

Planned Program Sheet

Name:

Event: Pre Novice Ladies Singles

List elements in order to be skated. Please use element codes.

SHORT PROGRAM		FREE PROGRAM/STAR PROGRAM		Element Codes			
				Jumps		Sequences	
1	1A	1	2Lz+2T+C	Waltz Jump	1W	Step Sequence	StSq
2	2Lz+2T+C	2	2Lo+2Lo+C	Toe loop	1T	Spiral Sequence	SpSq
3	LSp	3	FCCoSp	Salchow	1S	Choreography Sequence	ChSq
4	2F	4	2F+2T+C	Loop	1Lo		
5	StSq	5	ChSq	Flip	1F		
6	CCoSp	6	1A	Lutz	1Lz		
7		7	FSSp	Axel	1A		
8		8	2F	DoubleToeLoop	2T		
		9	2Lz	Double Salchow	2S		
		10	CCoSp	Double Loop	2Lo		
		11		Double Flip	2F		
		12		Double Lutz	2Lz		
		13		Double Axel	2A		
		14		Triple Toe Loop	3T		
		15		Triple Salchow	3S		
				Triple Loop	3Lo		
				Triple Flip	3F		
				Triple Lutz	3Lz		
				Triple Axel	3A		
				Spin Combo w/ change of position & no change of foot			CoSp
				Spin Combo w/change of position & change of foot			CCoSp
				Flying Spin Combo w/ change of position & no change of foot			FCoSp
				Flying Spin Combo w/ change of position & change of foot			FCCoSp

Jump Combinations are written as Jump+Jump+C

Example: Single Axel+ Double Toe Loop Combination = 1A+2T+C