

2026 Northeast, Eastern and Southeast Regions National Practice Schedule **UPDATED 7/12/26**

Updates are in RED

Listed Practices Times: Skaters MAY ONLY practice as listed on the practice schedule. (Figures only during figure times, ect.)

Freestyle and Creative Practice: Routines will be played in the order in which the events compete.

Dance Practice: Music will be played in the order in which the events compete. **Original Compulsory Dance Practice will be during this time.**

Date	Day	Practice Times	Floor
7/16/26	Thursday	Scheduled Practice Must be skating events between 7/17 & 7/22 (ONLY LISTED EVENTS) 5:00PM to 5:45PM Figure Practice Only (All RollArt Figure Events) 5:45PM to 6:00PM Tot, Mini & Espoir Compulsory Dance 6:00PM to 6:40PM Cadet, Youth, Junior & Senior Style & Freedance 6:40PM to 7:00PM Tot, Mini & Espoir Free Dance 7:00PM to 7:35PM Cadet, Youth, Junior & Senior Free Skating 7:35PM to 8:00PM Tot, Mini, & Espoir & Free Skating	Official Floor Official Floor Official Floor Official Floor Official Floor Official Floor Official Floor
7/17/26	Friday	Scheduled Practice 11:00AM to 11:30AM Free Skating Only 11:30AM to 12:00PM Style Dance and Free Dance Only 6:00PM to 6:30PM Compulsory Dance 6:30PM to 7:00PM Figure Practice Only	Practice Floor Practice Floor Practice Floor Practice Floor Practice Floor
7/18/26	Saturday	Scheduled Practice 11:00AM to 11:30AM Free Skating Only 11:30AM to 12:00PM Style Dance and Free Dance Only 5:00PM to 5:30PM Compulsory Dance 5:30PM to 6:00PM Figure Practice Only	Practice Floor Practice Floor Practice Floor Practice Floor Practice Floor
7/19/26	Sunday	Scheduled Practice 6:00PM to 6:30PM Dance Practice Only 6:30PM to 7:00PM Free Skating Only 7:30PM to 8:00PM Figures Only	Practice Floor Practice Floor Practice Floor Practice Floor
7/20/26	Monday	Scheduled Practice 5:00PM to 5:30PM Free Skating Only 5:30PM to 6:00PM Dance Practice Only 6:00PM to 6:30PM Figure Practice Only	Practice Floor Practice Floor Practice Floor Practice Floor
7/21/26	Tuesday	Scheduled Practice 5:00PM to 5:20PM Free Skating Only 5:20PM to 5:40PM Dance Practice Only 5:40 to 6:00PM Figure Practice Only Scheduled Practice - NO C Level Skaters Allowed 8:30PM to 9:00PM Figure Practice Only 9:00PM to 9:30PM Free Skating Only 9:30PM to 10:00PM Dance Practice Only	Practice Floor Practice Floor Practice Floor Practice Floor Official Floor Official Floor Official Floor Official Floor
7/22/26	Wednesday	Scheduled Practice 11:00AM to 11:30AM Free Skating Only 11:30AM to 12:00PM Dance Practice Only 5:00PM to 5:30PM Figure Practice Only	Practice Floor Practice Floor Practice Floor Practice Floor

Date	Day	Practice Times	Floor
7/23/26	Thursday	Scheduled Practice 11:00AM to 11:30AM Dance Practice Only 11:30AM to 12:00PM Free Skating & Creative Solo Only 5:00PM to 5:30PM Figure Practice Only	Practice Floor Practice Floor Practice Floor Practice Floor
7/24/26	Friday	Scheduled Practice 11:00AM to 11:30AM Free Skating & Creative Solo Only 11:30AM to 12:00PM Dance Practice Only 5:00PM to 5:30PM Figure Practice Only	Practice Floor Practice Floor Practice Floor Practice Floor
7/25/26	Saturday	Scheduled Practice 11:00AM to 11:30AM Figure Practice Only 11:30AM to 12:00PM Dance Practice Only 5:00PM to 5:30PM Free Skating & Creative Solo Only	Practice Floor Practice Floor Practice Floor Practice Floor
7/26/26	Sunday	Scheduled Practice 5:00PM to 5:30PM Free Skating & Creative Solo Only 5:30PM to 6:00PM Figure Practice Only 6:00PM to 6:30PM Dance Practice Only	Practice Floor Practice Floor Practice Floor Practice Floor
7/27/26	Monday	No Scheduled Regional Practices	
7/28/26	Tuesday	Scheduled Practice - NO C Level Skaters Allowed 6:00PM to 6:40PM Figure Practice Only 6:40PM to 7:20PM Free Skating & Creative Solo Only 7:20PM to 8:00PM Dance Practice Only	Official Floor Official Floor Official Floor Official Floor
7/29/26	Wednesday	Scheduled Practice - NO C Level Skaters Allowed 10:00PM to 10:30PM Figure Practice Only 10:30PM to 11:00PM Dance Practice Only 11:00PM to 11:30PM Free Skating & Creative Solo Only	Official Floor Official Floor Official Floor Official Floor
7/30/26	Thursday	5:00PM to 5:30PM Dance Practice Only 5:30PM to 6:00PM Figure Practice Only 6:00PM to 6:30PM Free Skating & Creative Solo Only Scheduled Practice - NO C Level Skaters Allowed 11:00PM to 11:30PM Figure Practice Only 11:30PM to 12:00AM Dance Practice Only 12:00AM to 12:30AM Free Skating & Creative Solo Only	Practice Floor Practice Floor Practice Floor Practice Floor Official Floor Official Floor Official Floor Official Floor
7/31/26	Friday	11:00AM to 11:30AM Dance Practice Only 11:30AM to 12:00PM Free Skating & Creative Solo Only 5:00PM to 5:30PM Figure Practice Only	Practice Floor Practice Floor Practice Floor
8/1/2026	Saturday	11:00AM to 12:00PM Dance Practice	Practice Floor