

# Planned Program Sheet

Name: \_\_\_\_\_ Event: \_\_\_\_\_

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

SHORT PROGRAM		FREE PROGRAM/STAR 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	<b>Spins</b>	
		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
				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