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| **Skating Club:** |
| **Discipline:** Synchronized Skating Ice Dance Solo Dance  |
| **Level:**  |
| **Team, Couple or Skater's Name:** |



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| **ELEMENTS IN ORDER OF SKATING DURING THE PROGRAM****ISU ABBREVIATIONS FOR EACH ELEMENT ARE TO BE USED** |

|  |  |  |  |  |  |  |
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|  | **Short Program Elements** | **Time** |  |  | **Free Skating Elements** | **Time** |
| **1** |       |  |  | **1** |       |  |
| **2** |       |  |
| **2** |       |  | **3** |       |  |
| **4** |       |  |
| **3** |       |  | **5** |       |  |
| **6** |       |  |
| **4** |       |  | **7** |       |  |
| **8** |       |  |
| **5** |       |  |  | **9** |       |  |
|  | **10** |       |  |
| **6** |       |  |  | **11** |       |  |
|  | **12** |       |  |
| **7** |       |  |  | **13** |       |  |
|  | **14** |       |  |
| **8** |       |  |  | **15** |       |  |
|  | **16** |       |  |

|  |  |
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| Date: |       |
| Signature: |       |