



Planned Program Sheet

Name: _____ Event: _____ Grp: _____

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

SHORT PROGRAM		FREE PROGRAM		Element Codes			
				Jumps		Step & Spiral Sequences	
1		1		Waltz Jump	1W	Straight Line Step	SlSt
2		2		Toe loop	1T	Circular Step	CiSt
3		3		Salchow	1S	Serpentine Step	SeSt
4		4		Loop	1Lo	Choreographed Spirals	ChSp
5		5		Flip	1F	Choreographed Step	ChSt
6		6		Lutz	1Lz		
7		7		Axel	1A	Spins	
8		8		Double Toe Loop	2T	Upright Spin	USp
		9		Double Salchow	2S	Layback Spin	LSp
		10		Double Loop	2Lo	Camel Spin	CSp
		11		Double Flip	2F	Sit Spin	SSp
		12		Double Lutz	2Lz	Flying Upright Spin	FUSp
		13		Double Axel	2A	Flying Layback Spin	FLSp
		14		Triple Toe Loop	3T	Flying Camel Spin	FCSp
		15		Triple Salchow	3S	Flying Sit Spin	FSSp
				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

Jump Combinations are written as Jump+Jump+C
 Example: Single Axel+ Double Toe Loop Combination = 1A+2T+C