

ISU Junior Grand Prix of Figure Skating 2022/23 - Solidarity Cup 2022, Gdansk / POL

| | Wednesday September 28 | | | | Thursday September 29 | | | Friday September 30 | | | Saturday October 1 | | | |
|-------|---------------------------|---------------|----------------------|-------------------------------|--------------------------|---------------|---------|------------------------|-------------|--------------|-----------------------|--------------|---------|-------|
| | MR | PR | Off-Ice | Off-Ice | MR | PR | Off-Ice | MR | PR | Off-Ice | MR | Off-Ice | Off-Ice | |
| 06:00 | | | | | | | | | | | M 06:00 | | | 06:00 |
| 06:30 | | | | | | W 06:30 | | | | D 06:30 | F 30' 06:30 | | | 06:30 |
| 07:00 | D 07:00 | | | | P 07:00 | S 30' 07:00 | | | P 07:00 | R 30' 07:00 | * 07:10 | | | 07:00 |
| 07:30 | R/F 30' 07:30 | M 07:30 | | | S 30' 07:30 | * | | F 30' 07:30 | * | | | | | 07:30 |
| 08:00 | 2 08:10 | S/F 30' 08:00 | | | | | | * | | | | | | 08:00 |
| 08:30 | 3 08:40 | 2 08:40 | | | | | | | | | | | | 08:30 |
| 09:00 | 4 09:20 | 3 09:10 | 09:00 | | | | | | | | | | | 09:00 |
| 09:30 | 5 | 4 09:50 | TPM-W (Rink) | | W 09:00 | S | | D 09:00 | | | D 09:00 | | | 09:30 |
| 10:00 | W 10:00 | 5 | 10:00 | Rink 10:00 | | | | R 09:30 | W 09:30 | | F 30' 09:30 | | | 10:00 |
| 10:30 | S/F 30' 10:30 | TPM-D (Rink) | Team Leaders Meeting | | | | | * | F 30' 10:00 | | * | | | 10:30 |
| 11:00 | 2 11:10 | S/F 30' 11:00 | | Rink 11:00 | | | | | | | | | | 11:00 |
| 11:30 | 3 11:40 | 2 11:40 | | Medical Meeting | | | | | | | | | | 11:30 |
| 12:00 | 4 12:20 | 3 12:20 | DR 12:00 | | | M 11:50 | | | | | | | | 12:00 |
| 12:30 | 5 12:50 | D 12:20 | STO D-R 12:30 | DR 12:15 | | S 30' 12:20 | | 12:25 | | | | | | 12:30 |
| 13:00 | 6 13:30 | R/F 30' 12:50 | TPM-P (Rink) | STO P-S | | * | | | | | | | | 13:00 |
| 13:30 | 7 14:00 | 2 13:30 | | | | | | | | | | | | 13:30 |
| 14:00 | 8 14:40 | 3 14:00 | 14:00 | | | | | | | | | | | 14:00 |
| 14:30 | 9 | 4 14:40 | TPM-M (Rink) | | | | | | | | | | | 14:30 |
| 15:00 | | 5 | DR 15:00 | | | | | | | | | | | 15:00 |
| 15:30 | M 15:20 | W 15:20 | STO M-S | DR 15:15 | | D 14:50 | | 15:00 | M 14:50 | 15:00 | F 30' 15:20 | TPR-P (Rink) | | 15:30 |
| 16:00 | S/F 30' 15:50 | S/F 30' 15:50 | | STO W-S | 15:45 | R/F 30' 15:20 | | W 15:00 | F 30' 15:20 | | * | | | 16:00 |
| 16:30 | 2 16:30 | 2 16:30 | | | | | | | | | | | | 16:30 |
| 17:00 | 3 17:00 | 3 17:00 | | 16:30 | P 16:30 | | | | | | | | | 17:00 |
| 17:30 | 4 17:40 | 4 17:40 | | Ref. & TC Meeting (Hotel) | S 17:10 | | | | | | | | | 17:30 |
| 18:00 | 5 18:20 | 5 18:10 | | 17:30 | 17:50 | | | | | | | | | 18:00 |
| 18:30 | P 18:20 | 6 18:20 | | Judges Draw & Meeting (Hotel) | 18:20 | | | | | | | | | 18:30 |
| 19:00 | S/F 30' 18:50 | 7 18:50 | | | M 18:20 | | | | | | | | | 19:00 |
| 19:30 | 2 19:30 | 8 19:20 | | | S 19:30 | | | | | | | | | 19:30 |
| 20:00 | 3 20:00 | 9 20:00 | | | | | | | | | | | | 20:00 |
| 20:30 | | 20:30 | | | | | | | | | | | | 20:30 |
| 21:00 | | | | | | | | | | | 20:45 | VC D, M | | 21:00 |
| 21:30 | | | | | | | | | | | | | 21:00 | 21:30 |
| 22:00 | | | | | 22:10 | | | | | | | | | 22:00 |
| 22:30 | | | | | | | | 22:30 | | | | | | 22:30 |
| 23:00 | | | | | | | | VC W, P | | | | | | 23:00 |
| 23:30 | | | | | | | | | | 22:45 | | | | 23:30 |
| 00:00 | | | | | | | | | | TPR-W (Rink) | | | | 00:00 |

MR Main Rink **PR** Practice Rink **RTD** Round Table Discussion **VC** Victory Ceremony
S Short Program **DR** Draw **TPM** Technical Panel Meeting **VC** Ice Resurfacing
R Rhythm Dance **STO** Starting Order **TPR** Technical Panel Review **VC** Group Change
F Free Skating/Dance * Starting Order
SUBJECT TO CHANGES!