



Event Timetable: BIS National Synchronised Skating Cup

Dates: 19 – 21 February 2026

Skaters are required to be available to skate up to 30 minutes ahead of the published timetable.

Document Version: 5

Version Date: 18/02/2026

N.B.: please check room assignments carefully on the morning of your competition.

Changing Rooms

- Changing room numbers in the timetable refer to female changing room numbers.
- Male changing rooms are as follows for the whole event:
 - Under 18: Changing room 3
 - Over 18: Changing room 4
- Please refer to venue signage to identify changing rooms.
- **N.B.:** on Thursday, changing rooms 5 and S are both in use. Check carefully which one your team is in if applicable.

Warm-Up Spaces

- The following warm-up spaces will be available during the event:
 - Syndicate room 1 (SR1)
 - Syndicate room 2 (SR2)
 - Syndicate room 3 (SR3)
 - Subzero (SZ)
 - Dance Studio (DS)
 - Foyer (F)

Thursday 19th February 2026: Practices

Team	Warm up area			Changing Room		Ice			Changing Room	
	No.	Enter	Exit	No.	Enter	Ice Side	Enter	Exit	Re-enter	Exit
Novus	SR1	06:35	07:05	5	07:05	07:28	07:30	07:40	07:40	07:59
Elua	SR2	06:45	07:15	6	07:15	07:38	07:40	07:50	07:50	08:09
Sapphire	SR3	06:55	07:25	7	07:25	07:48	07:50	08:00	08:00	08:19
Calon Ice	SZ	07:05	07:35	8	07:35	07:58	08:00	08:10	08:10	08:29
DeeVines	SR1	07:15	07:45	9	07:45	08:08	08:10	08:20	08:20	08:39
Resurface – 08:20										
Solent Splish	SR2	07:45	08:15	S	08:15	08:38	08:40	08:50	08:50	09:09
Ice Gems	SR3	07:55	08:25	5	08:25	08:48	08:50	09:00	09:00	09:19
Solent Droplets	SZ	08:05	08:35	6	08:35	08:58	09:00	09:10	09:10	09:29
Emerald	SR1	08:15	08:45	7	08:45	09:08	09:10	09:20	09:20	09:39
Presto	SR2	08:25	08:55	8	08:55	09:18	09:20	09:30	09:30	09:49
Resurface – 09:30										
Crystallites	SR3	08:55	09:25	9	09:25	09:48	09:50	10:00	10:00	10:19
Highland Pups	SZ	09:05	09:35	S	09:35	09:58	10:00	10:10	10:10	10:29
Solent Splash	SR1	09:15	09:45	5	09:45	10:08	10:10	10:20	10:20	10:39
Shimmer	SR2	09:25	09:55	6	09:55	10:18	10:20	10:30	10:30	10:49
Calon Steps	SR3	09:35	10:05	7	10:05	10:28	10:30	10:40	10:40	10:59
Resurface – 10:40										
Magna	SZ	10:05	10:35	8	10:35	10:58	11:00	11:10	11:10	11:29
Aries	SR1	10:15	10:45	9	10:45	11:08	11:10	11:20	11:20	11:39
DeeNamic	SR2	10:25	10:55	S	10:55	11:18	11:20	11:30	11:30	11:49
Solway Lightning	SR3	10:35	11:05	5	11:05	11:28	11:30	11:40	11:40	11:59
Ice Stars	SZ	10:45	11:15	6	11:15	11:38	11:40	11:50	11:50	12:09
Resurface – 11:50										
Ignis	SR1	11:15	11:45	7	11:45	12:08	12:10	12:20	12:20	12:39
Virgo	SR2	11:25	11:55	9	11:55	12:18	12:20	12:30	12:30	12:49
Snowstorm	SR3	11:35	12:05	8	12:05	12:28	12:30	12:40	12:40	12:59
Jade	SZ	11:45	12:15	S	12:15	12:38	12:40	12:50	12:50	13:09
Solent Waves	SR1	11:55	12:25	5	12:25	12:48	12:50	13:00	13:00	13:19
Resurface and Lunch – 13:00										

Thursday 19th February 2026: Competition

Team	Warm-Up Area			Changing Room		Ice			Team Photos		Changing Room	
	No.	Enter	Exit	No.	Enter	Ice Side	Enter	Exit	Start	End	Re-enter	Exit
Novus	SR2	12:55	13:20	6	13:20	13:43	13:45	13:51	13:51	13:57	13:57	14:16
Elua	SR3	13:01	13:26	7	13:26	13:49	13:51	13:57	13:57	14:03	14:03	14:22
Sapphire	SZ	13:07	13:32	8	13:32	13:55	13:57	14:03	14:03	14:09	14:09	14:28
Calon Ice	SR1	13:13	13:38	9	13:38	14:01	14:03	14:09	14:09	14:15	14:15	14:34
DeeVines	SR2	13:19	13:44	S	13:44	14:07	14:09	14:15	14:15	14:21	14:21	14:40
Resurface – 14:15												
Solent Splish	SR3	13:45	14:10	5	14:10	14:33	14:35	14:41	14:41	14:47	14:47	15:06
Ice Gems	SZ	13:51	14:16	6	14:16	14:39	14:41	14:47	14:47	14:53	14:53	15:12
Solent Droplets	SR1	13:57	14:22	7	14:22	14:45	14:47	14:53	14:53	14:59	14:59	15:18
Emerald	SR2	14:03	14:28	8	14:28	14:51	14:53	14:59	14:59	15:05	15:05	15:24
Presto	SR3	14:09	14:34	9	14:34	14:57	14:59	15:05	15:05	15:11	15:11	15:30
Resurface – 15:05												
Crystallites	SZ	14:35	15:00	S	15:00	15:23	15:25	15:31	15:31	15:37	15:37	15:56
Highland Pups	SR1	14:41	15:06	5	15:06	15:29	15:31	15:37	15:37	15:43	15:43	16:02
Solent Splash	SR2	14:47	15:12	6	15:12	15:35	15:37	15:43	15:43	15:49	15:49	16:08
Shimmer	SR3	14:53	15:18	7	15:18	15:41	15:43	15:49	15:49	15:55	15:55	16:14
Calon Steps	SZ	14:59	15:24	8	15:24	15:47	15:49	15:55	15:55	16:01	16:01	16:20
Resurface – 15:55												
Magna	SR1	15:25	15:50	9	15:50	16:13	16:15	16:21	16:21	16:27	16:27	16:46
Aries	SR2	15:31	15:56	S	15:56	16:19	16:21	16:27	16:27	16:33	16:33	16:52
DeeNamic	SR3	15:37	16:02	5	16:02	16:25	16:27	16:33	16:33	16:39	16:39	16:58
Solway Lightning	SZ	15:43	16:08	6	16:08	16:31	16:33	16:40	16:40	16:46	16:46	17:05
Ice Stars	SR1	15:50	16:15	7	16:15	16:38	16:40	16:47	16:47	16:53	16:53	17:12
Resurface – 16:47												
Ignis	SR2	16:17	16:42	8	16:42	17:05	17:07	17:14	17:14	17:20	17:20	17:39
Virgo	SR3	16:24	16:49	S	16:49	17:12	17:14	17:21	17:21	17:27	17:27	17:46
Snowstorm	SZ	16:31	16:56	9	16:56	17:19	17:21	17:28	17:28	17:34	17:34	17:53
Jade	SR1	16:38	17:03	5	17:03	17:26	17:28	17:35	17:35	17:41	17:41	18:00
Solent Waves	SR2	16:45	17:10	6	17:10	17:33	17:35	17:42	17:42	17:48	17:48	18:07
End of skating and presentations – 17:42												

Friday 20th February 2026: Practices

Team	Warm up area			Changing Room		Ice			Changing Room	
	No.	Enter	Exit	No.	Enter	Ice Side	Enter	Exit	Re-enter	Exit
Northern Starlets	SR1	08:05	08:35	1	08:35	08:58	09:00	09:10	09:10	09:29
Ohana	SR2	08:15	08:45	2	08:45	09:08	09:10	09:20	09:20	09:39
Calon Edges	SR3	08:25	08:55	5	08:55	09:18	09:20	09:30	09:30	09:49
DeeLites	SZ	08:35	09:05	6	09:05	09:28	09:30	09:40	09:40	09:59
Solent Riptide	SR1	08:45	09:15	7	09:15	09:38	09:40	09:50	09:50	10:09
Resurface – 09:50										
Ice Infinity	SR2	09:15	09:45	8	09:45	10:08	10:10	10:20	10:20	10:39
Amici	SR3	09:25	09:55	1	09:55	10:18	10:20	10:30	10:30	10:49
Ice Unite	SZ	09:35	10:05	2	10:05	10:28	10:30	10:40	10:40	10:59
Malachite	SR1	09:45	10:15	5	10:15	10:38	10:40	10:50	10:50	11:09
Northern Starfire	SR2	09:55	10:25	6	10:25	10:48	10:50	11:00	11:00	11:19
Resurface – 11:00										
Gemini	SR3	10:25	10:55	7	10:55	11:18	11:20	11:30	11:30	11:49
Solway Eclipse	SZ	10:35	11:05	8	11:05	11:28	11:30	11:40	11:40	11:59
Icicles Junior - Short Programme	SR1	10:45	11:15	1	11:15	11:38	11:40	11:50	11:50	12:09
Solent Storm - Short Programme	SR2	10:55	11:25	2	11:25	11:48	11:50	12:00	12:00	12:19
Break – 12:00										
Icicles Senior - Short Programme	SR3	11:15	11:45	5	11:45	12:08	12:10	12:20	12:20	12:39
Resurface and Lunch – 12:20										

Friday 20th February 2026: Competition

Team	Warm-Up Area			Changing Room		Ice			Team Photos		Changing Room	
	No.	Enter	Exit	No.	Enter	Ice Side	Enter	Exit	Start	End	Re-enter	Exit
Northern Starlets	SZ	12:15	12:40	6	12:40	13:03	13:05	13:13	13:13	13:23	13:23	13:42
Ohana	SR1	12:23	12:48	7	12:48	13:11	13:13	13:21	13:21	13:31	13:31	13:50
Calon Edges	SR2	12:31	12:56	8	12:56	13:19	13:21	13:29	13:29	13:39	13:39	13:58
DeeLites	SR3	12:39	13:04	1	13:04	13:27	13:29	13:37	13:37	13:47	13:47	14:06
Solent Riptide	SZ	12:47	13:12	2	13:12	13:35	13:37	13:45	13:45	13:55	13:55	14:14
Resurface – 13:45												
Ice Infinity	SR1	13:15	13:40	5	13:40	14:03	14:05	14:13	14:13	14:23	14:23	14:42
Amici	SR2	13:23	13:48	6	13:48	14:11	14:13	14:21	14:21	14:31	14:31	14:50
Ice Unite	SR3	13:31	13:56	7	13:56	14:19	14:21	14:28	14:28	14:38	14:38	14:57
Malachite	SZ	13:38	14:03	8	14:03	14:26	14:28	14:35	14:35	14:45	14:45	15:04
Northern Starfire	SR1	13:45	14:10	1	14:10	14:33	14:35	14:42	14:42	14:52	14:52	15:11
Resurface – 14:42												
Gemini	SR2	14:12	14:37	2	14:37	15:00	15:02	15:09	15:09	15:19	15:19	15:38
Solway Eclipse	SR3	14:19	14:44	5	14:44	15:07	15:09	15:16	15:16	15:26	15:26	15:45
Icicles Junior - Short Programme	SZ	14:26	14:51	6	14:51	15:14	15:16	15:22	15:22	15:32	15:32	15:51
Solent Storm - Short Programme	SR1	14:32	14:57	7	14:57	15:20	15:22	15:28	15:28	15:38	15:38	15:57
Break – 15:28												
Icicles Senior - Short Programme	SR2	14:48	15:13	8	15:13	15:36	15:38	15:44	15:44	15:54	15:54	16:13
End of skating and presentations – 15:44												

Saturday 21st February 2026: Practices

Team	Warm up area			Changing Room		Ice			Changing Room	
	No.	Enter	Exit	No.	Enter	Ice Side	Enter	Exit	Re-enter	Exit
Solent Sunrise	DS	07:05	07:35	1	07:35	07:58	08:00	08:10	08:10	08:29
Highlanders	SZ	07:15	07:45	2	07:45	08:08	08:10	08:20	08:20	08:39
Ice Phoenix	F	07:25	07:55	5	07:55	08:18	08:20	08:30	08:30	08:49
Northern Stars	SR1	07:35	08:05	6	08:05	08:28	08:30	08:40	08:40	08:59
Perpetuum	DS	07:45	08:15	7	08:15	08:38	08:40	08:50	08:50	09:09
Starlight Tornado	SZ	07:55	08:25	8	08:25	08:48	08:50	09:00	09:00	09:19
Resurface – 09:00										
Solent Swirl	F	08:25	08:55	1	08:55	09:18	09:20	09:30	09:30	09:49
Diamond	SR1	08:35	09:05	2	09:05	09:28	09:30	09:40	09:40	09:59
Spice Crystals	DS	08:45	09:15	5	09:15	09:38	09:40	09:50	09:50	10:09
Spice Sparkles	SZ	08:55	09:25	6	09:25	09:48	09:50	10:00	10:00	10:19
DeeStars	F	09:05	09:35	7	09:35	09:58	10:00	10:10	10:10	10:29
Resurface – 10:10										
Starlight Storm	SR1	09:35	10:05	8	10:05	10:28	10:30	10:40	10:40	10:59
Solent Horizon	DS	09:45	10:15	1	10:15	10:38	10:40	10:50	10:50	11:09
Ice Diamonds	SZ	09:55	10:25	2	10:25	10:48	10:50	11:00	11:00	11:19
Unum	F	10:05	10:35	5	10:35	10:58	11:00	11:11	11:11	11:30
Aurora	SR1	10:16	10:46	6	10:46	11:09	11:11	11:22	11:22	11:41
Resurface – 11:22										
ISU Junior Team 1 - Free Programme	DS	10:47	11:17	7	11:17	11:40	11:42	11:53	11:53	12:12
ISU Junior Team 2 - Free Programme	SZ	10:58	11:28	8	11:28	11:51	11:53	12:04	12:04	12:23
Aura	F	11:09	11:39	1	11:39	12:02	12:04	12:16	12:16	12:35
Icicles Senior - Free Programme	SR1	11:21	11:51	2	11:51	12:14	12:16	12:28	12:28	12:47
Resurface and Lunch – 12:28										

Saturday 21st February 2026: Competition

Team	Warm-Up Area			Changing Room		Ice			Team Photos		Changing Room	
	No.	Enter	Exit	No.	Enter	Ice Side	Enter	Exit	Start	End	Re-enter	Exit
Solent Sunrise	DS	12:18	12:43	5	12:43	13:06	13:08	13:15	13:15	13:25	13:25	13:44
Highlanders	SZ	12:25	12:50	6	12:50	13:13	13:15	13:22	13:22	13:32	13:32	13:51
Ice Phoenix	F	12:32	12:57	7	12:57	13:20	13:22	13:29	13:29	13:39	13:39	13:58
Northern Stars	SR1	12:39	13:04	8	13:04	13:27	13:29	13:36	13:36	13:46	13:46	14:05
Perpetuum	DS	12:46	13:11	1	13:11	13:34	13:36	13:43	13:43	13:53	13:53	14:12
Starlight Tornado	SZ	12:53	13:18	2	13:18	13:41	13:43	13:50	13:50	14:00	14:00	14:19
Resurface – 13:50												
Solent Swirl	F	13:20	13:45	5	13:45	14:08	14:10	14:16	14:16	14:23	14:23	14:42
Diamond	SR1	13:26	13:51	6	13:51	14:14	14:16	14:22	14:22	14:29	14:29	14:48
Spice Crystals	DS	13:32	13:57	7	13:57	14:20	14:22	14:28	14:28	14:35	14:35	14:54
Spice Sparkles	SZ	13:38	14:03	8	14:03	14:26	14:28	14:34	14:34	14:41	14:41	15:00
DeeStars	F	13:44	14:09	1	14:09	14:32	14:34	14:40	14:40	14:47	14:47	15:06
Resurface – 14:40												
Starlight Storm	SR1	14:10	14:35	2	14:35	14:58	15:00	15:07	15:07	15:17	15:17	15:36
Solent Horizon	DS	14:17	14:42	5	14:42	15:05	15:07	15:14	15:14	15:24	15:24	15:43
Ice Diamonds	SZ	14:24	14:49	6	14:49	15:12	15:14	15:21	15:21	15:31	15:31	15:50
Unum	F	14:31	14:56	7	14:56	15:19	15:21	15:28	15:28	15:38	15:38	15:57
Aurora	SR1	14:38	15:03	8	15:03	15:26	15:28	15:35	15:35	15:45	15:45	16:04
Resurface – 15:35												
ISU Junior Team 1 - Free Programme	DS	15:05	15:30	1	15:30	15:53	15:55	16:02	16:02	16:12	16:12	16:31
ISU Junior Team 2 - Free Programme	SZ	15:12	15:37	2	15:37	16:00	16:02	16:09	16:09	16:19	16:19	16:38
Aura	F	15:19	15:44	5	15:44	16:07	16:09	16:17	16:17	16:27	16:27	16:46
Icicles Senior - Free Programme	SR1	15:27	15:52	6	15:52	16:15	16:17	16:25	16:25	16:35	16:35	16:54
End of skating and presentations – 16:25												