**PLANNED PROGRAM CONTENT - SKATE HELENA 2020**

 **(Belgrade, January 14th to 19th 2020)**

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| **ISU Member or Club:**  |
| **Category:** Seniors: [ ]  Juniors: [ ]  Advance Novices: [ ]  Intermediate Novices: [ ]  Basic Novices: [ ]   |
| **First name and Surname of competitor:** |

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| **ELEMENTS:** |

|  |  |  |  |  |
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|  | **Elements SHORT Program** |  |  | **Elements FREE Program** |
| 1 |       |  | 1 |       |
| 2 |       |
| 2 |       | 3 |       |
| 4 |       |
| 3 |       | 5 |       |
| 6 |       |
| 4 |       | 7 |       |
| 8 |       |
| 5 |       |  | 9 |       |
|  | 10 |       |
| 6 |       |  | 11 |       |
|  | 12 |       |
| 7 |       |  | 13 |       |
|  | 14 |       |
| 8 |       |  | 15 |       |
|  | 16 |       |

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