ShapePlanned Programm Content

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| **Club Name and Country:** |
| **Category:** |
| **Name of Competitor:** |

ELEMENTS IN ORDER OF SKATING

|  |  |
| --- | --- |
|  | **Elements Free Skating (FS)** |
| **1** |  |
| **2** |  |
| **3** |  |
| **4** |  |
| **5** |  |
| **6** |  |
| **7** |  |
| **8** |  |
| **9** |  |
| **10** |  |
| **11** |  |
| **12** |  |

ISU Member Federation: .............................................................................

Date, Signature: ...........................................................................................