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| **Club :**  | **Nationality**:  | **Date (d/m/y) :**  |
| **Category:**  -  | **Competition**:       |
| **Name of Competitor:**  |

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| **ONLY USE THE ELEMENTS FROM THE DROP-DOWN BOXES, IN ORDER OF SKATING** |

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| **Time\*** | **Elements SP** |
|  | **Jumps** | **Spins** | **Step/Spiral sequences** |
|  | **1st** | **2nd** | **3rd** | **4th** | **Combo/Sequence** |  |  |
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\* Time during program

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| **Time\*** | **Elements FS** |
|  | **Jumps** | **Spins** | **Step/Spiral****sequences** |
|  | **1st** | **2nd** | **3rd** | **4th** | **Combo/Sequence** |
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\* Time during program

**Instructions**

* Make sure to fill in all required fields marked in blue: club, date (the document was filled in), category, date, name of competitor
* Fill in the elements for the short program (SP) and free skating program (FS) using only the official short names for the elements as prescribed by ISU in the “scale of values”, and using the drop-down lists provided.
	+ First column: time in minutes and seconds (format 1’15” )
	+ Second column: to be used for jumps. The 5th drop down list allows for the indication of COMBO or SEQ(UENCE)
	+ Third column: to be used for spins. Do not attempt to add the level (e.g. Usp not Usp2). The level is determined by the technical specialist and controller during the execution.
	+ Fourth column: to be used for step sequences. Do not attempt to add the level. The level is determined by the technical specialist and controller during the execution.
	+ Do not try to indicate elements not mentioned on the ISU “scale of values” like: connecting steps, moves in the field etc…

**Instructies**

* Zorg er voor dat alle verplichte velden, aangeduid in het blauw, ingevuld zijn: club, categorie, datum (van invullen van het document), naam van de schaatser
* Vul de elementen in voor het korte programma (SP) en het vrije programma (FS) en gebruik uitsluitend de officiële afkortingen zoals voorgeschreven in de ISU “scale of values”, en gebruik de drop-down lijsten van het formulier.
	+ Eerste kolom: tijd in minuten en seconden (formaat 1’15” )
	+ Tweede kolom te gebruiken voor sprongen. Het vijfde veld laat toe om de indicatie “COMBO” of “SEQ(UENCE) op te geven.
	+ Derde kolom: te gebruiken voor pirouettes. Geef hier geen niveau op (bv. Usp niet Usp2). Het niveau wordt bepaald door de technical specialist en de controller bij de uitvoering.
	+ Vierde kolom: te gebruiken voor stappenreeksen. Geef hier geen niveau op (bv. CiSt niet CiSt3). Het niveau wordt bepaald door de technical specialist en de controller bij de uitvoering.
	+ Voer geen elementen in die niet voorkomen op de ISU lijst van “scale of values” zoals: connecting steps, moves in the field enz…