Planned Program Content (PPC)

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| Skater / Team Name: |       |
| Discipline: | e.g. singles, synchro |
| Division | e.g. Advanced Novice Ladies |

Elements:

|  |  |  |  |
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|  | **Short Program Elements (SP)** |  | **Free Skate Elements (FS)** |
| 1 |       | 1 |       |
| 2 |       | 2 |       |
| 3 |       | 3 |       |
| 4 |       | 4 |       |
| 5 |       | 5 |       |
| 6 |       | 6 |       |
| 7 |       | 7 |       |
| 8 |       | 8 |       |
|  |  | 9 |       |
|  |  | 10 |       |
|  |  | 11 |       |
|  |  | 12 |       |