

SKATER _____

EVENT _____

List all elements in order of execution in the program, using the abbreviations listed below. Skaters are allowed to make changes to their program in competition.

Include: All jumps of one or more rotation
 All solo spins and spin combinations
 All sequences (step, spiral or MITF)

Do not include half jumps and connecting steps. For spins only list the basic spin position.

YOUR PROGRAM

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

EXAMPLE PROGRAM

1. 2L2R	Jump Combination: Double Lutz - double loop
2. 2F	Solo Jump: Double flip
3. Lb	Solo Spin: Layback spin
4. 2A	Solo Jump: Double Axel
5. ^ C	Solo Spin: Flying camel
6. 2A + 2T SEQ	Jump Sequence: Double Axel into double toe loop
7. ~ SPIR	Sequence: Serpentine spiral sequence
8. 2S	Solo Jump: Double Salchow
9. C St . St	Combination Spin: camel - sit - change foot - sit

The above example program consists of five jump elements, three spin elements and one sequence element.

JUMPS		SPINS		SEQUENCES	
T	Toe loop	U	Upright	_	Straight line
S	Salchow	St	Sit	/	Diagonal
R	Loop or half-loop	C	Camel	O	Circular
L	Lutz	B	Biellmann	~	Serpentine
A	Axel	Lb	Layback	STEP	Step sequence
W	Whalley	DD	Deathdrop	SPIR	Spiral sequence
SEQ	Jump sequence	^	Flying	MITF	Moves in the field sequence
1, 2, 3	Single, double, triple	.	Change of foot		