

Ames ISU - Sat, Jul 11, 2026

Ev#	Start	End	Loc	Level	Event	Grp	Type
P1	6:00 AM	6:20 AM		Open	Practice		
P2	6:20 AM	6:40 AM		Open	Practice		
P3	6:40 AM	7:00 AM		Open	Practice		
P4	7:00 AM	7:20 AM		Open	Practice		
	7:20 AM	7:35 AM		ICE RESURFACE			
	7:35 AM	7:40 AM		NATIONAL ANTHEM			
1	7:40 AM	7:45 AM		Basic 1 - 6	Compete USA Showcase - Character Performance		
2	7:45 AM	8:05 AM		Aspire 1-4	Compete USA Showcase - Character Performance	A	
3	7:45 AM	8:05 AM		Aspire 1-4	Compete USA Showcase - Character Performance	B	
4	8:05 AM	8:25 AM		Preliminary	Showcase - Character Performance		
5	8:05 AM	8:25 AM		Open Juvenile	Showcase - Character Performance		
6	8:25 AM	8:50 AM		Adult Pre-Bronze	Adult Singles Free Skate		
7	8:25 AM	8:50 AM		Adult Bronze	Adult Singles Free Skate		
8	8:50 AM	9:00 AM		Open Juvenile	Showcase - Choreographic Artistry		
9	8:50 AM	9:00 AM		Young Adult	Showcase - Choreographic Artistry		
10	9:00 AM	9:15 AM	Z	Level 1	Spins		
11	9:00 AM	9:15 AM	L	Level 4	Spins		
12	9:15 AM	9:30 AM	Z	Level 2	Spins		
13	9:15 AM	9:30 AM	L	Level 3	Spins		
14	9:15 AM	9:30 AM	L	Level 5	Spins		
15	9:30 AM	9:45 AM	L	Level 1	Jumps		
16	9:30 AM	9:45 AM	Z	Level 4	Jumps		
17	9:45 AM	10:05 AM	L	Level 2	Jumps		
18	9:45 AM	10:05 AM	Z	Level 3	Jumps		
	10:05 AM	10:20 AM		ICE RESURFACE			
19	10:20 AM	10:30 AM	L	Basic 2	Basic Elements (no music)		
20	10:20 AM	10:30 AM	Z	Basic 3	Basic Elements (no music)		
21	10:30 AM	10:40 AM	L	Basic 4	Basic Elements (no music)		
22	10:30 AM	10:40 AM	Z	Basic 5	Basic Elements (no music)		
23	10:30 AM	10:40 AM	Z	Basic 6	Basic Elements (no music)		
24	10:40 AM	10:50 AM	L	Level 2	Compulsory Moves		
25	10:40 AM	10:50 AM	Z	Level 4	Compulsory Moves		
26	10:50 AM	11:10 AM	L	Level 1	Compulsory Moves		
27	10:50 AM	11:10 AM	Z	Level 3	Compulsory Moves		
28	11:10 AM	11:15 AM	L	Hockey 4	Hockey		
29	11:15 AM	11:25 AM		Adult Bronze	Solo Free Dance		
30	11:15 AM	11:25 AM		Novice	Solo Free Dance		
31	11:25 AM	11:40 AM		Aspire 1	Program (w/music)	A	
32	11:40 AM	11:55 AM		Aspire 1	Program (w/music)	B	
33	11:55 AM	12:10 PM		Aspire 1	Program (w/music)	C	
34	12:10 PM	12:25 PM		Aspire 2	Program (w/music)	A	
35	12:25 PM	12:40 PM		Aspire 2	Program (w/music)	B	
	12:40 PM	12:55 PM		ICE RESURFACE			
36	12:55 PM	1:00 PM		Hickory Hoedown	Open Solo Dance		
37	1:00 PM	1:15 PM		Basic 2	Program (w/music)		
38	1:00 PM	1:15 PM		Basic 3	Program (w/music)		
39	1:15 PM	1:30 PM		Basic 4	Program (w/music)		
40	1:30 PM	1:45 PM		Basic 5	Program (w/music)		
41	1:30 PM	1:45 PM		Basic 6	Program (w/music)		

42	1:45 PM	2:15 PM	Aspire 3	Program (w/music)			
43	1:45 PM	2:15 PM	Aspire 4	Program (w/music)			
44	2:15 PM	2:45 PM	Excel Pre-Preliminary	Singles Free Skate			
45	2:15 PM	2:45 PM	Pre-Preliminary	Singles Free Skate			
46	2:45 PM	3:00 PM	Excel Preliminary Plus	Singles Free Skate			
	3:00 PM	3:15 PM	ICE RESURFACE				
47	3:15 PM	3:25 PM	Preliminary	Showcase - Comedic Impressions			
48	3:15 PM	3:25 PM	Open Juvenile	Showcase - Comedic Impressions			
49	3:25 PM	3:35 PM	Adult Bronze	Adult Showcase - Comedic Impressions			
50	3:25 PM	3:35 PM	Senior Elite / ProAm	Showcase - Theme			
51	3:35 PM	3:40 PM	Basic 1 - 6	Compete USA Showcase - Lyrical Pop			
52	3:40 PM	4:00 PM	Aspire 1-4	Compete USA Showcase - Lyrical Pop	A		
53	3:40 PM	4:00 PM	Aspire 1-4	Compete USA Showcase - Lyrical Pop	B		
54	4:00 PM	4:10 PM	Pre-Preliminary	Compete USA Showcase - Lyrical Pop			
55	4:10 PM	4:20 PM	Preliminary	Showcase - Lyrical Pop			
56	4:20 PM	4:35 PM	Open Juvenile	Showcase - Lyrical Pop			
57	4:20 PM	4:35 PM	Adult Bronze	Adult Showcase - Lyrical Pop			
58	4:20 PM	4:35 PM	Adult Pre-Bronze	Adult Showcase - Lyrical Pop			
59	4:35 PM	4:50 PM	Aspire 1-4	Showcase Duet/Trio			
60	4:35 PM	4:50 PM	Preliminary	Showcase Duet/Trio			
61	4:50 PM	5:05 PM	Basic 1 - 6	CompeteUSA Showcase - Interpretive			
62	5:05 PM	5:20 PM	Aspire 1-4	CompeteUSA Showcase - Interpretive			
63	5:20 PM	5:40 PM	Adult Bronze	Adult Showcase - Emotional Performance			
64	5:20 PM	5:40 PM	Adult Silver	Adult Showcase - Emotional Performance			
65	5:20 PM	5:40 PM	Senior Elite / ProAm	Showcase - Emotional Performance			
66	5:20 PM	5:40 PM	Open Juvenile	Showcase - Emotional Performance			
67	5:40 PM	5:50 PM	Ten Fox	Open Solo Dance			