

Midwest Invitational 2026 Practice Schedule

12:00 to 12:45 PM	Long Figures Only
12:45PM to 1:20PM	All WS Event Figures w/Loop
1:20PM to 1:45PM	Loop Only
1:45PM to 3:15PM	Solo Dance
3:15PM to 3:45PM	Team Dance
3:45PM to 4:00PM	World Skate Style Dance
4:00PM to 4:30PM	Creative Solo Dance and Duet
4:30PM to 4:50PM	World Skate Free Dance
4:50PM to 5:35PM	Free Skating
5:35PM to 5:45PM	Pairs
5:45PM to 6:00PM	Quartet

All Skaters Must be Prepared to Skate 1 hour prior to their scheduled time.