



SONJA HENIE TROPHY 2026 - OSLO / NOR

6:00					JW S 6:00	JM S 6:00			6:00
6:30					30' 6:30	30' 6:30			6:30
7:00			ANG S 30' 6:45		* 7:15	SM S 30' 7:00	JM F 35' 7:00		7:00
7:30			*		7:45	* 7:45	* 7:35		7:30
8:00			8:00	8:00					8:00
8:30				Pre-meeting BNG	8:30	SW S 30' 8:15	SM F 35' 8:25		8:30
9:00			9:00		9:00	* 8:45	* 9:00		9:00
9:30		BNG F				9:30			9:30
10:00					ANG F 30' 9:45	IJM-ISU TPM-ISU 9:30	SW F 35' 9:50		10:00
10:30					* 10:15	F 10:30	* 10:25		10:30
11:00					11:00			11:00	11:00
11:30						11:15	11:15	RTD-JW+JM	11:30
12:00					11:50				12:00
12:30					JW S	12:15			12:30
13:00				13:00					13:00
13:30				Pre-meeting BNB+INB+ING		JM S			13:30
14:00			INB+BNB 14:00				13:55		14:00
14:30			14:20			SM S	SM F		14:30
15:00			ING F						15:00
15:30	DR 15:00 STO S Interclub categories + Adv Nov			DR 15:00 STO S ISU-categories					15:30
16:00						15:40	15:55		16:00
16:30	Unofficial practice. See separate schedule.	16:00			16:05	SW S	SW F		16:30
17:00		16:30			ANG F				17:00
17:30		17:15							17:30
18:00		17:45		17:45 Pre-meeting ANG					18:00
18:30		18:30				18:10			18:30
19:00		19:00		VC BN + IN	VC 18:55 ANG	JW F	VC 18:55 JM+SM+SW	18:50 TPR- All panels	19:00
19:30		19:45	ANG S					18:50 RTD-SM	19:30
20:00		20:15			Unofficial practice. See separate schedule.			19:40 RTD - SW	20:00
20:30		21:00			21:00	OFFICIALS DINNER			20:30
21:00									21:00
21:30									21:30
22:00									22:00
22:30									22:30
23:00						VC JW			23:00

SM	Men	S	Short Program	DR	Draw
SW	Woman	F	Free Skating	STO	Starting Order
JM	Junior Men	Main	Main Rink	IJM	Initial Judges Meeting
JW	Junior Women	Practice	Practice Rink	TPM	Technical Panel Meeting
ANB	Advanced Novice Boys	Off-ice	Off-ice	RTD	Round Table Discussion
ANG	Advanced Novice Girls	VC	Victory Ceremony	TPR	Technical Panel Review
BNG	Basic Novice Girls		Ice Resurfacing		
INB	Intermediate Novice Boys		Practice group change		
ING	Intermediate Novice Girls	*	Starting order		

Document date: 04.02.2026 22:00
Subject to change



SONJA HENIE
TROPHY 2026
OSLO NORWAY, 5-8 MARCH