



2026 NATIONS' CUP & GOLD CUP

APRIL 23-26

LANSING, MICHIGAN USA

FP Free Program

CE Choreographic Exercise

Wednesday, April 22, 2026

—ON ICE—

Unofficial Practice

All Day at Both *Munn Ice Arena* &
Biggy Coffee Ice Cube East Lansing

(Biggy if needed)

Schedule to follow

—OFF ICE—

12:00 to 1:00

Draw Gold Cup Teams

8:30 to 17:30

International Seminar

18:30 to 21:00

Official Dinner

Gold Cup Competition

Thursday, April 23, 2026

OFFICIAL PRACTICE SESSION

—ON ICE—

Beginning	End	Group	Time
8H00			
8:00	to	8:10	Open 1
8:10	to	8:20	Open 2
8:20	to	8:30	Open 3
8:30	to	8:40	Open 4
8:40	to	8:55	Ice Resurfacing
8:55	to	9:05	Open 5
9:05	to	9:15	Open 6
9:15	to	9:25	Open 7
9:25	to	9:35	Open 8
9:35	to	9:50	Ice Resurfacing
9:50	to	10:00	Open 9
10:00	to	10:10	Open 10
10:10	to	10:20	Open 11
10:20	to	10:30	Open 12
10:30	to	10:40	Open 13

—OFF ICE—

9:00 to 9:30

Team Leader Meeting

9:30 to 12:00

International Judges Exam

10:00 to 10:30

Novice CE Draw

10:40	to	10:55	Ice Resurfacing	0:15
10:55	to	11:05	Adult 1	0:10:00
11:05	to	11:15	Adult 2	0:10:00
11:15	to	11:25	Adult 3	0:10:00
11:25	to	11:35	Adult 4	0:10:00
11:35	to	11:50	Ice Resurfacing	0:15
11:50	to	12:00	Adult 5	0:10:00
12:00	to	12:10	Adult 6	0:10:00
12:10	to	12:20	Adult 7	0:10:00
12:20	to	12:30	Adult 8	0:10:00
12:30	to	12:40	Adult 9	0:10:00
12:40	to	12:55	Ice Resurfacing	0:15
13:30	to	13:45	Gold Cup Opening Ceremony	

CE COMPETITION				
13:45	to	13:51	Open 1	0:06
13:51	to	13:57	Open 2	0:06
13:57	to	14:03	Open 3	0:06
14:03	to	14:09	Open 4	0:06
14:09	to	14:24	Ice Resurfacing	0:15
14:24	to	14:30	Open 5	0:06
14:30	to	14:36	Open 6	0:06
14:36	to	14:42	Open 7	0:06
14:42	to	14:48	Open 8	0:06
14:48	to	15:03	Ice Resurfacing	0:15
15:03	to	15:09	Open 9	0:06
15:09	to	15:15	Open 10	0:06
15:15	to	15:21	Open 11	0:06
15:21	to	15:27	Open 12	0:06
15:27	to	15:33	Open 13	0:06
15:33	to	15:48	Ice Resurfacing	0:15
15:48	to	15:55	Adult 1	0:07
15:55	to	16:02	Adult 2	0:07
16:02	to	16:09	Adult 3	0:07
16:09	to	16:16	Adult 4	0:07
16:16	to	16:31	Ice Resurfacing	0:15
16:31	to	16:38	Adult 5	0:07
16:38	to	16:45	Adult 6	0:07
16:45	to	16:52	Adult 7	0:07
16:52	to	16:59	Adult 8	0:07
16:59	to	17:06	Adult 9	0:07

12:30 to 13:15
Initial Judges Meeting

18:30 to 21:00
Officials Social Event

19:00 to 22:00
Competitors Party

COMPETITION				
14:35	to	14:44	Open 1	0:09
14:44	to	14:53	Open 2	0:09
14:53	to	15:02	Open 3	0:09
15:02	to	15:11	Open 4	0:09
15:11	to	15:26	Ice Resurfacing	0:15
15:26	to	15:35	Open 5	0:09
15:35	to	15:44	Open 6	0:09
15:44	to	15:53	Open 7	0:09
15:53	to	16:02	Open 8	0:09
16:02	to	16:17	Ice Resurfacing	0:15
16:17	to	16:26	Open 9	0:09
16:26	to	16:35	Open 10	0:09
16:35	to	16:44	Open 11	0:09
16:44	to	16:53	Open 12	0:09
16:53	to	17:02	Open 13	0:09
17:02	to	17:17	Ice Resurfacing	0:15
17:17	to	17:26	Adult 1	0:09
17:26	to	17:35	Adult 2	0:09
17:35	to	17:44	Adult 3	0:09
17:44	to	17:53	Adult 4	0:09
17:53	to	18:08	Ice Resurfacing	0:15
18:08	to	18:17	Adult 5	0:09
18:17	to	18:26	Adult 6	0:09
18:26	to	18:35	Adult 7	0:09
18:35	to	18:44	Adult 8	0:09
18:44	to	18:53	Adult 9	0:09
18:53	to	19:08	Ice Resurfacing	0:15
19:08	to	19:15	Novice 1	0:07
19:15	to	19:22	Novice 2	0:07
19:22	to	19:29	Novice 3	0:07
19:29	to	19:44	Ice Resurfacing	0:15
19:44	to	19:51	Novice 4	0:07
19:51	to	19:58	Novice 5	0:07
19:58	to	20:05	Novice 6	0:07
20:05	to	20:12	Novice 7	0:07
20:15	to	20:45	Victory Ceremony Gold Cup (Adult & Open)	

TEAM PHOTOS ON ICE

8:45: All Participating Team Photo (All Call)

Following all team photos, groups below in order:

GROUP 1

Australia, Canada, Switzerland

(optional team photos by country)

GROUP 2

France

*All French Teams,
all teams in Federation T-shirts for NC per Melanie*

GROUP 3

USA

*All USA Teams,
all teams in USA TOI Jackets per John*

Nations' Cup Competition

Saturday, April 25, 2026

OFFICIAL PRACTICE SESSION

—ON ICE—

Beginning		End	Group	Time
8H00				
8:00	to	8:10	Junior 1	0:10:00
8:10	to	8:20	Junior 2	0:10:00
8:20	to	8:30	Junior 3	0:10:00
8:30	to	8:40	Junior 4	0:10:00
8:40	to	8:55	Ice Resurfacing	0:15
8:55	to	9:05	Junior 5	0:10:00
9:05	to	9:15	Junior 6	0:10:00
9:15	to	9:25	Junior 7	0:10:00
9:25	to	9:35	Junior 8	0:10:00
9:35	to	9:45	Junior 9	0:10:00
9:45	to	10:00	Ice Resurfacing	0:15:00
10:00	to	10:10	Senior 1	0:10:00
10:10	to	10:20	Senior 2	0:10:00
10:20	to	10:30	Senior 3	0:10:00
10:30	to	10:45	Ice Resurfacing	0:15:00
10:45	to	10:55	Senior 4	0:10:00
10:55	to	11:05	Senior 5	0:10:00
11:05	to	11:15	Senior 6	0:10:00
11:15	to	11:30	Ice Resurfacing	0:15
11:30	to	11:42	Novice 1	0:12:00
11:42	to	11:54	Novice 2	0:12:00
11:54	to	12:06	Novice 3	0:12:00
12:06	to	12:21	Ice Resurfacing	0:15
12:21	to	12:33	Novice 4	0:12:00
12:33	to	12:45	Novice 5	0:12:00
12:45	to	12:57	Novice 6	0:12:00
12:57	to	13:09	Novice 7	0:12:00
13:09	to	13:24	Ice Resurfacing	0:15:00
13:24	to	13:36	Adaptive 1	0:12:00
13:36	to	13:48	Adaptive 2	0:12:00
13:48	to	14:00	Adaptive 3	0:12:00
14:00	to	14:12	Adaptive 4	0:12:00
14:12	to	14:45	Ice Resurfacing	0:30:00
14:45	to	15:15	Opening Ceremony Novice, Junior, Senior & Adaptive	

—OFF ICE—

10:00 to 11:00

Officials only: Gold Cup
round table discussion

COMPETITION				
15:15	to	15:22	Junior 1	0:07
15:22	to	15:29	Junior 2	0:07
15:29	to	15:36	Junior 3	0:07
15:36	to	15:43	Junior 4	0:07
15:43	to	15:58	Ice Resurfacing	0:15:00
15:58	to	16:05	Junior 6	0:07
16:05	to	16:12	Junior 7	0:07
16:12	to	16:19	Junior 8	0:07
16:19	to	16:26	Junior 9	0:07
16:26	to	16:33	Junior 10	0:07
16:33	to	16:48	Ice Resurfacing	0:15:00
16:48	to	16:55	Senior 1	0:07
16:55	to	17:02	Senior 2	0:07
17:02	to	17:09	Senior 3	0:07
17:09	to	17:24	Ice Resurfacing	0:15
17:24	to	17:31	Senior 4	0:07
17:31	to	17:38	Senior 5	0:07
17:38	to	17:45	Senior 6	0:07
17:45	to	18:00	Ice Resurfacing	0:15
18:00	to	18:07	Adaptive 1	0:07
18:07	to	18:14	Adaptive 2	0:07
18:14	to	18:21	Adaptive 3	0:07
18:21	to	18:28	Adaptive 4	0:07
18:28	to	18:43	Ice Resurfacing	0:15
18:43	to	18:52	Novice 1	0:09
18:52	to	19:01	Novice 2	0:09
19:01	to	19:10	Novice 3	0:09
19:10	to	19:25	Ice Resurfacing	0:15
19:25	to	19:34	Novice 4	0:09
19:34	to	19:43	Novice 5	0:09
19:43	to	19:52	Novice 6	0:09
19:52	to	20:01	Novice 7	0:09
20:05	to	20:30	Victory Ceremony (Adaptive & Novice)	

Nations' Cup Competition

Sunday, April 26, 2026

OFFICIAL PRACTICE SESSION

—ON ICE—

Beginning		End	Group	Time
08H00				
8:30	to	8:42	Junior 1	0:12
8:42	to	8:54	Junior 2	0:12
8:54	to	9:06	Junior 3	0:12
9:06	to	9:18	Junior 4	0:12
9:18	to	9:33	Ice Resurfacing	0:15
9:33	to	9:45	Junior 5	0:12
9:45	to	9:57	Junior 6	0:12
9:57	to	10:09	Junior 7	0:12
10:09	to	10:21	Junior 8	0:12
10:21	to	10:33	Junior 9	0:12
10:33	to	10:48	Ice Resurfacing	0:15
10:48	to	11:00	Senior 1	0:12
11:00	to	11:12	Senior 2	0:12
11:12	to	11:24	Senior 3	0:12
11:24	to	11:39	Ice Resurfacing	0:15
11:39	to	11:51	Senior 4	0:12
11:51	to	12:03	Senior 5	0:12
12:03	to	12:15	Senior 6	0:12
12:15	to	12:45	Ice Resurfacing	0:30

COMPETITION

13:00	to	13:10	Junior 1	0:10
13:10	to	13:20	Junior 2	0:10
13:20	to	13:30	Junior 3	0:10
13:30	to	13:40	Junior 4	0:10
13:40	to	13:55	Ice Resurfacing	0:15
13:55	to	14:05	Junior 5	0:10
14:05	to	14:15	Junior 6	0:10
14:15	to	14:25	Junior 7	0:10
14:25	to	14:35	Junior 8	0:10
14:35	to	14:45	Junior 9	0:10
14:45	to	15:00	Ice Resurfacing	0:15
15:00	to	15:10	Senior 1	0:10
15:10	to	15:20	Senior 2	0:10
15:20	to	15:30	Senior 3	0:10
15:30	to	15:45	Ice Resurfacing	0:15
15:45	to	15:55	Senior 4	0:10
15:55	to	16:05	Senior 5	0:10
16:05	to	16:15	Senior 6	0:10
16:15	to	16:45	AWARDS JR & SR	0:30

—OFF ICE—

10:00 to 12:00
International Committee
Meeting (@MUNN)

17:00 to 18:00
Officials only: Nations' Cup
round table discussion