



The Ice Station - GrandWest				SESSION 1			Sunday 10th May		
SECTION	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	ON/OFF TIME	TOTAL WARMUP	SKATING TIME	TOTAL TIME	START TIME	END TIME
RESURFACE & DRY				00:15:00	00:00:00	00:00:00	00:15:00	18:00	18:15
Basic Novice Solo Dance - Willow Waltz - Pattern 1	4	00:01:45	00:03:00	00:12:00	00:03:00	00:07:00	00:22:00	18:15	18:37
Basic Novice Solo Dance - Tango Canasta - Pattern 2	4	00:01:45	00:03:00	00:12:00	00:03:00	00:07:00	00:22:00	18:37	18:59
Intermediate Solo Dance - European Waltz - Pattern 1	4	00:01:45	00:03:00	00:12:00	00:03:00	00:07:00	00:22:00	18:59	19:21
Intermediate Solo Dance - European Waltz - Pattern 1	5	00:01:45	00:03:00	00:15:00	00:03:00	00:08:45	00:26:45	19:21	19:47
Intermediate Solo Dance - Tango - Pattern 2	4	00:01:45	00:03:00	00:12:00	00:03:00	00:07:00	00:22:00	19:47	20:09
Intermediate Solo Dance - Tango - Pattern 2	5	00:01:45	00:03:00	00:15:00	00:03:00	00:08:45	00:26:45	20:09	20:36
RESURFACE & TEA				00:15:00	00:00:00	00:00:00	00:15:00	20:36	20:51
Intermediate Couples Dance - Pattern Dance 1 - TBD	1	00:01:45	00:03:00	00:03:00	00:03:00	00:01:45	00:07:45	20:51	20:59
Intermediate Couples Dance - Pattern Dance 2 - TBD	1	00:01:45	00:03:00	00:03:00	00:03:00	00:01:45	00:07:45	20:59	21:07
Advanced Novice Solo Dance - Starlight Waltz	4	00:01:45	00:03:00	00:12:00	00:03:00	00:07:00	00:22:00	21:07	21:29
Advanced Novice Solo Dance - Quickstep	4	00:01:45	00:03:00	00:12:00	00:03:00	00:07:00	00:22:00	21:29	21:51
REV 4	36	00:17:30	00:30:00	02:18:00	00:30:00	01:03:00	03:51:00	06:00pm	09:51pm
TBD : TO BE DRAWN									



South African National Championships 2026									
The Ice Station - GrandWest	SESSION 2						Monday 11th May		
SECTION	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	ON/OFF TIME	TOTAL WARMUP	SKATING TIME	TOTAL TIME	START TIME	END TIME
RESURFACE / WELCOME				00:30:00	00:00:00	00:00:00	00:30:00	12:30	13:00
Juvenile Girls FP Group 1	6	00:02:40	00:04:00	00:15:00	00:04:00	00:16:00	00:35:00	13:00	13:35
Juvenile Girls FP Group 2	6	00:02:40	00:04:00	00:15:00	00:04:00	00:16:00	00:35:00	13:35	14:10
Basic Novice Pairs	1	00:03:10	00:05:00	00:03:30	00:05:00	00:03:10	00:11:40	14:10	14:21
Juvenile Boys	1	00:02:40	00:04:00	00:03:00	00:04:00	00:02:40	00:09:40	14:21	14:31
Basic Novice Boys	1	00:02:40		00:03:00	00:00:00	00:02:40	00:05:40	14:31	14:37
Intermediate Novice Boys	3	00:03:10		00:09:00	00:00:00	00:09:30	00:18:30	14:37	14:55
RESURFACE & TEA				00:15:00	00:00:00	00:00:00	00:15:00	14:55	15:10
Basic Novice Solo Dance FD	4	00:01:40	00:03:00	00:14:00	00:03:00	00:06:40	00:23:40	15:10	15:34
Intermediate Novice Girls FP	4	00:03:10	00:04:00	00:12:00	00:04:00	00:12:40	00:28:40	15:34	16:02
Intermediate Novice Girls FP	5	00:03:10	00:04:00	00:15:00	00:04:00	00:15:50	00:34:50	16:02	16:37
Advanced Novice Girls SP	4	00:02:30	00:04:00	00:12:00	00:04:00	00:10:00	00:26:00	16:37	17:03
Advanced Novice Boys SP	1	00:02:30		00:03:00	00:00:00	00:02:30	00:05:30	17:03	17:09
RESURFACE & DINNER			00:30:00	00:30:00	00:00:00	00:00:00	00:30:00	17:09	17:39
Intermediate Novice Couples Dance FD	1	00:02:40	00:03:00	00:03:30	00:05:00	00:02:40	00:11:10	17:39	17:50
Junior Women SP	5	00:02:50	00:06:00	00:15:00	00:06:00	00:14:10	00:35:10	17:50	18:25
Senior Women SP	3	00:02:50	00:06:00	00:09:00	00:06:00	00:08:30	00:23:30	18:25	18:49
Senior Men SP	2	00:02:50		00:06:00	00:00:00	00:05:40	00:11:40	18:49	19:00
RESURFACE				00:20:00	00:00:00	00:00:00	00:20:00	19:00	19:20
Junior Solo Rhythm Dance	6	00:03:00	00:04:00	00:21:00	00:04:00	00:18:00	00:43:00	19:20	20:03
Senior Solo Rhythm Dance	4	00:03:00	00:04:00	00:14:00	00:04:00	00:12:00	00:30:00	20:03	20:33
REV 4	57	00:47:10	01:25:00	04:28:00	00:57:00	02:38:40	08:03:40	01:00pm	8:33pm



South African National Championships 2026

The Ice Station - GrandWest		SESSION 3					Tuesday 12th May		
SECTION	TOTAL SKATERS	PROGRAM LENGTH	WARMUP TIME	ON/OFF TIME	TOTAL WARMUP	SKATING TIME	TOTAL TIME	START TIME	END TIME
RESURFACE & DRY				00:30:00	00:00:00	00:00:00	00:30:00	12:30	13:00
Basic Novice Girls Group 1	6	00:02:40	00:04:00	00:18:00	00:05:00	00:16:00	00:39:00	13:00	13:39
Basic Novice Girls Group 2	6	00:02:40	00:04:00	00:18:00	00:05:00	00:16:00	00:39:00	13:39	14:18
Basic Novice Girls Group 3	6	00:02:40	00:04:00	00:18:00	00:05:00	00:16:00	00:39:00	14:18	14:57
RESURFACE & TEA	18			00:20:00	00:00:00	00:00:00	00:20:00	14:57	15:17
Advanced Novice Girls FP	4	00:03:10	00:05:00	00:12:00	00:05:00	00:12:40	00:29:40	15:17	15:46
Advanced Novice Boys FP	1	00:03:10		00:03:00	00:00:00	00:03:10	00:06:10	15:46	15:52
Advanced Novice Solo Dance - FD	4	00:02:30	00:04:00	00:14:00	00:05:00	00:10:00	00:29:00	15:52	16:21
Intermediate Novice Solo FD Group 1	4	00:02:00	00:03:00	00:14:00	00:05:00	00:08:00	00:27:00	16:21	16:48
Intermediate Novice Solo FD Group 2	5	00:02:00	00:03:00	00:18:00	00:05:00	00:10:00	00:33:00	16:48	17:21
RESURFACE & DINNER	18			00:30:00	00:00:00	00:00:00	00:30:00	17:21	17:51
Junior Women FP	5	00:03:40	00:06:00	00:15:00	00:06:00	00:18:20	00:39:20	17:51	18:31
Senior Women FP	3	00:04:10	00:06:00	00:09:00	00:06:00	00:12:30	00:27:30	18:31	18:58
Senior Men FP	2	00:04:10		00:06:00	00:00:00	00:08:20	00:14:20	18:58	19:13
Mixed Age Synchro (warm up 2min each)	3	00:03:40	00:06:00	00:09:00	00:06:00	00:11:00	00:26:00	19:13	19:39
RESURFACE	14			00:20:00	00:00:00	00:00:00	00:20:00	19:39	19:59
Junior Solo Dance FD	6	00:03:10	00:05:00	00:24:00	00:05:00	00:19:00	00:48:00	19:59	20:47
Senior Solo Dance FD	4	00:03:40	00:05:00	00:18:00	00:05:00	00:14:40	00:37:40	20:47	21:24
Parade & Presentations	10			00:40:00	00:00:00	00:00:00	00:40:00	21:24	22:04
REV 4	60	00:43:20	00:55:00	04:26:00	01:03:00	02:55:40	08:24:40	01:00pm	10:04pm