

ISU Four Continents Figure Skating Championships® 2022, Tallinn, EST

| | Tuesday January 18 | | | | Wednesday January 19 | | | | | Thursday January 20 | | | | Friday January 21 | | | Saturday January 22 | | | Sunday January 23 | | | | | |
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- M Men
- W Women
- P Pairs
- D Ice Dance

- S Short Program
- R Rhythm Dance
- F Free Skating/Dance
- EXH Exhibition
- OC Opening Ceremony
- VC Victory Ceremony
- SM Small Medals FS / FD
- DR Draw
- DR+15 15 min after previous event
- JS Judges Draw Seating Order
- STO Starting Order
- IJM Initial Judges Meeting
- TPM Technical Panel Meeting
- RTD Round Table Discussion
- TPR Technical Panel Review
- MR Main Rink
- PR Practice Rink
- Ice Resurfacing
- Group Change
- * Starting Order