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| **PLANNED PROGRAMME CONTENT – Discipline (e.g. Singles):** |  |
| **Name of Competitor(s):** | |
| **Category/Grade:** | |
| **Music:** | |

**ELEMENTS IN ORDER OF SKATING**

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| **Elements Free Skating** |
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Skater Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_