**Planned Program Content Sheet**

**Please fill in with type or write in capital letters and return to**

**hsidi.contact@gmail.com**

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| --- |
| **ISU Member Federation:** |
| **Club:** |
| **Category:** |
| **Name of Competitor:** |

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| --- |
| **ELEMENTS IN ORDER OF SKATING** |

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| --- | --- | --- | --- | --- |
| **Order** | **Elements Rhythm Dance** |  | **Order** | **Elements Free Dance** |
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| Music running time: |  |  | Music running time: |  |

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| --- |
| Rhythm Dance Theme(s):  |

Date, Signature: