** Planned Program Sheet STAR 5 to GOLD and All Competitive Events**

**Name(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Category:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SHORT PROGRAM** | | | |  | **FREE PROGRAM** | |  | **Element Codes** | | | | | |
| 1 |  | | |  | 1 |  |  | **Jumps** | | | **Sequences** | | |
| 2 |  | | |  | 2 |  |  | Waltz Jump | | 1W |  | Step Sequence | StSq |
| 3 |  | | |  | 3 |  |  | Toe loop | | 1T |  | Spiral Sequence | SpSq |
| 4 |  | | |  | 4 |  |  | Salchow | | 1S |  | Choreography Sequence | ChSq |
| 5 |  | | |  | 5 |  |  | Loop | | 1Lo |  |  |  |
| 6 |  | | |  | 6 |  |  | Flip | | 1F |  |  |  |
| 7 |  | | |  | 7 |  |  | Lutz | | 1Lz |  |  |  |
| 8 |  | | |  | 8 |  |  | Axel | | 1A | **Spins** | | |
|  |  | | |  | 9 |  |  | DoubleToeLoop | 2T | |  | Upright Spin | USp |
|  | |  | |  | 10 |  |  | Double Salchow | 2S | |  | Layback Spin | LSp |
|  | |  | |  | 11 |  |  | Double Loop | 2Lo | |  | Camel Spin | CSp |
|  | |  | |  | 12 |  |  | Double Flip | 2F | |  | Sit Spin | SSp |
|  | | |  |  | 13 |  |  | Double Lutz | 2Lz | |  | Flying Upright Spin | FUSp |
|  | | |  |  | 14 |  |  | Double Axel | 2A | |  | Flying Layback Spin | FLSp |
|  | | |  |  | 15 |  |  | Triple Toe Loop | 3T | |  | Flying Camel Spin | FCSp |
| **INSTRUCTIONS** | | |  |  |  |  |  | Triple Salchow | 3S | |  | Flying Sit Spin | FSSp |
| List elements in order to be skated. Please use element codes.  Jump Combinations are written as Jump+Jump+C  *Example: Single Axel+ Double Toe Loop Combination = 1A+2T+C*  Please make sure the date on this sheet is the same as the email it is attached to.  Save document as: ‘firstnameLASTNAMEeventDATE’  *Example: marySMITHjuvenileU14SEPT14*  Please email to [viregionskating@gmail.com](mailto:viregionskating@gmail.com) by December 29, 2017.  **A 20.00 fee will be charged for failure to submit by deadline.** | | | | | | |  | Triple Loop | 3Lo | |  | Change Foot Upright Spin | CUSp |
|  | Triple Flip | 3F | |  | Change Foot Layback Spin | CLSp |
|  | Triple Lutz | 3Lz | |  | Change Foot Camel Spin | CCSp |
|  | Triple Axel | 3A | |  | Change Foot Sit Spin | CSSp |
|  | 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 |