel City Blades Pre-Juvenile |         | 12:50 PM | 1:10 PM  |      | 1:15 PM  | 1:30 PM  | 1:40 PM  | 1:50 PM  |
| SunCoast OJ                    |         | 1:00 PM  | 1:20 PM  |      | 1:25 PM  | 1:40 PM  | 1:50 PM  | 2:00 PM  |
| Iceliners OJ                   |         | 1:10 PM  | 1:30 PM  |      | 1:35 PM  | 1:50 PM  | 2:00 PM  | 2:10 PM  |
| Iceliners OJ                   |         | 1:20 PM  | 1:40 PM  |      | 1:45 PM  | 2:00 PM  | 2:10 PM  | 2:20 PM  |
| ICE MAKE                       |         |          |          |      |          | 2:15 PM  | 2:45 PM  |          |
| OFFICIAL PRACTICE ICE          |         |          |          |      |          | 2:45 PM  | 6:10 PM  |          |
| ICE MAKE                       |         |          |          |      |          | 6:10 PM  | 6:25 PM  |          |
| Synchro Stars OJ               |         | 5:45 PM  | 6:05 PM  |      | 6:10 PM  | 6:25 PM  | 6:35 PM  | 6:45 PM  |
| Synchro Stars OJ               |         | 5:55 PM  | 6:15 PM  |      | 6:20 PM  | 6:35 PM  | 6:45 PM  | 6:55 PM  |
| Team Excel OJ                  |         | 6:05 PM  | 6:25 PM  |      | 6:30 PM  | 6:45 PM  | 6:55 PM  | 7:05 PM  |
| Team Excel OJ                  |         | 6:15 PM  | 6:35 PM  |      | 6:40 PM  | 6:55 PM  | 7:05 PM  | 7:15 PM  |
| Team Excel OJ                  |         | 6:25 PM  | 6:45 PM  |      | 6:50 PM  | 7:05 PM  | 7:15 PM  | 7:25 PM  |
| Team Excel OJ                  |         | 6:35 PM  | 6:55 PM  |      | 7:00 PM  | 7:15 PM  | 7:25 PM  | 7:35 PM  |
| ICE MAKE                       |         |          |          |      |          | 7:25 PM  | 7:45 PM  |          |
|                                |         | 7:05 PM  | 7:25 PM  |      | 7:30 PM  | 7:45 PM  | 7:55 PM  | 8:05 PM  |
|                                |         | 7:15 PM  | 7:35 PM  |      | 7:40 PM  | 7:55 PM  | 8:05 PM  | 8:15 PM  |
|                                |         | 7:25 PM  | 7:45 PM  |      | 7:50 PM  | 8:05 PM  | 8:15 PM  | 8:25 PM  |
|                                |         | 7:35 PM  | 7:55 PM  |      | 8:00 PM  | 8:15 PM  | 8:25 PM  | 8:35 PM  |
|                                |         | 7:45 PM  | 8:05 PM  |      | 8:10 PM  | 8:25 PM  | 8:35 PM  | 8:45 PM  |
|                                |         | 7:55 PM  | 8:15 PM  |      | 8:20 PM  | 8:35 PM  | 8:45 PM  | 8:55 PM  |
| ICE MAKE                       |         |          |          |      |          | 8:45 PM  | 9:05 PM  |          |
|                                |         | 8:25 PM  | 8:45 PM  |      | 8:50 PM  | 9:05 PM  | 9:15 PM  | 9:25 PM  |
|                                |         | 8:35 PM  | 8:55 PM  |      | 9:00 PM  | 9:15 PM  | 9:25 PM  | 9:35 PM  |
|                                |         | 8:45 PM  | 9:05 PM  |      | 9:10 PM  | 9:25 PM  | 9:35 PM  | 9:45 PM  |
|                                |         | 8:55 PM  | 9:15 PM  |      | 9:20 PM  | 9:35 PM  | 9:45 PM  | 9:55 PM  |
|                                |         | 9:05 PM  | 9:25 PM  |      | 9:30 PM  | 9:45 PM  | 9:55 PM  | 10:05 PM |
|                                |         | 9:15 PM  | 9:35 PM  |      | 9:40 PM  | 9:55 PM  | 10:05 PM | 10:15 PM |
| ICE MAKE                       |         |          |          |      |          | 10:05 PM | 10:25 PM |          |



# 2026 Eastern Sectional Synchronized Skating Championships

January 14-17, 2026

UNOFFICIAL PRACTICE AS OF 11/20/2025

Wednesday January 14, 2026

| WEST RINK                    |         |          |          |      |          |          |          |          |
|------------------------------|---------|----------|----------|------|----------|----------|----------|----------|
| TEAM                         | WARM-UP | ENTER    | EXIT     | PREP | ARRIVE   | ENTER    | EXIT     | LEAVE    |
|                              | AREA    | WARM-UP  | WARM-UP  | AREA | PRACTICE | PRACTICE | PRACTICE | PRACTICE |
|                              | #       |          |          | #    | RINK     | ICE      | ICE      | RINK     |
|                              |         | 9:20 AM  | 9:40 AM  |      | 9:45 AM  | 10:00 AM | 10:10 AM | 10:20 AM |
|                              |         | 9:30 AM  | 9:50 AM  |      | 9:55 AM  | 10:10 AM | 10:20 AM | 10:30 AM |
|                              |         | 9:40 AM  | 10:00 AM |      | 10:05 AM | 10:20 AM | 10:30 AM | 10:40 AM |
|                              |         | 9:50 AM  | 10:10 AM |      | 10:15 AM | 10:30 AM | 10:40 AM | 10:50 AM |
|                              |         | 10:00 AM | 10:20 AM |      | 10:25 AM | 10:40 AM | 10:50 AM | 11:00 AM |
|                              |         | 10:10 AM | 10:30 AM |      | 10:35 AM | 10:50 AM | 11:00 AM | 11:10 AM |
| ICE MAKE                     |         |          |          |      | ICE MAKE | 11:00 AM | 11:15 AM |          |
| National Blades OJ           |         | 10:35 AM | 10:55 AM |      | 11:00 AM | 11:15 AM | 11:25 AM | 11:35 AM |
| National Blades OJ           |         | 10:45 AM | 11:05 AM |      | 11:10 AM | 11:25 AM | 11:35 AM | 11:45 AM |
| National Blades OJ           |         | 10:55 AM | 11:15 AM |      | 11:20 AM | 11:35 AM | 11:45 AM | 11:55 AM |
| National Blades Pre-Juvenile |         | 11:05 AM | 11:25 AM |      | 11:30 AM | 11:45 AM | 11:55 AM | 12:05 PM |
| National Blades Pre-Juvenile |         | 11:15 AM | 11:35 AM |      | 11:40 AM | 11:55 AM | 12:05 PM | 12:15 PM |
| National Blades Pre-Juvenile |         | 11:30 AM | 11:50 AM |      | 11:55 AM | 12:05 PM | 12:15 PM | 12:25 PM |
| ICE MAKE                     |         |          |          |      | ICE MAKE | 12:15 PM | 12:30 PM |          |
|                              |         | 11:50 AM | 12:10 PM |      | 12:15 PM | 12:30 PM | 12:40 PM | 12:50 PM |
|                              |         | 12:00 PM | 12:20 PM |      | 12:25 PM | 12:40 PM | 12:50 PM | 1:00 PM  |
|                              |         | 12:10 PM | 12:30 PM |      | 12:35 PM | 12:50 PM | 1:00 PM  | 1:10 PM  |
|                              |         | 12:20 PM | 12:40 PM |      | 12:45 PM | 1:00 PM  | 1:10 PM  | 1:20 PM  |
| Extreme Icettes OJ           |         | 12:30 PM | 12:50 PM |      | 12:55 PM | 1:10 PM  | 1:20 PM  | 1:30 PM  |
| Extreme Icettes OJ           |         | 12:40 PM | 1:00 PM  |      | 1:05 PM  | 1:20 PM  | 1:30 PM  | 1:40 PM  |
| ICE MAKE                     |         |          |          |      | ICE MAKE | 1:30 PM  | 1:45 PM  |          |
|                              |         | 1:05 PM  | 1:25 PM  |      | 1:30 PM  | 1:45 PM  | 1:55 PM  | 2:05 PM  |
|                              |         | 1:15 PM  | 1:35 PM  |      | 1:40 PM  | 1:55 PM  | 2:05 PM  | 2:15 PM  |
|                              |         | 1:25 PM  | 1:45 PM  |      | 1:50 PM  | 2:05 PM  | 2:15 PM  | 2:25 PM  |
|                              |         | 1:35 PM  | 1:55 PM  |      | 2:00 PM  | 2:15 PM  | 2:25 PM  | 2:35 PM  |
|                              |         | 1:45 PM  | 2:05 PM  |      | 2:10 PM  | 2:25 PM  | 2:35 PM  | 2:45 PM  |
|                              |         | 1:55 PM  | 2:15 PM  |      | 2:20 PM  | 2:35 PM  | 2:45 PM  | 2:55 PM  |
| ICE MAKE                     |         |          |          |      | ICE MAKE | 2:45 PM  | 3:00 PM  |          |



## 2026 Eastern Sectional Synchronized Skating Championships

January 14-17, 2026

UNOFFICIAL PRACTICE AS OF 11/20/2025

Thursday January 15, 2026

### PERFORMANCE CENTER

| TEAM                              | WARM-UP | ENTER   | EXIT     | DRESSING | ENTER    | ENTER    | LEAVE    | LEAVE    |
|-----------------------------------|---------|---------|----------|----------|----------|----------|----------|----------|
| Building opens at 5:30am          | AREA    | WARM-UP | WARM-UP  | ROOM     | DRESSING | COMP.    | COMP.    | DRESSING |
|                                   | #       |         |          | #        | ROOM     | RINK     | RINK     | ROOM     |
| Available - note short warm-up    |         | 5:30 AM | 5:40 AM  |          | 5:45 AM  | 6:00 AM  | 6:10 AM  | 6:20 AM  |
|                                   |         | 5:30 AM | 5:50 AM  |          | 5:55 AM  | 6:10 AM  | 6:20 AM  | 6:30 AM  |
|                                   |         | 5:40 AM | 6:00 AM  |          | 6:05 AM  | 6:20 AM  | 6:30 AM  | 6:40 AM  |
|                                   |         | 5:50 AM | 6:10 AM  |          | 6:15 AM  | 6:30 AM  | 6:40 AM  | 6:50 AM  |
| Iceliners Pre-Juvenile            |         | 6:00 AM | 6:20 AM  |          | 6:25 AM  | 6:40 AM  | 6:50 AM  | 7:00 AM  |
| Iceliners Pre-Juvenile            |         | 6:10 AM | 6:30 AM  |          | 6:35 AM  | 6:50 AM  | 7:00 AM  | 7:10 AM  |
| Iceliners Preliminary             |         | 6:20 AM | 6:40 AM  |          | 6:45 AM  | 7:00 AM  | 7:10 AM  | 7:20 AM  |
| ICE MAKE                          |         |         |          |          | ICE MAKE | 7:10 AM  | 7:30 AM  |          |
| OFFICIAL PRACTICE AND COMPETITION |         |         |          |          |          | 7:30 AM  | 9:00 PM  |          |
| ICE MAKE                          |         |         |          |          | ICE MAKE | 9:00 PM  | 9:15 PM  |          |
| Cadettes Synchro Open Masters     |         | 8:35 PM | 8:55 PM  |          | 9:00 PM  | 9:15 PM  | 9:25 PM  | 9:35 PM  |
| Team Tenacity Masters             |         | 8:45 PM | 9:05 PM  |          | 9:10 PM  | 9:25 PM  | 9:35 PM  | 9:45 PM  |
| Team Tenacity Masters             |         | 8:55 PM | 9:15 PM  |          | 9:20 PM  | 9:35 PM  | 9:45 PM  | 9:55 PM  |
| Team Tenacity Masters             |         | 9:05 PM | 9:25 PM  |          | 9:30 PM  | 9:45 PM  | 9:55 PM  | 10:05 PM |
|                                   |         | 9:15 PM | 9:35 PM  |          | 9:40 PM  | 9:55 PM  | 10:05 PM | 10:15 PM |
|                                   |         | 9:25 PM | 9:45 PM  |          | 9:50 PM  | 10:05 PM | 10:15 PM | 10:25 PM |
|                                   |         | 9:35 PM | 9:55 PM  |          | 10:00 PM | 10:15 PM | 10:25 PM | 10:35 PM |
|                                   |         | 9:45 PM | 10:05 PM |          | 10:10 PM | 10:25 PM | 10:35 PM | 10:45 PM |



## 2026 Eastern Sectional Synchronized Skating Championships

January 14-17, 2026

UNOFFICIAL PRACTICE AS OF 11/20/2025

Thursday January 15, 2026

### East Rink

| TEAM                          | WARM-UP      | ENTER    | EXIT     | PREP | ARRIVE   | ENTER    | EXIT     | LEAVE    |
|-------------------------------|--------------|----------|----------|------|----------|----------|----------|----------|
| Building opens at 5:30am      | AREA         | WARM-UP  | WARM-UP  | AREA | PRACTICE | PRACTICE | PRACTICE | PRACTICE |
|                               | #            |          |          | #    | RINK     | ICE      | ICE      | RINK     |
|                               |              | 5:40 AM  | 6:00 AM  |      | 6:05 AM  | 6:20 AM  | 6:30 AM  | 6:40 AM  |
|                               |              | 5:50 AM  | 6:10 AM  |      | 6:15 AM  | 6:30 AM  | 6:40 AM  | 6:50 AM  |
|                               |              | 6:00 AM  | 6:20 AM  |      | 6:25 AM  | 6:40 AM  | 6:50 AM  | 7:00 AM  |
|                               |              | 6:10 AM  | 6:30 AM  |      | 6:35 AM  | 6:50 AM  | 7:00 AM  | 7:10 AM  |
|                               |              | 6:20 AM  | 6:40 AM  |      | 6:45 AM  | 7:00 AM  | 7:10 AM  | 7:20 AM  |
|                               |              | 6:30 AM  | 6:50 AM  |      | 6:55 AM  | 7:10 AM  | 7:20 AM  | 7:30 AM  |
| ICE MAKE                      |              |          |          |      |          | 7:20 AM  | 7:35 AM  |          |
|                               |              | 6:55 AM  | 7:15 AM  |      | 7:20 AM  | 7:35 AM  | 7:45 AM  | 7:55 AM  |
|                               |              | 7:05 AM  | 7:25 AM  |      | 7:30 AM  | 7:45 AM  | 7:55 AM  | 8:05 AM  |
|                               |              | 7:15 AM  | 7:35 AM  |      | 7:40 AM  | 7:55 AM  | 8:05 AM  | 8:15 AM  |
| Palermo's Peaches Preliminary |              | 7:25 AM  | 7:45 AM  |      | 7:50 AM  | 8:05 AM  | 8:15 AM  | 8:25 AM  |
| Extreme Icettes OJ            |              | 7:35 AM  | 7:55 AM  |      | 8:00 AM  | 8:15 AM  | 8:25 AM  | 8:35 AM  |
| Extreme Icettes OJ            |              | 7:45 AM  | 8:05 AM  |      | 8:10 AM  | 8:25 AM  | 8:35 AM  | 8:45 AM  |
| ICE MAKE                      |              |          |          |      |          | 8:35 AM  | 8:50 AM  |          |
| DC Edge Juvenile              |              | 8:10 AM  | 8:30 AM  |      | 8:35 AM  | 8:50 AM  | 9:00 AM  | 9:10 AM  |
| DC Edge Juvenile              |              | 8:20 AM  | 8:40 AM  |      | 8:45 AM  | 9:00 AM  | 9:10 AM  | 9:20 AM  |
| DC Edge Juvenile              |              | 8:30 AM  | 8:50 AM  |      | 8:55 AM  | 9:10 AM  | 9:20 AM  | 9:30 AM  |
| DC Edge OJ                    | x to Juv     | 8:40 AM  | 9:00 AM  |      | 9:05 AM  | 9:20 AM  | 9:30 AM  | 9:40 AM  |
| DC Edge OJ                    | Prelim coach | 8:50 AM  | 9:10 AM  |      | 9:15 AM  | 9:30 AM  | 9:40 AM  | 9:50 AM  |
| Cadettes Synchro Preliminary  |              | 9:00 AM  | 9:20 AM  |      | 9:25 AM  | 9:40 AM  | 9:50 AM  | 10:00 AM |
| ICE MAKE                      |              |          |          |      |          | 9:50 AM  | 10:10 AM |          |
| CT Rinkettes Preliminary      |              | 9:30 AM  | 9:50 AM  |      | 9:55 AM  | 10:10 AM | 10:20 AM | 10:30 AM |
| CT Rinkettes OJ               |              | 9:40 AM  | 10:00 AM |      | 10:05 AM | 10:20 AM | 10:30 AM | 10:40 AM |
| SunCoast OJ                   |              | 9:50 AM  | 10:10 AM |      | 10:15 AM | 10:30 AM | 10:40 AM | 10:50 AM |
| National Blades Open Masters  |              | 10:00 AM | 10:20 AM |      | 10:25 AM | 10:40 AM | 10:50 AM | 11:00 AM |
| National Blades Open Masters  |              | 10:10 AM | 10:30 AM |      | 10:35 AM | 10:50 AM | 11:00 AM | 11:10 AM |
| National Blades Open Masters  |              | 10:20 AM | 10:40 AM |      | 10:45 AM | 11:00 AM | 11:10 AM | 11:20 AM |
| ICE MAKE                      |              |          |          |      |          | 11:10 AM | 11:30 AM |          |
| The Colonials Preliminary     |              | 10:50 AM | 11:10 AM |      | 11:15 AM | 11:30 AM | 11:40 AM | 11:50 AM |
| The Colonials Preliminary     |              | 11:00 AM | 11:20 AM |      | 11:25 AM | 11:40 AM | 11:50 AM | 12:00 PM |
| The Colonials Preliminary     |              | 11:10 AM | 11:30 AM |      | 11:35 AM | 11:50 AM | 12:00 PM | 12:10 PM |
| The Colonials Preliminary     |              | 11:20 AM | 11:40 AM |      | 11:45 AM | 12:00 PM | 12:10 PM | 12:20 PM |
| Gate City Preliminary         |              | 11:30 AM | 11:50 AM |      | 11:55 AM | 12:10 PM | 12:20 PM | 12:30 PM |
| Gate City Preliminary         |              | 11:40 AM | 12:00 PM |      | 12:05 PM | 12:20 PM | 12:30 PM | 12:40 PM |
| ICE MAKE                      |              |          |          |      |          | 12:30 PM | 12:45 PM |          |
| Team Excel Preliminary        |              | 12:05 PM | 12:25 PM |      | 12:30 PM | 12:45 PM | 12:55 PM | 1:05 PM  |
| Team Excel Preliminary        |              | 12:15 PM | 12:35 PM |      | 12:40 PM | 12:55 PM | 1:05 PM  | 1:15 PM  |
| Team Excel Preliminary        |              | 12:25 PM | 12:45 PM |      | 12:50 PM | 1:05 PM  | 1:15 PM  | 1:25 PM  |
| Team Excel Preliminary        |              | 12:35 PM | 12:55 PM |      | 1:00 PM  | 1:15 PM  | 1:25 PM  | 1:35 PM  |



# 2026 Eastern Sectional Synchronized Skating Championships

January 14-17, 2026

UNOFFICIAL PRACTICE AS OF 11/20/2025

Thursday January 15, 2026

| East Rink                     |  |          |          |  |          |          |          |          |
|-------------------------------|--|----------|----------|--|----------|----------|----------|----------|
| Team Excel Preliminary        |  | 12:45 PM | 1:05 PM  |  | 1:10 PM  | 1:25 PM  | 1:35 PM  | 1:45 PM  |
| Gardens Synchronicity OM      |  | 12:55 PM | 1:15 PM  |  | 1:20 PM  | 1:35 PM  | 1:45 PM  | 1:55 PM  |
| Gardens Synchronicity OM      |  | 1:05 PM  | 1:25 PM  |  | 1:30 PM  | 1:45 PM  | 1:55 PM  | 2:05 PM  |
| ICE MAKE                      |  |          |          |  |          | 1:55 PM  | 2:10 PM  |          |
| Team Image Intermediate Black |  | 1:30 PM  | 1:50 PM  |  | 1:55 PM  | 2:10 PM  | 2:20 PM  | 2:30 PM  |
| Team Image Intermediate Black |  | 1:40 PM  | 2:00 PM  |  | 2:05 PM  | 2:20 PM  | 2:30 PM  | 2:40 PM  |
| Team Image Intermediate Black |  | 1:50 PM  | 2:10 PM  |  | 2:15 PM  | 2:30 PM  | 2:40 PM  | 2:50 PM  |
| Team Image Juvenile           |  | 2:00 PM  | 2:20 PM  |  | 2:25 PM  | 2:40 PM  | 2:50 PM  | 3:00 PM  |
| Team Image Juvenile           |  | 2:10 PM  | 2:30 PM  |  | 2:35 PM  | 2:50 PM  | 3:00 PM  | 3:10 PM  |
| Team Image Juvenile           |  | 2:20 PM  | 2:40 PM  |  | 2:45 PM  | 3:00 PM  | 3:10 PM  | 3:20 PM  |
| Essex Blades Open Masters     |  | 2:30 PM  | 2:50 PM  |  | 2:55 PM  | 3:10 PM  | 3:20 PM  | 3:30 PM  |
| ICE MAKE                      |  |          |          |  |          | 3:20 PM  | 3:30 PM  |          |
| CLUB ICE                      |  |          |          |  |          | 3:30 PM  | 6:00 PM  |          |
| ICE MAKE                      |  |          |          |  |          | 6:00 PM  | 6:15 PM  |          |
| Team Ashburn Preliminary      |  | 5:35 PM  | 5:55 PM  |  | 6:00 PM  | 6:15 PM  | 6:25 PM  | 6:35 PM  |
| Team Ashburn Preliminary      |  | 5:45 PM  | 6:05 PM  |  | 6:10 PM  | 6:25 PM  | 6:35 PM  | 6:45 PM  |
| Team Ashburn Preliminary      |  | 5:55 PM  | 6:15 PM  |  | 6:20 PM  | 6:35 PM  | 6:45 PM  | 6:55 PM  |
| Syracuse Symmetry PJ          |  | 6:05 PM  | 6:25 PM  |  | 6:30 PM  | 6:45 PM  | 6:55 PM  | 7:05 PM  |
| Syracuse Symmetry PJ          |  | 6:15 PM  | 6:35 PM  |  | 6:40 PM  | 6:55 PM  | 7:05 PM  | 7:15 PM  |
| Syracuse Symmetry PJ          |  | 6:25 PM  | 6:45 PM  |  | 6:50 PM  | 7:05 PM  | 7:15 PM  | 7:25 PM  |
| ICE MAKE                      |  |          |          |  |          | 7:15 PM  | 7:30 PM  |          |
| Boston Fusion Novice          |  | 6:50 PM  | 7:10 PM  |  | 7:15 PM  | 7:30 PM  | 7:40 PM  | 7:50 PM  |
| Boston Fusion Novice          |  | 7:00 PM  | 7:20 PM  |  | 7:25 PM  | 7:40 PM  | 7:50 PM  | 8:00 PM  |
| Boston Fusion Novice          |  | 7:10 PM  | 7:30 PM  |  | 7:35 PM  | 7:50 PM  | 8:00 PM  | 8:10 PM  |
| Boston Fusion Novice          |  | 7:20 PM  | 7:40 PM  |  | 7:45 PM  | 8:00 PM  | 8:10 PM  | 8:20 PM  |
| Boston Fusion Juvenile        |  | 7:30 PM  | 7:50 PM  |  | 7:55 PM  | 8:10 PM  | 8:20 PM  | 8:30 PM  |
| Boston Fusion Juvenile        |  | 7:40 PM  | 8:00 PM  |  | 8:05 PM  | 8:20 PM  | 8:30 PM  | 8:40 PM  |
| ICE MAKE                      |  |          |          |  |          | 8:30 PM  | 8:45 PM  |          |
| Boston Fusion Juvenile        |  | 8:05 PM  | 8:25 PM  |  | 8:30 PM  | 8:45 PM  | 8:55 PM  | 9:05 PM  |
| Boston Fusion Juvenile        |  | 8:15 PM  | 8:35 PM  |  | 8:40 PM  | 8:55 PM  | 9:05 PM  | 9:15 PM  |
| The Colonials Masters         |  | 8:25 PM  | 8:45 PM  |  | 8:50 PM  | 9:05 PM  | 9:15 PM  | 9:25 PM  |
| The Colonials Masters         |  | 8:35 PM  | 8:55 PM  |  | 9:00 PM  | 9:15 PM  | 9:25 PM  | 9:35 PM  |
| The Colonials Masters         |  | 8:45 PM  | 9:05 PM  |  | 9:10 PM  | 9:25 PM  | 9:35 PM  | 9:45 PM  |
| The Colonials Masters         |  | 8:55 PM  | 9:15 PM  |  | 9:20 PM  | 9:35 PM  | 9:45 PM  | 9:55 PM  |
| ICE MAKE                      |  |          |          |  |          | 9:45 PM  | 10:00 PM |          |
|                               |  | 9:20 PM  | 9:40 PM  |  | 9:45 PM  | 10:00 PM | 10:10 PM | 10:20 PM |
|                               |  | 9:30 PM  | 9:50 PM  |  | 9:55 PM  | 10:10 PM | 10:20 PM | 10:30 PM |
|                               |  | 9:40 PM  | 10:00 PM |  | 10:05 PM | 10:20 PM | 10:30 PM | 10:40 PM |
|                               |  | 9:50 PM  | 10:10 PM |  | 10:15 PM | 10:30 PM | 10:40 PM | 10:50 PM |
| ICE MAKE                      |  |          |          |  |          | 10:40 PM | 10:55 PM |          |



# 2026 Eastern Sectional Synchronized Skating Championships

January 14-17, 2026

UNOFFICIAL PRACTICE AS OF 11/20/2025

Thursday January 15, 2026

| WEST RINK                           |         |          |          |      |          |          |          |          |
|-------------------------------------|---------|----------|----------|------|----------|----------|----------|----------|
| TEAM                                | WARM-UP | ENTER    | EXIT     | PREP | ARRIVE   | ENTER    | EXIT     | LEAVE    |
| Building opens at 5:30am            | AREA    | WARM-UP  | WARM-UP  | AREA | PRACTICE | PRACTICE | PRACTICE | PRACTICE |
|                                     | #       |          |          | #    | RINK     | ICE      | ICE      | RINK     |
|                                     |         | 5:30 AM  | 5:50 AM  |      | 5:55 AM  | 6:10 AM  | 6:20 AM  | 6:30 AM  |
|                                     |         | 5:40 AM  | 6:00 AM  |      | 6:05 AM  | 6:20 AM  | 6:30 AM  | 6:40 AM  |
|                                     |         | 5:50 AM  | 6:10 AM  |      | 6:15 AM  | 6:30 AM  | 6:40 AM  | 6:50 AM  |
|                                     |         | 6:00 AM  | 6:20 AM  |      | 6:25 AM  | 6:40 AM  | 6:50 AM  | 7:00 AM  |
|                                     |         | 6:10 AM  | 6:30 AM  |      | 6:35 AM  | 6:50 AM  | 7:00 AM  | 7:10 AM  |
|                                     |         | 6:20 AM  | 6:40 AM  |      | 6:45 AM  | 7:00 AM  | 7:10 AM  | 7:20 AM  |
| ICE MAKE                            |         |          |          |      |          | 7:10 AM  | 7:25 AM  |          |
|                                     |         | 6:45 AM  | 7:05 AM  |      | 7:10 AM  | 7:25 AM  | 7:35 AM  | 7:45 AM  |
|                                     |         | 6:55 AM  | 7:15 AM  |      | 7:20 AM  | 7:35 AM  | 7:45 AM  | 7:55 AM  |
|                                     |         | 7:05 AM  | 7:25 AM  |      | 7:30 AM  | 7:45 AM  | 7:55 AM  | 8:05 AM  |
|                                     |         | 7:15 AM  | 7:35 AM  |      | 7:40 AM  | 7:55 AM  | 8:05 AM  | 8:15 AM  |
|                                     |         | 7:25 AM  | 7:45 AM  |      | 7:50 AM  | 8:05 AM  | 8:15 AM  | 8:25 AM  |
| Palm Beach Blades Lime Pre-Juvenile |         | 7:35 AM  | 7:55 AM  |      | 8:00 AM  | 8:15 AM  | 8:25 AM  | 8:35 AM  |
| ICE MAKE                            |         |          |          |      |          | 8:25 AM  | 8:40 AM  |          |
| Team Ashburn OJ                     |         | 8:00 AM  | 8:20 AM  |      | 8:25 AM  | 8:40 AM  | 8:50 AM  | 9:00 AM  |
| Team Ashburn OJ                     |         | 8:10 AM  | 8:30 AM  |      | 8:35 AM  | 8:50 AM  | 9:00 AM  | 9:10 AM  |
| Tropical Blades Preliminary         |         | 8:20 AM  | 8:40 AM  |      | 8:45 AM  | 9:00 AM  | 9:10 AM  | 9:20 AM  |
| Tropical Blades Preliminary         |         | 8:30 AM  | 8:50 AM  |      | 8:55 AM  | 9:10 AM  | 9:20 AM  | 9:30 AM  |
| Tropical Blades OJ                  |         | 8:40 AM  | 9:00 AM  |      | 9:05 AM  | 9:20 AM  | 9:30 AM  | 9:40 AM  |
| Tropical Blades OJ                  |         | 8:50 AM  | 9:10 AM  |      | 9:15 AM  | 9:30 AM  | 9:40 AM  | 9:50 AM  |
| ICE MAKE                            |         |          |          |      |          | 9:40 AM  | 9:55 AM  |          |
| Team Symphony OJ                    |         | 9:15 AM  | 9:35 AM  |      | 9:40 AM  | 9:55 AM  | 10:05 AM | 10:15 AM |
| Team Symphony OJ                    |         | 9:25 AM  | 9:45 AM  |      | 9:50 AM  | 10:05 AM | 10:15 AM | 10:25 AM |
| Team Symphony OJ                    |         | 9:35 AM  | 9:55 AM  |      | 10:00 AM | 10:15 AM | 10:25 AM | 10:35 AM |
| Ellenton Edge Pre-Juvenile          |         | 9:45 AM  | 10:05 AM |      | 10:10 AM | 10:25 AM | 10:35 AM | 10:45 AM |
| Ellenton Edge Pre-Juvenile          |         | 9:55 AM  | 10:15 AM |      | 10:20 AM | 10:35 AM | 10:45 AM | 10:55 AM |
| Chevy Chase Pre-Juvenile            |         | 10:05 AM | 10:25 AM |      | 10:30 AM | 10:45 AM | 10:55 AM | 11:05 AM |
| ICE MAKE                            |         |          |          |      |          | 10:55 AM | 11:10 AM |          |
| Team Excel OJ                       |         | 10:30 AM | 10:50 AM |      | 10:55 AM | 11:10 AM | 11:20 AM | 11:30 AM |
| Team Excel OJ                       |         | 10:40 AM | 11:00 AM |      | 11:05 AM | 11:20 AM | 11:30 AM | 11:40 AM |
| Ice Mates Novice                    |         | 10:50 AM | 11:10 AM |      | 11:15 AM | 11:30 AM | 11:40 AM | 11:50 AM |
| Ice Mates Novice                    |         | 11:00 AM | 11:20 AM |      | 11:25 AM | 11:40 AM | 11:50 AM | 12:00 PM |
| Ice Mates Novice                    |         | 11:10 AM | 11:30 AM |      | 11:35 AM | 11:50 AM | 12:00 PM | 12:10 PM |
| Ice Mates Novice                    |         | 11:20 AM | 11:40 AM |      | 11:45 AM | 12:00 PM | 12:10 PM | 12:20 PM |
| ICE MAKE                            |         |          |          |      |          | 12:10 PM | 12:25 PM |          |
| Beach Blades Pre-Juvenile           |         | 11:45 AM | 12:05 PM |      | 12:10 PM | 12:25 PM | 12:35 PM | 12:45 PM |
| Beach Blades Pre-Juvenile           |         | 11:55 AM | 12:15 PM |      | 12:20 PM | 12:35 PM | 12:45 PM | 12:55 PM |
| CT Rinkettes Novice                 |         | 12:05 PM | 12:25 PM |      | 12:30 PM | 12:45 PM | 12:55 PM | 1:05 PM  |
| CT Rinkettes Novice                 |         | 12:15 PM | 12:35 PM |      | 12:40 PM | 12:55 PM | 1:05 PM  | 1:15 PM  |
| CT Rinkettes Novice                 |         | 12:25 PM | 12:45 PM |      | 12:50 PM | 1:05 PM  | 1:15 PM  | 1:25 PM  |
| ICE MAKE                            |         |          |          |      |          | 1:15 PM  | 1:30 PM  |          |
| DC Edge Preliminary Blue            |         | 12:50 PM | 1:10 PM  |      | 1:15 PM  | 1:30 PM  | 1:40 PM  | 1:50 PM  |
| DC Edge Preliminary Blue            |         | 1:00 PM  | 1:20 PM  |      | 1:25 PM  | 1:40 PM  | 1:50 PM  | 2:00 PM  |
| DC Edge Preliminary Blue            |         | 1:10 PM  | 1:30 PM  |      | 1:35 PM  | 1:50 PM  | 2:00 PM  | 2:10 PM  |
| DC Edge Preliminary Red             |         | 1:20 PM  | 1:40 PM  |      | 1:45 PM  | 2:00 PM  | 2:10 PM  | 2:20 PM  |
| DC Edge Preliminary Red             |         | 1:30 PM  | 1:50 PM  |      | 1:55 PM  | 2:10 PM  | 2:20 PM  | 2:30 PM  |
| DC Edge Preliminary Red             |         | 1:40 PM  | 2:00 PM  |      | 2:05 PM  | 2:20 PM  | 2:30 PM  | 2:40 PM  |
|                                     |         |          |          |      |          | 2:30 PM  | 2:45 PM  |          |
| DC Edge Pre-Juvenile                |         | 2:05 PM  | 2:25 PM  |      | 2:30 PM  | 2:45 PM  | 2:55 PM  | 3:05 PM  |
| DC Edge Pre-Juvenile                |         | 2:15 PM  | 2:35 PM  |      | 2:40 PM  | 2:55 PM  | 3:05 PM  | 3:15 PM  |
| DC Edge Pre-Juvenile                |         | 2:25 PM  | 2:45 PM  |      | 2:50 PM  | 3:05 PM  | 3:15 PM  | 3:25 PM  |
| DC Edge Masters                     |         | 2:35 PM  | 2:55 PM  |      | 3:00 PM  | 3:15 PM  | 3:25 PM  | 3:35 PM  |
| DC Edge Masters                     |         | 2:45 PM  | 3:05 PM  |      | 3:10 PM  | 3:25 PM  | 3:35 PM  | 3:45 PM  |
| DC Edge Masters                     |         | 2:55 PM  | 3:15 PM  |      | 3:20 PM  | 3:35 PM  | 3:45 PM  | 3:55 PM  |
| ICE MAKE                            |         |          |          |      |          | 3:45 PM  | 4:00 PM  |          |
| Team Image Preliminary              |         | 3:20 PM  | 3:40 PM  |      | 3:45 PM  | 4:00 PM  | 4:10 PM  | 4:20 PM  |
| Team Image Preliminary              |         | 3:30 PM  | 3:50 PM  |      | 3:55 PM  | 4:10 PM  | 4:20 PM  | 4:30 PM  |
| Team Image Preliminary              |         | 3:40 PM  | 4:00 PM  |      | 4:05 PM  | 4:20 PM  | 4:30 PM  | 4:40 PM  |
| Team Image Preliminary              |         | 3:50 PM  | 4:10 PM  |      | 4:15 PM  | 4:30 PM  | 4:40 PM  | 4:50 PM  |
| Team Image Preliminary              |         | 4:00 PM  | 4:20 PM  |      | 4:25 PM  | 4:40 PM  | 4:50 PM  | 5:00 PM  |
| Team Image Preliminary              |         | 4:10 PM  | 4:30 PM  |      | 4:35 PM  | 4:50 PM  | 5:00 PM  | 5:10 PM  |
| ICE MAKE                            |         |          |          |      |          | 5:00 PM  | 5:15 PM  |          |
| Team Image Pre-Juvenile             |         | 4:35 PM  | 4:55 PM  |      | 5:00 PM  | 5:15 PM  | 5:25 PM  | 5:35 PM  |
| Team Image Pre-Juvenile             |         | 4:45 PM  | 5:05 PM  |      | 5:10 PM  | 5:25 PM  | 5:35 PM  | 5:45 PM  |
| Team Image Pre-Juvenile             |         | 4:55 PM  | 5:15 PM  |      | 5:20 PM  | 5:35 PM  | 5:45 PM  | 5:55 PM  |
| Team Image Pre-Juvenile             |         | 5:05 PM  | 5:25 PM  |      | 5:30 PM  | 5:45 PM  | 5:55 PM  | 6:05 PM  |



# 2026 Eastern Sectional Synchronized Skating Championships

January 14-17, 2026

UNOFFICIAL PRACTICE AS OF 11/20/2025

Thursday January 15, 2026

| WEST RINK                  |  |         |         |  |         |          |          |
|----------------------------|--|---------|---------|--|---------|----------|----------|
| Team Image Pre-Juvenile    |  | 5:15 PM | 5:35 PM |  | 5:40 PM | 5:55 PM  | 6:15 PM  |
| Team Image Pre-Juvenile    |  | 5:25 PM | 5:45 PM |  | 5:50 PM | 6:05 PM  | 6:25 PM  |
| ICE MAKE                   |  |         |         |  |         | 6:15 PM  | 6:30 PM  |
| Synchro Stars Open Masters |  | 5:50 PM | 6:10 PM |  | 6:15 PM | 6:30 PM  | 6:50 PM  |
| Synchro Stars Open Masters |  | 6:00 PM | 6:20 PM |  | 6:25 PM | 6:40 PM  | 7:00 PM  |
| Maine DownEasters OM       |  | 6:10 PM | 6:30 PM |  | 6:35 PM | 6:50 PM  | 7:10 PM  |
| Maine DownEasters OM       |  | 6:20 PM | 6:40 PM |  | 6:45 PM | 7:00 PM  | 7:20 PM  |
| Team Excel Open Masters    |  | 6:30 PM | 6:50 PM |  | 6:55 PM | 7:10 PM  | 7:30 PM  |
| Team Excel Open Masters    |  | 6:40 PM | 7:00 PM |  | 7:05 PM | 7:20 PM  | 7:40 PM  |
| ICE MAKE                   |  |         |         |  |         | 7:30 PM  | 7:45 PM  |
| CT Rinkettes Intermediate  |  | 7:05 PM | 7:25 PM |  | 7:30 PM | 7:45 PM  | 8:05 PM  |
| CT Rinkettes Intermediate  |  | 7:15 PM | 7:35 PM |  | 7:40 PM | 7:55 PM  | 8:15 PM  |
| The Colonials Pre-Juvenile |  | 7:25 PM | 7:45 PM |  | 7:50 PM | 8:05 PM  | 8:25 PM  |
| The Colonials Pre-Juvenile |  | 7:35 PM | 7:55 PM |  | 8:00 PM | 8:15 PM  | 8:35 PM  |
| The Colonials Pre-Juvenile |  | 7:45 PM | 8:05 PM |  | 8:10 PM | 8:25 PM  | 8:45 PM  |
| The Colonials Pre-Juvenile |  | 7:55 PM | 8:15 PM |  | 8:20 PM | 8:35 PM  | 8:55 PM  |
| ICE MAKE                   |  |         |         |  |         | 8:45 PM  | 9:00 PM  |
| Gate City Pre-Juvenile     |  | 8:20 PM | 8:40 PM |  | 8:45 PM | 9:00 PM  | 9:20 PM  |
| Gate City Pre-Juvenile     |  | 8:30 PM | 8:50 PM |  | 8:55 PM | 9:10 PM  | 9:30 PM  |
| Essex Blades Open Masters  |  | 8:40 PM | 9:00 PM |  | 9:05 PM | 9:20 PM  | 9:40 PM  |
| Essex Blades Open Masters  |  | 8:50 PM | 9:10 PM |  | 9:15 PM | 9:30 PM  | 9:50 PM  |
| Essex Blades Open Masters  |  | 9:00 PM | 9:20 PM |  | 9:25 PM | 9:40 PM  | 10:00 PM |
| Essex Blades Open Masters  |  | 9:10 PM | 9:30 PM |  | 9:35 PM | 9:50 PM  | 10:10 PM |
| ICE MAKE                   |  |         |         |  |         | 10:00 PM | 10:15 PM |



## 2026 Eastern Sectional Synchronized Skating Championships

January 14-17, 2026

UNOFFICIAL PRACTICE AS OF 11/20/2025

FRIDAY January 16, 2026

### PERFORMANCE CENTER

| TEAM                           | WARM-UP | ENTER   | EXIT    | DRESSING | ENTER    | ENTER   | LEAVE   | LEAVE    |
|--------------------------------|---------|---------|---------|----------|----------|---------|---------|----------|
| Building opens at 5:30am       | AREA    | WARM-UP | WARM-UP | ROOM     | DRESSING | COMP.   | COMP.   | DRESSING |
|                                | #       |         |         | #        | ROOM     | RINK    | RINK    | ROOM     |
| Available - note short warm-up |         | 5:30 AM | 5:40 AM |          | 5:45 AM  | 6:00 AM | 6:10 AM | 6:20 AM  |
|                                |         | 5:30 AM | 5:50 AM |          | 5:55 AM  | 6:10 AM | 6:20 AM | 6:30 AM  |
|                                |         | 5:40 AM | 6:00 AM |          | 6:05 AM  | 6:20 AM | 6:30 AM | 6:40 AM  |
|                                |         | 5:50 AM | 6:10 AM |          | 6:15 AM  | 6:30 AM | 6:40 AM | 6:50 AM  |
|                                |         | 6:00 AM | 6:20 AM |          | 6:25 AM  | 6:40 AM | 6:50 AM | 7:00 AM  |
|                                |         | 6:10 AM | 6:30 AM |          | 6:35 AM  | 6:50 AM | 7:00 AM | 7:10 AM  |
| Palermo's Peaches Intermediate |         | 6:20 AM | 6:40 AM |          | 6:45 AM  | 7:00 AM | 7:10 AM | 7:20 AM  |
| ICE MAKE                       |         |         |         |          | ICE MAKE | 7:10 AM | 7:30 AM |          |

### OFFICIAL PRACTICES and COMPETITION



## 2026 Eastern Sectional Synchronized Skating Championships

January 14-17, 2026

UNOFFICIAL PRACTICE AS OF 11/20/2025

FRIDAY January 16, 2026

### East Rink

| TEAM                        | WARM-UP | ENTER    | EXIT     | PREP | ARRIVE   | ENTER    | EXIT     | LEAVE    |
|-----------------------------|---------|----------|----------|------|----------|----------|----------|----------|
| Building opens at 5:30am    | AREA    | WARM-UP  | WARM-UP  | AREA | PRACTICE | PRACTICE | PRACTICE | PRACTICE |
|                             | #       |          |          | #    | RINK     | ICE      | ICE      | RINK     |
|                             |         | 5:40 AM  | 6:00 AM  |      | 6:05 AM  | 6:20 AM  | 6:30 AM  | 6:40 AM  |
|                             |         | 5:50 AM  | 6:10 AM  |      | 6:15 AM  | 6:30 AM  | 6:40 AM  | 6:50 AM  |
|                             |         | 6:00 AM  | 6:20 AM  |      | 6:25 AM  | 6:40 AM  | 6:50 AM  | 7:00 AM  |
|                             |         | 6:10 AM  | 6:30 AM  |      | 6:35 AM  | 6:50 AM  | 7:00 AM  | 7:10 AM  |
|                             |         | 6:20 AM  | 6:40 AM  |      | 6:45 AM  | 7:00 AM  | 7:10 AM  | 7:20 AM  |
|                             |         | 6:30 AM  | 6:50 AM  |      | 6:55 AM  | 7:10 AM  | 7:20 AM  | 7:30 AM  |
| ICE MAKE                    |         |          |          |      |          | 7:20 AM  | 7:35 AM  |          |
|                             |         | 6:55 AM  | 7:15 AM  |      | 7:20 AM  | 7:35 AM  | 7:45 AM  | 7:55 AM  |
|                             |         | 7:05 AM  | 7:25 AM  |      | 7:30 AM  | 7:45 AM  | 7:55 AM  | 8:05 AM  |
|                             |         | 7:15 AM  | 7:35 AM  |      | 7:40 AM  | 7:55 AM  | 8:05 AM  | 8:15 AM  |
|                             |         | 7:25 AM  | 7:45 AM  |      | 7:50 AM  | 8:05 AM  | 8:15 AM  | 8:25 AM  |
| Shooting Stars Pre-Juvenile |         | 7:35 AM  | 7:55 AM  |      | 8:00 AM  | 8:15 AM  | 8:25 AM  | 8:35 AM  |
| Shooting Stars Pre-Juvenile |         | 7:45 AM  | 8:05 AM  |      | 8:10 AM  | 8:25 AM  | 8:35 AM  | 8:45 AM  |
| ICE MAKE                    |         |          |          |      |          | 8:35 AM  | 8:50 AM  |          |
| Team Excel Preliminary      |         | 8:10 AM  | 8:30 AM  |      | 8:35 AM  | 8:50 AM  | 9:00 AM  | 9:10 AM  |
| Team Excel Open Masters     |         | 8:20 AM  | 8:40 AM  |      | 8:45 AM  | 9:00 AM  | 9:10 AM  | 9:20 AM  |
| Team Excel Open Masters     |         | 8:30 AM  | 8:50 AM  |      | 8:55 AM  | 9:10 AM  | 9:20 AM  | 9:30 AM  |
| Team Excel Open Masters     |         | 8:40 AM  | 9:00 AM  |      | 9:05 AM  | 9:20 AM  | 9:30 AM  | 9:40 AM  |
| Gardens Synchronicity OM    |         | 8:50 AM  | 9:10 AM  |      | 9:15 AM  | 9:30 AM  | 9:40 AM  | 9:50 AM  |
| Gardens Synchronicity OM    |         | 9:00 AM  | 9:20 AM  |      | 9:25 AM  | 9:40 AM  | 9:50 AM  | 10:00 AM |
| ICE MAKE                    |         |          |          |      |          | 9:50 AM  | 10:05 AM |          |
|                             |         | 9:25 AM  | 9:45 AM  |      | 9:50 AM  | 10:05 AM | 10:15 AM | 10:25 AM |
|                             |         | 9:35 AM  | 9:55 AM  |      | 10:00 AM | 10:15 AM | 10:25 AM | 10:35 AM |
| Team Tenacity Adult         |         | 9:45 AM  | 10:05 AM |      | 10:10 AM | 10:25 AM | 10:35 AM | 10:45 AM |
| Team Tenacity Adult         |         | 9:55 AM  | 10:15 AM |      | 10:20 AM | 10:35 AM | 10:45 AM | 10:55 AM |
| Team Tenacity Adult         |         | 10:05 AM | 10:25 AM |      | 10:30 AM | 10:45 AM | 10:55 AM | 11:05 AM |
| Team Tenacity Adult         |         | 10:15 AM | 10:35 AM |      | 10:40 AM | 10:55 AM | 11:05 AM | 11:15 AM |
| ICE MAKE                    |         |          |          |      |          | 11:05 AM | 11:20 AM |          |
| Team Image Juvenile         |         | 10:40 AM | 11:00 AM |      | 11:05 AM | 11:20 AM | 11:30 AM | 11:40 AM |
| Team Image Juvenile         |         | 10:50 AM | 11:10 AM |      | 11:15 AM | 11:30 AM | 11:40 AM | 11:50 AM |
| Team Image Juvenile         |         | 11:00 AM | 11:20 AM |      | 11:25 AM | 11:40 AM | 11:50 AM | 12:00 PM |
| Team Image Novice           |         | 11:10 AM | 11:30 AM |      | 11:35 AM | 11:50 AM | 12:00 PM | 12:10 PM |
| Team Image Novice           |         | 11:20 AM | 11:40 AM |      | 11:45 AM | 12:00 PM | 12:10 PM | 12:20 PM |
| Team Image Novice           |         | 11:30 AM | 11:50 AM |      | 11:55 AM | 12:10 PM | 12:20 PM | 12:30 PM |
| ICE MAKE                    |         |          |          |      |          | 12:20 PM | 12:35 PM |          |
| Team Excel Intermediate     |         | 11:55 AM | 12:15 PM |      | 12:20 PM | 12:35 PM | 12:45 PM | 12:55 PM |
| Team Excel Intermediate     |         | 12:05 PM | 12:25 PM |      | 12:30 PM | 12:45 PM | 12:55 PM | 1:05 PM  |
| Team Excel Intermediate     |         | 12:15 PM | 12:35 PM |      | 12:40 PM | 12:55 PM | 1:05 PM  | 1:15 PM  |
| Team Excel Intermediate     |         | 12:25 PM | 12:45 PM |      | 12:50 PM | 1:05 PM  | 1:15 PM  | 1:25 PM  |
| Boston Fusion Novice        |         | 12:35 PM | 12:55 PM |      | 1:00 PM  | 1:15 PM  | 1:25 PM  | 1:35 PM  |
| Boston Fusion Novice        |         | 12:45 PM | 1:05 PM  |      | 1:10 PM  | 1:25 PM  | 1:35 PM  | 1:45 PM  |
| CT Rinkettes Intermediate   |         | 12:55 PM | 1:15 PM  |      | 1:20 PM  | 1:35 PM  | 1:45 PM  | 1:55 PM  |
| ICE MAKE                    |         |          |          |      |          | 1:45 PM  | 2:00 PM  |          |
| CT Rinkettes Novice         |         | 1:20 PM  | 1:40 PM  |      | 1:45 PM  | 2:00 PM  | 2:10 PM  | 2:20 PM  |
| CT Rinkettes Novice         |         | 1:30 PM  | 1:50 PM  |      | 1:55 PM  | 2:10 PM  | 2:20 PM  | 2:30 PM  |
| CT Rinkettes Novice         |         | 1:40 PM  | 2:00 PM  |      | 2:05 PM  | 2:20 PM  | 2:30 PM  | 2:40 PM  |
| The Colonials Pre-Juvenile  |         | 1:50 PM  | 2:10 PM  |      | 2:15 PM  | 2:30 PM  | 2:40 PM  | 2:50 PM  |
| The Colonials Pre-Juvenile  |         | 2:00 PM  | 2:20 PM  |      | 2:25 PM  | 2:40 PM  | 2:50 PM  | 3:00 PM  |



# 2026 Eastern Sectional Synchronized Skating Championships

January 14-17, 2026

UNOFFICIAL PRACTICE AS OF 11/20/2025

FRIDAY January 16, 2026

## East Rink

|                               |  |         |         |  |         |          |          |          |
|-------------------------------|--|---------|---------|--|---------|----------|----------|----------|
|                               |  | 2:10 PM | 2:30 PM |  | 2:35 PM | 2:50 PM  | 3:00 PM  | 3:10 PM  |
|                               |  | 2:20 PM | 2:40 PM |  | 2:45 PM | 3:00 PM  | 3:10 PM  | 3:20 PM  |
| ICE MAKE                      |  |         |         |  |         | 3:10 PM  | 3:30 PM  |          |
| CLUB ICE                      |  |         |         |  |         | 3:30 PM  |          |          |
| ICE MAKE                      |  |         |         |  |         | 6:30 PM  | 6:45 PM  |          |
| Liberty Univ. Open Collegiate |  | 6:05 PM | 6:25 PM |  | 6:30 PM | 6:45 PM  | 6:55 PM  | 7:05 PM  |
| Liberty Univ. Open Collegiate |  | 6:15 PM | 6:35 PM |  | 6:40 PM | 6:55 PM  | 7:05 PM  | 7:15 PM  |
| Liberty Univ. Open Collegiate |  | 6:25 PM | 6:45 PM |  | 6:50 PM | 7:05 PM  | 7:15 PM  | 7:25 PM  |
|                               |  | 6:35 PM | 6:55 PM |  | 7:00 PM | 7:15 PM  | 7:25 PM  | 7:35 PM  |
|                               |  | 6:45 PM | 7:05 PM |  | 7:10 PM | 7:25 PM  | 7:35 PM  | 7:45 PM  |
|                               |  | 6:55 PM | 7:15 PM |  | 7:20 PM | 7:35 PM  | 7:45 PM  | 7:55 PM  |
| ICE MAKE                      |  |         |         |  |         | 7:45 PM  | 8:00 PM  |          |
| The Colonials Open Adult      |  | 7:20 PM | 7:40 PM |  | 7:45 PM | 8:00 PM  | 8:10 PM  | 8:20 PM  |
| The Colonials Open Adult      |  | 7:30 PM | 7:50 PM |  | 7:55 PM | 8:10 PM  | 8:20 PM  | 8:30 PM  |
| The Colonials Open Adult      |  | 7:40 PM | 8:00 PM |  | 8:05 PM | 8:20 PM  | 8:30 PM  | 8:40 PM  |
| The Colonials Open Adult      |  | 7:50 PM | 8:10 PM |  | 8:15 PM | 8:30 PM  | 8:40 PM  | 8:50 PM  |
| The Colonials Open Adult      |  | 8:00 PM | 8:20 PM |  | 8:25 PM | 8:40 PM  | 8:50 PM  | 9:00 PM  |
| The Colonials Open Adult      |  | 8:10 PM | 8:30 PM |  | 8:35 PM | 8:50 PM  | 9:00 PM  | 9:10 PM  |
| ICE MAKE                      |  |         |         |  |         | 9:00 PM  | 9:15 PM  |          |
| The Colonials Adult           |  | 8:35 PM | 8:55 PM |  | 9:00 PM | 9:15 PM  | 9:25 PM  | 9:35 PM  |
| The Colonials Adult           |  | 8:45 PM | 9:05 PM |  | 9:10 PM | 9:25 PM  | 9:35 PM  | 9:45 PM  |
| The Colonials Adult           |  | 8:55 PM | 9:15 PM |  | 9:20 PM | 9:35 PM  | 9:45 PM  | 9:55 PM  |
| The Colonials Adult           |  | 9:05 PM | 9:25 PM |  | 9:30 PM | 9:45 PM  | 9:55 PM  | 10:05 PM |
|                               |  | 9:15 PM | 9:35 PM |  | 9:40 PM | 9:55 PM  | 10:05 PM | 10:15 PM |
|                               |  | 9:25 PM | 9:45 PM |  | 9:50 PM | 10:05 PM | 10:15 PM | 10:25 PM |
| ICE MAKE                      |  |         |         |  |         | 10:15 PM | 10:30 PM |          |





# 2026 Eastern Sectional Synchronized Skating Championships

January 14-17, 2026

UNOFFICIAL PRACTICE AS OF 11/20/2025

FRIDAY January 16, 2026

## WEST RINK

| TEAM                        | WARM-UP | ENTER    | EXIT     | PREP | ARRIVE   | ENTER    | EXIT     | LEAVE    |
|-----------------------------|---------|----------|----------|------|----------|----------|----------|----------|
| Building opens at 5:30am    | AREA    | WARM-UP  | WARM-UP  | AREA | PRACTICE | PRACTICE | PRACTICE | PRACTICE |
|                             | #       |          |          | #    | RINK     | ICE      | ICE      | RINK     |
|                             |         | 6:05 AM  | 6:25 AM  |      | 6:30 AM  | 6:45 AM  | 6:55 AM  | 7:05 AM  |
|                             |         | 6:15 AM  | 6:35 AM  |      | 6:40 AM  | 6:55 AM  | 7:05 AM  | 7:15 AM  |
|                             |         | 6:25 AM  | 6:45 AM  |      | 6:50 AM  | 7:05 AM  | 7:15 AM  | 7:25 AM  |
|                             |         | 6:35 AM  | 6:55 AM  |      | 7:00 AM  | 7:15 AM  | 7:25 AM  | 7:35 AM  |
|                             |         | 6:45 AM  | 7:05 AM  |      | 7:10 AM  | 7:25 AM  | 7:35 AM  | 7:45 AM  |
|                             |         | 6:55 AM  | 7:15 AM  |      | 7:20 AM  | 7:35 AM  | 7:45 AM  | 7:55 AM  |
| ICE MAKE                    |         |          |          |      |          | 7:45 AM  | 8:00 AM  |          |
| The Colonials Preliminary   |         | 7:20 AM  | 7:40 AM  |      | 7:45 AM  | 8:00 AM  | 8:10 AM  | 8:20 AM  |
| The Colonials Preliminary   |         | 7:30 AM  | 7:50 AM  |      | 7:55 AM  | 8:10 AM  | 8:20 AM  | 8:30 AM  |
| Skyliners Preliminary Blue  |         | 7:40 AM  | 8:00 AM  |      | 8:05 AM  | 8:20 AM  | 8:30 AM  | 8:40 AM  |
| Skyliners Preliminary Blue  |         | 7:50 AM  | 8:10 AM  |      | 8:15 AM  | 8:30 AM  | 8:40 AM  | 8:50 AM  |
| Team Ashburn Preliminary    |         | 8:00 AM  | 8:20 AM  |      | 8:25 AM  | 8:40 AM  | 8:50 AM  | 9:00 AM  |
| Team Ashburn Preliminary    |         | 8:10 AM  | 8:30 AM  |      | 8:35 AM  | 8:50 AM  | 9:00 AM  | 9:10 AM  |
| ICE MAKE                    |         |          |          |      |          | 9:00 AM  | 9:15 AM  |          |
| Iceliners Preliminary       |         | 8:35 AM  | 8:55 AM  |      | 9:00 AM  | 9:15 AM  | 9:25 AM  | 9:35 AM  |
| Essex Blades Open Masters   |         | 8:45 AM  | 9:05 AM  |      | 9:10 AM  | 9:25 AM  | 9:35 AM  | 9:45 AM  |
| Essex Blades Open Masters   |         | 8:55 AM  | 9:15 AM  |      | 9:20 AM  | 9:35 AM  | 9:45 AM  | 9:55 AM  |
|                             |         | 9:05 AM  | 9:25 AM  |      | 9:30 AM  | 9:45 AM  | 9:55 AM  | 10:05 AM |
| Ellenton Edge Pre-Juvenile  |         | 9:15 AM  | 9:35 AM  |      | 9:40 AM  | 9:55 AM  | 10:05 AM | 10:15 AM |
| Ellenton Edge Pre-Juvenile  |         | 9:25 AM  | 9:45 AM  |      | 9:50 AM  | 10:05 AM | 10:15 AM | 10:25 AM |
| ICE MAKE                    |         |          |          |      |          | 10:15 AM | 10:30 AM |          |
| Skyliners Preliminary Black |         | 9:50 AM  | 10:10 AM |      | 10:15 AM | 10:30 AM | 10:40 AM | 10:50 AM |
| Skyliners Preliminary Black |         | 10:00 AM | 10:20 AM |      | 10:25 AM | 10:40 AM | 10:50 AM | 11:00 AM |
| DC Edge Intermediate        |         | 10:10 AM | 10:30 AM |      | 10:35 AM | 10:50 AM | 11:00 AM | 11:10 AM |
| DC Edge Intermediate        |         | 10:20 AM | 10:40 AM |      | 10:45 AM | 11:00 AM | 11:10 AM | 11:20 AM |
| DC Edge Intermediate        |         | 10:30 AM | 10:50 AM |      | 10:55 AM | 11:10 AM | 11:20 AM | 11:30 AM |
|                             |         | 10:40 AM | 11:00 AM |      | 11:05 AM | 11:20 AM | 11:30 AM | 11:40 AM |
| ICE MAKE                    |         |          |          |      |          | 11:30 AM | 11:45 AM |          |
| Team Ashburn Intermediate   |         | 11:05 AM | 11:25 AM |      | 11:30 AM | 11:45 AM | 11:55 AM | 12:05 PM |
| Team Ashburn Intermediate   |         | 11:15 AM | 11:35 AM |      | 11:40 AM | 11:55 AM | 12:05 PM | 12:15 PM |
| Team Ashburn Intermediate   |         | 11:25 AM | 11:45 AM |      | 11:50 AM | 12:05 PM | 12:15 PM | 12:25 PM |
| Univ of Delaware Collegiate |         | 11:35 AM | 11:55 AM |      | 12:00 PM | 12:15 PM | 12:25 PM | 12:35 PM |
| Univ of Delaware Collegiate |         | 11:45 AM | 12:05 PM |      | 12:10 PM | 12:25 PM | 12:35 PM | 12:45 PM |
| Univ of Delaware Collegiate |         | 11:55 AM | 12:15 PM |      | 12:20 PM | 12:35 PM | 12:45 PM | 12:55 PM |
| ICE MAKE                    |         |          |          |      |          | 12:45 PM | 1:00 PM  |          |
| Team Delaware Adult         |         | 12:20 PM | 12:40 PM |      | 12:45 PM | 1:00 PM  | 1:10 PM  | 1:20 PM  |
| Team Delaware Adult         |         | 12:30 PM | 12:50 PM |      | 12:55 PM | 1:10 PM  | 1:20 PM  | 1:30 PM  |
| Team Delaware Adult         |         | 12:40 PM | 1:00 PM  |      | 1:05 PM  | 1:20 PM  | 1:30 PM  | 1:40 PM  |
|                             |         | 12:50 PM | 1:10 PM  |      | 1:15 PM  | 1:30 PM  | 1:40 PM  | 1:50 PM  |
| Boston Fusion Juvenile      |         | 1:00 PM  | 1:20 PM  |      | 1:25 PM  | 1:40 PM  | 1:50 PM  | 2:00 PM  |
| Boston Fusion Juvenile      |         | 1:10 PM  | 1:30 PM  |      | 1:35 PM  | 1:50 PM  | 2:00 PM  | 2:10 PM  |
| ICE MAKE                    |         |          |          |      |          | 2:00 PM  | 2:15 PM  |          |
| Skyliners Pre-Juvenile      |         | 1:35 PM  | 1:55 PM  |      | 2:00 PM  | 2:15 PM  | 2:25 PM  | 2:35 PM  |
| Skyliners Pre-Juvenile      |         | 1:45 PM  | 2:05 PM  |      | 2:10 PM  | 2:25 PM  | 2:35 PM  | 2:45 PM  |
| The Colonials Masters       |         | 1:55 PM  | 2:15 PM  |      | 2:20 PM  | 2:35 PM  | 2:45 PM  | 2:55 PM  |
| The Colonials Masters       |         | 2:05 PM  | 2:25 PM  |      | 2:30 PM  | 2:45 PM  | 2:55 PM  | 3:05 PM  |
|                             |         | 2:15 PM  | 2:35 PM  |      | 2:40 PM  | 2:55 PM  | 3:05 PM  | 3:15 PM  |
|                             |         | 2:25 PM  | 2:45 PM  |      | 2:50 PM  | 3:05 PM  | 3:15 PM  | 3:25 PM  |
| ICE MAKE                    |         |          |          |      |          | 3:15 PM  | 3:30 PM  |          |
| Gardens Synchronicity OA    |         | 2:50 PM  | 3:10 PM  |      | 3:15 PM  | 3:30 PM  | 3:40 PM  | 3:50 PM  |
| Gardens Synchronicity OA    |         | 3:00 PM  | 3:20 PM  |      | 3:25 PM  | 3:40 PM  | 3:50 PM  | 4:00 PM  |
| Cadettes Intermediate       |         | 3:10 PM  | 3:30 PM  |      | 3:35 PM  | 3:50 PM  | 4:00 PM  | 4:10 PM  |
| Skyliners Juvenile          |         | 3:20 PM  | 3:40 PM  |      | 3:45 PM  | 4:00 PM  | 4:10 PM  | 4:20 PM  |
| Skyliners Juvenile          |         | 3:30 PM  | 3:50 PM  |      | 3:55 PM  | 4:10 PM  | 4:20 PM  | 4:30 PM  |
| Skyliners Juvenile          |         | 3:40 PM  | 4:00 PM  |      | 4:05 PM  | 4:20 PM  | 4:30 PM  | 4:40 PM  |
| ICE MAKE                    |         |          |          |      |          | 4:30 PM  | 4:45 PM  |          |
| Philly Spirit Open Adult    |         | 4:05 PM  | 4:25 PM  |      | 4:30 PM  | 4:45 PM  | 4:55 PM  | 5:05 PM  |
| Skyliners Novice            |         | 4:15 PM  | 4:35 PM  |      | 4:40 PM  | 4:55 PM  | 5:05 PM  | 5:15 PM  |
| Skyliners Novice            |         | 4:25 PM  | 4:45 PM  |      | 4:50 PM  | 5:05 PM  | 5:15 PM  | 5:25 PM  |
| Skyliners Novice            |         | 4:35 PM  | 4:55 PM  |      | 5:00 PM  | 5:15 PM  | 5:25 PM  | 5:35 PM  |
| Team Excel Collegiate       |         | 4:45 PM  | 5:05 PM  |      | 5:10 PM  | 5:25 PM  | 5:35 PM  | 5:45 PM  |
| Team Excel Collegiate       |         | 4:55 PM  | 5:15 PM  |      | 5:20 PM  | 5:35 PM  | 5:45 PM  | 5:55 PM  |
| ICE MAKE                    |         |          |          |      |          | 5:45 PM  | 6:00 PM  |          |
| Team Reflections Open Adult |         | 5:20 PM  | 5:40 PM  |      | 5:45 PM  | 6:00 PM  | 6:10 PM  | 6:20 PM  |
| Team Reflections Open Adult |         | 5:30 PM  | 5:50 PM  |      | 5:55 PM  | 6:10 PM  | 6:20 PM  | 6:30 PM  |



## 2026 Eastern Sectional Synchronized Skating Championships

January 14-17, 2026

UNOFFICIAL PRACTICE AS OF 11/20/2025

FRIDAY January 16, 2026

### WEST RINK

|                             |  |         |         |  |         |         |          |          |
|-----------------------------|--|---------|---------|--|---------|---------|----------|----------|
| Team Reflections Open Adult |  | 5:40 PM | 6:00 PM |  | 6:05 PM | 6:20 PM | 6:30 PM  | 6:40 PM  |
| Team Excel Adult            |  | 5:50 PM | 6:10 PM |  | 6:15 PM | 6:30 PM | 6:40 PM  | 6:50 PM  |
| Team Excel Adult            |  | 6:00 PM | 6:20 PM |  | 6:25 PM | 6:40 PM | 6:50 PM  | 7:00 PM  |
| Team Excel Adult            |  | 6:10 PM | 6:30 PM |  | 6:35 PM | 6:50 PM | 7:00 PM  | 7:10 PM  |
| ICE MAKE                    |  |         |         |  |         | 7:00 PM | 7:15 PM  |          |
| Team Excel Open Adult       |  | 6:35 PM | 6:55 PM |  | 7:00 PM | 7:15 PM | 7:25 PM  | 7:35 PM  |
| Team Excel Open Adult       |  | 6:45 PM | 7:05 PM |  | 7:10 PM | 7:25 PM | 7:35 PM  | 7:45 PM  |
| Team Excel Open Adult       |  | 6:55 PM | 7:15 PM |  | 7:20 PM | 7:35 PM | 7:45 PM  | 7:55 PM  |
| DC Edge Adult               |  | 7:05 PM | 7:25 PM |  | 7:30 PM | 7:45 PM | 7:55 PM  | 8:05 PM  |
| DC Edge Adult               |  | 7:15 PM | 7:35 PM |  | 7:40 PM | 7:55 PM | 8:05 PM  | 8:15 PM  |
| DC Edge Adult               |  | 7:25 PM | 7:45 PM |  | 7:50 PM | 8:05 PM | 8:15 PM  | 8:25 PM  |
| ICE MAKE                    |  |         |         |  |         | 8:15 PM | 8:30 PM  |          |
| Richmond Synchro Open Adult |  | 7:50 PM | 8:10 PM |  | 8:15 PM | 8:30 PM | 8:40 PM  | 8:50 PM  |
| Richmond Synchro Open Adult |  | 8:00 PM | 8:20 PM |  | 8:25 PM | 8:40 PM | 8:50 PM  | 9:00 PM  |
| Synchro Stars Open Adult    |  | 8:10 PM | 8:30 PM |  | 8:35 PM | 8:50 PM | 9:00 PM  | 9:10 PM  |
| Synchro Stars Open Adult    |  | 8:20 PM | 8:40 PM |  | 8:45 PM | 9:00 PM | 9:10 PM  | 9:20 PM  |
| Essex Blades Open Adult     |  | 8:30 PM | 8:50 PM |  | 8:55 PM | 9:10 PM | 9:20 PM  | 9:30 PM  |
| Essex Blades Open Adult     |  | 8:40 PM | 9:00 PM |  | 9:05 PM | 9:20 PM | 9:30 PM  | 9:40 PM  |
| Essex Blades Open Adult     |  | 8:50 PM | 9:10 PM |  | 9:15 PM | 9:30 PM | 9:40 PM  | 9:50 PM  |
| Essex Blades Open Adult     |  | 9:00 PM | 9:20 PM |  | 9:25 PM | 9:40 PM | 9:50 PM  | 10:00 PM |
| ICE MAKE                    |  |         |         |  |         | 9:50 PM | 10:05 PM |          |



## 2026 Eastern Sectional Synchronized Skating Championships

January 14-17, 2026

UNOFFICIAL PRACTICE AS OF 11/20/2025

SATURDAY January 17, 2026

### PERFORMANCE CENTER

| TEAM                      | WARM-UP | ENTER   | EXIT    | DRESSING | ENTER    | ENTER   | LEAVE   | LEAVE    |
|---------------------------|---------|---------|---------|----------|----------|---------|---------|----------|
| Building opens at 5:30am  | AREA    | WARM-UP | WARM-UP | ROOM     | DRESSING | COMP.   | COMP.   | DRESSING |
|                           | #       |         |         | #        | ROOM     | RINK    | RINK    | ROOM     |
| Available - short warm-up |         | 5:30 AM | 5:40 AM |          | 5:45 AM  | 6:00 AM | 6:10 AM | 6:20 AM  |
|                           |         | 5:30 AM | 5:50 AM |          | 5:55 AM  | 6:10 AM | 6:20 AM | 6:30 AM  |
|                           |         | 5:40 AM | 6:00 AM |          | 6:05 AM  | 6:20 AM | 6:30 AM | 6:40 AM  |
|                           |         | 5:50 AM | 6:10 AM |          | 6:15 AM  | 6:30 AM | 6:40 AM | 6:50 AM  |
|                           |         | 6:00 AM | 6:20 AM |          | 6:25 AM  | 6:40 AM | 6:50 AM | 7:00 AM  |
|                           |         | 6:10 AM | 6:30 AM |          | 6:35 AM  | 6:50 AM | 7:00 AM | 7:10 AM  |
|                           |         | 6:20 AM | 6:40 AM |          | 6:45 AM  | 7:00 AM | 7:10 AM | 7:20 AM  |
| ICE MAKE                  |         |         |         |          | ICE MAKE | 7:10 AM | 7:30 AM |          |

### OFFICIAL PRACTICES & COMPETITION



## 2026 Eastern Sectional Synchronized Skating Championships

January 14-17, 2026

UNOFFICIAL PRACTICE AS OF 11/20/2025

SATURDAY January 17, 2026

### East Rink

| TEAM                     | WARM-UP | ENTER    | EXIT     | PREP | ARRIVE   | ENTER    | EXIT     | LEAVE    |
|--------------------------|---------|----------|----------|------|----------|----------|----------|----------|
| Building opens at 5:30am | AREA    | WARM-UP  | WARM-UP  | AREA | PRACTICE | PRACTICE | PRACTICE | PRACTICE |
|                          | #       |          |          | #    | RINK     | ICE      | ICE      | RINK     |
|                          |         | 5:40 AM  | 6:00 AM  |      | 6:05 AM  | 6:20 AM  | 6:30 AM  | 6:40 AM  |
|                          |         | 5:50 AM  | 6:10 AM  |      | 6:15 AM  | 6:30 AM  | 6:40 AM  | 6:50 AM  |
|                          |         | 6:00 AM  | 6:20 AM  |      | 6:25 AM  | 6:40 AM  | 6:50 AM  | 7:00 AM  |
|                          |         | 6:10 AM  | 6:30 AM  |      | 6:35 AM  | 6:50 AM  | 7:00 AM  | 7:10 AM  |
|                          |         | 6:20 AM  | 6:40 AM  |      | 6:45 AM  | 7:00 AM  | 7:10 AM  | 7:20 AM  |
|                          |         | 6:30 AM  | 6:50 AM  |      | 6:55 AM  | 7:10 AM  | 7:20 AM  | 7:30 AM  |
| ICE MAKE                 |         |          |          |      |          | 7:20 AM  | 7:40 AM  |          |
|                          |         | 7:00 AM  | 7:20 AM  |      | 7:25 AM  | 7:40 AM  | 7:50 AM  | 8:00 AM  |
| Essex Blades Open Adult  |         | 7:10 AM  | 7:30 AM  |      | 7:35 AM  | 7:50 AM  | 8:00 AM  | 8:10 AM  |
| Essex Blades Open Adult  |         | 7:20 AM  | 7:40 AM  |      | 7:45 AM  | 8:00 AM  | 8:10 AM  | 8:20 AM  |
| Star Mates Intermediate  |         | 7:30 AM  | 7:50 AM  |      | 7:55 AM  | 8:10 AM  | 8:20 AM  | 8:30 AM  |
| Star Mates Intermediate  |         | 7:40 AM  | 8:00 AM  |      | 8:05 AM  | 8:20 AM  | 8:30 AM  | 8:40 AM  |
| Star Mates Intermediate  |         | 7:50 AM  | 8:10 AM  |      | 8:15 AM  | 8:30 AM  | 8:40 AM  | 8:50 AM  |
| ICE MAKE                 |         |          |          |      |          | 8:40 AM  | 9:00 AM  |          |
| The Colonials Adult      |         | 8:20 AM  | 8:40 AM  |      | 8:45 AM  | 9:00 AM  | 9:10 AM  | 9:20 AM  |
| The Colonials Adult      |         | 8:30 AM  | 8:50 AM  |      | 8:55 AM  | 9:10 AM  | 9:20 AM  | 9:30 AM  |
| Team Excel Adult         |         | 8:40 AM  | 9:00 AM  |      | 9:05 AM  | 9:20 AM  | 9:30 AM  | 9:40 AM  |
| Team Excel Adult         |         | 8:50 AM  | 9:10 AM  |      | 9:15 AM  | 9:30 AM  | 9:40 AM  | 9:50 AM  |
| Team Excel Open Adult    |         | 9:00 AM  | 9:20 AM  |      | 9:25 AM  | 9:40 AM  | 9:50 AM  | 10:00 AM |
| Team Excel Open Adult    |         | 9:10 AM  | 9:30 AM  |      | 9:35 AM  | 9:50 AM  | 10:00 AM | 10:10 AM |
| ICE MAKE                 |         |          |          |      |          | 10:00 AM | 10:15 AM |          |
| Team Excel Collegiate    |         | 9:35 AM  | 9:55 AM  |      | 10:00 AM | 10:15 AM | 10:25 AM | 10:35 AM |
| Team Excel Collegiate    |         | 9:45 AM  | 10:05 AM |      | 10:10 AM | 10:25 AM | 10:35 AM | 10:45 AM |
| Team Excel Collegiate    |         | 9:55 AM  | 10:15 AM |      | 10:20 AM | 10:35 AM | 10:45 AM | 10:55 AM |
| Team Excel Intermediate  |         | 10:05 AM | 10:25 AM |      | 10:30 AM | 10:45 AM | 10:55 AM | 11:05 AM |
| Team Excel Intermediate  |         | 10:15 AM | 10:35 AM |      | 10:40 AM | 10:55 AM | 11:05 AM | 11:15 AM |
|                          |         | 10:25 AM | 10:45 AM |      | 10:50 AM | 11:05 AM | 11:15 AM | 11:25 AM |
| ICE MAKE                 |         |          |          |      |          | 11:15 AM | 11:35 AM |          |



# 2026 Eastern Sectional Synchronized Skating Championships

January 14-17, 2026

UNOFFICIAL PRACTICE AS OF 11/20/2025

SATURDAY January 17, 2026

## WEST RINK

| TEAM                             | WARM-UP | ENTER    | EXIT     | PREP | ARRIVE   | ENTER    | EXIT     | LEAVE    |
|----------------------------------|---------|----------|----------|------|----------|----------|----------|----------|
| Building opens at 5:30am         | AREA    | WARM-UP  | WARM-UP  | AREA | PRACTICE | PRACTICE | PRACTICE | PRACTICE |
|                                  | #       |          |          | #    | RINK     | ICE      | ICE      | RINK     |
|                                  |         | 5:35 AM  | 5:55 AM  |      | 6:00 AM  | 6:15 AM  | 6:25 AM  | 6:35 AM  |
|                                  |         | 5:35 AM  | 5:55 AM  |      | 6:00 AM  | 6:15 AM  | 6:25 AM  | 6:35 AM  |
|                                  |         | 5:45 AM  | 6:05 AM  |      | 6:10 AM  | 6:25 AM  | 6:35 AM  | 6:45 AM  |
|                                  |         | 5:55 AM  | 6:15 AM  |      | 6:20 AM  | 6:35 AM  | 6:45 AM  | 6:55 AM  |
|                                  |         | 6:05 AM  | 6:25 AM  |      | 6:30 AM  | 6:45 AM  | 6:55 AM  | 7:05 AM  |
|                                  |         | 6:15 AM  | 6:35 AM  |      | 6:40 AM  | 6:55 AM  | 7:05 AM  | 7:15 AM  |
| ICE MAKE                         |         |          |          |      |          | 7:05 AM  | 7:25 AM  |          |
|                                  |         | 6:45 AM  | 7:05 AM  |      | 7:10 AM  | 7:25 AM  | 7:35 AM  | 7:45 AM  |
|                                  |         | 6:55 AM  | 7:15 AM  |      | 7:20 AM  | 7:35 AM  | 7:45 AM  | 7:55 AM  |
|                                  |         | 7:05 AM  | 7:25 AM  |      | 7:30 AM  | 7:45 AM  | 7:55 AM  | 8:05 AM  |
|                                  |         | 7:15 AM  | 7:35 AM  |      | 7:40 AM  | 7:55 AM  | 8:05 AM  | 8:15 AM  |
| Esprit de Corps Adult            |         | 7:25 AM  | 7:45 AM  |      | 7:50 AM  | 8:05 AM  | 8:15 AM  | 8:25 AM  |
| Esprit de Corps Adult            |         | 7:35 AM  | 7:55 AM  |      | 8:00 AM  | 8:15 AM  | 8:25 AM  | 8:35 AM  |
| ICE MAKE                         |         |          |          |      |          | 8:25 AM  | 8:45 AM  |          |
| Essex Blades Unified             |         | 8:05 AM  | 8:25 AM  |      | 8:30 AM  | 8:45 AM  | 8:55 AM  | 9:05 AM  |
| Team Ashburn Intermediate        |         | 8:15 AM  | 8:35 AM  |      | 8:40 AM  | 8:55 AM  | 9:05 AM  | 9:15 AM  |
| Team Ashburn Intermediate        |         | 8:25 AM  | 8:45 AM  |      | 8:50 AM  | 9:05 AM  | 9:15 AM  | 9:25 AM  |
| Team Ashburn Intermediate        |         | 8:35 AM  | 8:55 AM  |      | 9:00 AM  | 9:15 AM  | 9:25 AM  | 9:35 AM  |
| DC Edge Intermediate             |         | 8:45 AM  | 9:05 AM  |      | 9:10 AM  | 9:25 AM  | 9:35 AM  | 9:45 AM  |
| DC Edge Intermediate             |         | 8:55 AM  | 9:15 AM  |      | 9:20 AM  | 9:35 AM  | 9:45 AM  | 9:55 AM  |
| ICE MAKE                         |         |          |          |      |          | 9:45 AM  | 10:05 AM |          |
| CT Rinkettes Intermediate        |         | 9:25 AM  | 9:45 AM  |      | 9:50 AM  | 10:05 AM | 10:15 AM | 10:25 AM |
| CT Rinkettes Intermediate        |         | 9:35 AM  | 9:55 AM  |      | 10:00 AM | 10:15 AM | 10:25 AM | 10:35 AM |
| CT Rinkettes Intermediate        |         | 9:45 AM  | 10:05 AM |      | 10:10 AM | 10:25 AM | 10:35 AM | 10:45 AM |
| Team Image Intermediate Black    |         | 9:55 AM  | 10:15 AM |      | 10:20 AM | 10:35 AM | 10:45 AM | 10:55 AM |
| Team Image Intermediate Black    |         | 10:05 AM | 10:25 AM |      | 10:30 AM | 10:45 AM | 10:55 AM | 11:05 AM |
| Team Image Intermediate Black    |         | 10:15 AM | 10:35 AM |      | 10:40 AM | 10:55 AM | 11:05 AM | 11:15 AM |
| ICE MAKE                         |         |          |          |      |          | 11:05 AM | 11:25 AM |          |
| Team Image Intermediate Platinum |         | 10:45 AM | 11:05 AM |      | 11:10 AM | 11:25 AM | 11:35 AM | 11:45 AM |
| Team Image Intermediate Platinum |         | 10:55 AM | 11:15 AM |      | 11:20 AM | 11:35 AM | 11:45 AM | 11:55 AM |
| Team Image Intermediate Platinum |         | 11:05 AM | 11:25 AM |      | 11:30 AM | 11:45 AM | 11:55 AM | 12:05 PM |
| Gardens Synchronicity Open Adult |         | 11:15 AM | 11:35 AM |      | 11:40 AM | 11:55 AM | 12:05 PM | 12:15 PM |
| Gardens Synchronicity Open Adult |         | 11:25 AM | 11:45 AM |      | 11:50 AM | 12:05 PM | 12:15 PM | 12:25 PM |
|                                  |         | 11:35 AM | 11:55 AM |      | 12:00 PM | 12:15 PM | 12:25 PM | 12:35 PM |
| ICE MAKE                         |         |          |          |      |          | 12:25 PM | 12:45 PM |          |
|                                  |         | 12:05 PM | 12:25 PM |      | 12:30 PM | 12:45 PM | 12:55 PM | 1:05 PM  |
|                                  |         | 12:15 PM | 12:35 PM |      | 12:40 PM | 12:55 PM | 1:05 PM  | 1:15 PM  |
|                                  |         | 12:25 PM | 12:45 PM |      | 12:50 PM | 1:05 PM  | 1:15 PM  | 1:25 PM  |
|                                  |         | 12:35 PM | 12:55 PM |      | 1:00 PM  | 1:15 PM  | 1:25 PM  | 1:35 PM  |
|                                  |         | 12:45 PM | 1:05 PM  |      | 1:10 PM  | 1:25 PM  | 1:35 PM  | 1:45 PM  |
|                                  |         | 12:55 PM | 1:15 PM  |      | 1:20 PM  | 1:35 PM  | 1:45 PM  | 1:55 PM  |
| ICE MAKE                         |         |          |          |      |          | 1:45 PM  | 2:05 PM  |          |
| Skyliners Intermediate           |         | 1:25 PM  | 1:45 PM  |      | 1:50 PM  | 2:05 PM  | 2:15 PM  | 2:25 PM  |
| Skyliners Intermediate           |         | 1:35 PM  | 1:55 PM  |      | 2:00 PM  | 2:15 PM  | 2:25 PM  | 2:35 PM  |
| Skyliners Intermediate           |         | 1:45 PM  | 2:05 PM  |      | 2:10 PM  | 2:25 PM  | 2:35 PM  | 2:45 PM  |
|                                  |         | 1:55 PM  | 2:15 PM  |      | 2:20 PM  | 2:35 PM  | 2:45 PM  | 2:55 PM  |
|                                  |         | 2:05 PM  | 2:25 PM  |      | 2:30 PM  | 2:45 PM  | 2:55 PM  | 3:05 PM  |
|                                  |         | 2:15 PM  | 2:35 PM  |      | 2:40 PM  | 2:55 PM  | 3:05 PM  | 3:15 PM  |
| ICE MAKE                         |         |          |          |      |          | 3:05 PM  | 3:25 PM  |          |