

### Hosted by the Onyx-Suburban Skating Academy

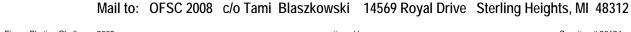
# August 22 - 24, 2008

Please <u>print neatly</u> so that we may correctly record all necessary information for you.

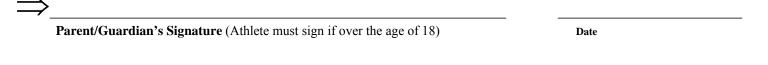
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Birth Date: →Age (as of 7/15/08)			►USFSA \$10 fee		teCanada#				
Address:			State:			State:	tate: Zip:		
Phone: Daytime ( )			Evening (		)				
EMAIL (Your event information will be emailed to you therefore please print your email address neatly):			Home Club (no abbreviations):						
IMPORTANTHighest Test Passed: Free Skate Date Passed(m/y) No USFSAA Free Skate Test  Passed  Pairs Date Passed(m/y) Partner									
>>>Final Rounds for PreJuven Free Skate	ile Free Skate and Juvei Short	nile IJS Free Spins	e Skate thro	ugh !		S <i>kate&lt;&lt;&lt;</i> airs Free S	kate		
Senior -IJS	Short Senior -IJS	-	Spins  [ ] Juvenile / Open Juvenile			ich partner mu		an ap	plication
[ ] Junior -IJS	[ ] Junior -IJS	[ ] Pre	Juvenile		[	Senior -IJS			
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[ ] Intermediate -IJS	[ ] Intermediate -IJS	[ ] PreI	[ ] PrePreliminary		-	Novice -IJS			
Juvenile -IJS	[ ] Juvenile	2 3	•		[	] Intermedi	ate -IJS	 	
Open Juvenile	Open Juvenile	TEST 7	TRACK F	REI	E SKATE [	] Juvenile -	IJS		
[ ] Pre Juvenile		[ ] Sen	ior -TT		]	] Pre Juven	ile		
[ ] Preliminary	Compulsory Program	[ ] Juni	ior -TT						
[ ] Preliminary Limited	[ ] Pre Juvenile	[ ] Nov	[] Novice -TT		Pa	Pairs Short Program			
[ ] PrePreliminary	[ ] Preliminary	[ ] Inte	[ ] Intermediate -TT		[	[ ] Senior -IJS			
[ ] PrePreliminary Limited	[ ] PrePreliminary	[ ] Juve	[ ] Juvenile -TT		[	[ ] Junior -IJS			
[ ] High Beginner	[ ] High Beginner				[	] Novice -I	JS		
[ ] Low Beginner	[ ] Low Beginner								
First IJS Juvenile – Senior Event					Entry form inclu	Check List		r (\$16	) foo if
					missing)	Ü		,	
First Beginner - Open Juvenile Event and Test Track events			\$ 85.00		Certification sig Parent/Guardia			Athl	ete,
Each Additional Singles Event			\$ 35.00		Check Payable t	,		SA" (	US
Pairs Events (per person)					Funds only) PPCS submitted online at <u>www.USFSAoline.org</u>				
First EventEach additional event				(IJS events only)					
Low Beginner - Preliminary Compulsory as only event \$ 60.0					Do noi sena reti	ігп епчеіор			

**ENTRY MUST BE POSTMARKED BY JULY 15, 2008** 

Any entry form postmarked after July 15 will be charged a \$25 late fee. No exceptions.



	cification of Competitor by Club Officer
To the best of my knowledge, the statements on standing in accordance with the rules of US Figure 1.	this application are true and correct. The contestant is a member of my club and in good are Skating or SkateCanada.
Name of Club Officer	Title
Signature	Date Phone ()
	Coach's Certification competitor is eligible to enter the events selected. I understand that any change made to a require an additional administrative fee of \$30 from the skater.
Printed Name	Signature
Address	USFSA/SkateCanada#
City	State Zip
Email	Phone
Certification by Athlete and Par	rent/Guardian & Authorization for Emergency Medical Treatment
person may have or which may arise out of such incurred as result of any such claims, whether valued I understand that US FIGURE SKATING and the responsibility for damages or injuries, or loss of acceptance of their entries or participation therein all risks of injury to their person and property result to waive and release any and all claims whice competition, the Onyx-Suburban Skating Acader In the event (I)(parent if athlete is under 18 years	employees, and agents, and to hold them harmless against any and all claims that another injury, damage, or loss, together with any reasonable costs and attorney's fees that may be alid or not.  e Onyx-Suburban Skating Academy or organizers of this competition undertake no property suffered by the competitors. As a condition of and in consideration of the n, all entrants, their parents and guardians and officials shall be deemed to agree to assume sulting from, caused by or connected with, the conduct and management of the competition of they may have against any officials, US FIGURE SKATING, organizers of the my and its officers, and their entries shall be accepted only on such condition (Rule 3222). So of age) or (my son/daughter) am unavailable, I hereby give permission for any emergency sent to the release of any pertinent medical information and records regarding the treatments.
diagnosis, and/or examination of (myself)(my so	on/daughter) to the medical committee of the competition for which I am entered by the ee of the sanctioned competition in which (I) (my son/daughter) is entered.
<ul> <li>space allows and will require a \$\\$ <ul> <li>No refunds after July 15, 2008 for entries. There will be absolutely \$\\$ <ul> <li>Any change to skating level or e</li> <li>Any check returned by the bank</li> <li>Any and all additional fees assess</li> </ul> </li> </ul></li></ul>	before July 15, 2008 will be considered late and will be accepted only if \$25 late fee – no exceptions. For any reason, including medical, unless event is cancelled due to lack of







## August 22 - 24, 2008

Sanctioned by US Figure Skating and SkateCanada

Onyx-Rochester Ice Arena, 52999 Dequindre, Rochester, MI 48307, Office phone - 248-601-6699. Three ice surfaces (each surface is 200 x 95), dressing rooms, ample parking, and a concession area.

#### Rules

The competition will be conducted in accordance with the rules as set forth in the current US Figure Skating rulebook or those adopted at the May 2008 meeting of the Governing Council. Chief Referee is Barry Doren and Chief Accountant is Kathy Cook. The **International Judging System** will be used for select events as noted.

#### Eligibility and Entries

The competition is open to all eligible persons who are members in good standing of US FIGURE SKATING or SkateCanada and shall be eligible to enter events based on their test status as of **July 15, 2008**. Single skaters may skate at their free skating test level (**as of July 15, 2008**) or at one level higher, BUT NOT BOTH. Skaters may not compete below their test level as of **July 15, 2008**. Any event with a large number of entries will be divided into smaller groups. Levels Low Beginner through Juvenile will be divided in age groups of 8-10 skaters whenever possible. Intermediate and above will be divided into groups by random draws and group size will be based on total entries received. A minimum of two entries will be required for all flights to be scheduled. Compulsory events may be ladies and men combined. Skaters may enter EITHER test track or the well-balanced free skate track but NOT both.

#### Planned Program Content Sheet (PPCS)

All competitors in IJS events are required to submit a Planned Program Content Sheet. The PPCS is to be completed online no later than August 10, 2008. Once entered, the PPCS may be updated online at any time as often as is desired and without cost up to August 17. For those who do not submit the PPCS online by August 10, a \$25 processing fee will be incurred. Please note that any PPCS submitted by paper, regardless of date, will incur the \$25 processing fee. Please go to <a href="www.USFSAaonline.org">www.USFSAaonline.org</a> and follow the instructions to complete your PPCS. Designate 'Onyx Figure Skating Challenge" to receive your form.

#### Championship Rounds

Championship Rounds will be held for PreJuvenile and IJS Juvenile through IJS Senior if number of entries allow. The number of skaters advancing to Final Rounds from each Level/Qualifying Event or Group will be determined after closing date. All levels will advance based on Free Skate qualifying event only. Practice Ice for Final Rounds will be available for sale after each Free Skate event has been completed and results posted. There will be no Final Rounds for Test Track.

#### Fees and Closing Date

Space is limited so mail early. Any entry <u>not</u> postmarked on or before July 15, 2008 will be considered late and will be accepted only if space allows and will be charged a \$25 late fee. No refunds after closing date for any reason, including medical, unless event is cancelled due to lack of entries. Any entry form missing USFSA or SkateCanada number will be charged a \$10 administrative fee. *Any change to skating level or event after the deadline is subject to a \$20 administrative fee.* Any check returned for NSF will charged a \$30 administrative fee. *Any and all additional fees assessed must be paid at the time of registration and must be paid by cash or money order before skater will be allowed to compete in their event(s).* 

#### Practice Ice

There will be practice ice available beginning Friday, August 24, 2008 at the Onyx Rochester Ice Arena. Practice ice will be sold on a first-come, first-serve basis **by mail only**. Music will NOT be played on any practice ice session. Practice ice schedules and request forms will be included with each competitor's confirmation letter. Reservations must be submitted by return mail only. No practice ice will be sold over the telephone or by fax or email. If you do not get the practice ice session you want, you will be notified by phone or email.





#### Registration

The official registration desk will be located in the main lobby of the Onyx-Rochester Ice Arena. Registration will open one hour before the start of the competition each day and remain open through the end of the competition each day. Competitors must register at least one hour prior to their event.

#### **Official Notices**

The official bulletin board will be maintained in the main lobby of the arena. Posting of schedules and announcements thereon shall constitute sufficient official notice to competitors, coaches, and officials.

#### Schedule of Events

A schedule of events and confirmation will be mailed to each competitor approximately two weeks before the competition. Please check the official bulletin board immediately upon arrival for any changes.

#### Music

Music will be reproduced through the rink sound system from *CDs ONLY* furnished by each competitor. **Please legibly label all CD's with skater name, level, and "FS" or "SP" In an effort to avoid any problems that may be caused by stick-on labels, we will not be putting labels on CD's.** *ALL MUSIC MUST BE TURNED IN AT THE TIME OF REGISTRATION***. CD's must have only one track on it. In the event of short and long programs, two separate CD's must be used. Any CD with more than one track will not be accepted. Skaters should also have an additional CD available rink side as back-up.** 

#### **Awards**

Medals will be awarded for  $1^{st}$  through  $4^{th}$  place in each event and ribbons will be awarded for  $5^{th} - 12^{th}$  place for all events. In addition, medals will be given for 1st - 4th place for all Championship Rounds. The winner of each Championship event will also receive a trophy. Award Ceremonies and pictures will take place immediately following the posting of each event's results.

#### Video/Photography

Ledin Video will be videoing all events. *All skaters will receive, as their gift, a DVD of their event(s)*. Kreativ Imaging will be doing action photography and professional photographs at the awards ceremonies plus everyone will be welcome to take their own photographs at that time.

First IJS Juvenile – Senior Singles Event	\$ 90.00
First Beginner - Open Juvenile Event & Test Track singles events.	\$ 85.00
Each Additional Singles Event for all levels	\$ 35.00
Pairs Events (per person)	
First Event	\$ 50.00
Each additional event	\$ 25.00
Low Beginner - Preliminary Compulsory <u>as only event</u>	\$ 60.00
Make checks payable to "Onyx-Suburban SA" U.S. Funds	s only

Mail to: OFSC 2008

Tami Blaszkowski
14569 Royal Drive
Sterling Heights, MI 48312

NO NEED TO SEND RETURN
ENVELOP
A SCHEDULE AND PRACTICE
ICE INFO WILL BE SENT TO ALL
SKATERS.

Direct Inquires to Lynne Minish by email to <a href="mailto:lmminish@msn.com">lmminish@msn.com</a>

## ENTRY MUST BE POSTMARKED BY JULY 15, 2008

Any entry form postmarked after July 15 will be charged a \$25 late fee





# Single Free Skate - Program requirements not specified below are defined in rules 3630 – 3820.

- Skaters may skate up one level but may not skate at more than one level.
- Skaters may enter EITHER test track or the well-balanced free skate track but NOT both.

• Test track note: Deductions WILL be made for skaters including technical elements not permitted in the event description.

	note: Deductions WILL be made for skaters including technical elements not permitted in the event description.
Low Beginner	Open to skaters who have not passed their PrePreliminary Free Skate Test or its equivalent. May include any half
1:30	revolution jumps plus, Salchow, Toe-loops, and half-loops (but no other full revolution jumps). May not include flying spins, combination spins or backspins.
High Beginner	Open to skaters who have not passed their PrePreliminary Free Skate Test or its equivalent. May include any half
1:30	revolution jumps plus, Salchow, Toe-loops, half-loops, and loops (but no other full revolution jumps). May not include
	flying spins.
PrePreliminary Limited	Must have passed the PrePreliminary Free Skate Test & no higher.
1:30	May not include axels, double jumps, or flying spins.
PrePreliminary	Must have passed the PrePreliminary Free Skate Test & no higher.
1:30	May include axels. May not include double jumps. (Rule 3711)
Preliminary Limited	Must have passed the Preliminary Free Skate Test & no higher.
1:30	May include axels and flying spins. May not include double jumps.
	Must have passed the Preliminary Free Skate Test & no higher. (Rule 3701).
Preliminary	with have passed the Freminiary Free Skate Test & no nigher. (Kule 5701).
1:30	Market and D. H. Charles and D. Lacob
PreJuvenile	Must have passed the PreJuvenile Free Skate Test & no higher. (Rule 3691).
2:00	
Open Juvenile	Open to skaters 13 years old or older as of closing date. Must have passed the Juvenile Free Skate Test & no higher.
2:15	(Rule 3681)
Juvenile IJS	Open to skaters who have not reached the age of 13 years old as of the closing date. Must have passed the Juvenile Free
2:15	Skate Test & no higher. (Rule 3681)
Juvenile Test Track (6.0)	Must have passed the Juvenile Free Skate Test & no higher. There are no age restrictions.
2:15	• Max: 6 jumping elements. Any single jumps and jump combinations with not more than 1 ½ rotations (Axel
	permitted).
	• 3 Spins: Any position (min 4 revolutions), 1 must be a combination spin with one change of foot (min. 4 revolutions
	on each foot). May include flying spins.
	• 1 full-ice step sequence: straight line, circular, or serpentine.
Intermediate IJS	Must have passed the Intermediate Free Skate Test & no higher. (Rule 3672)
2:30	
<b>Intermediate Test Track</b>	Must have passed the Intermediate Free Skate Test & no higher.
(6.0)	• Max: 6 jumping elements: Any single jumps. Double jumps may only be the double Salchow and the double toe
2:30	loop. Jump combinations and sequences allowed.
	• 3 Spins: Any position (min 4 revolutions), 1 must be a combination spin with at least one change of foot (min. 4
	revolutions on each foot). May include flying spins.
	• 1 full-ice step sequence: straight line, circular, or serpentine.
Novice IJS	Must have passed the Novice Free Skate Test & no higher. (Rule 3663)
3:30 (Men) 3:00 (Ladies)	
Novice Test Track (6.0)	Must have passed the Novice Free Skate Test & no higher.
3:00 (Ladies) 3:30 (Men)	• Max 7 jumping elements: Any single jumps. Double jumps may only be the double Salchow, double toe loop and
	the double loop. Jump combinations and sequences allowed.
	• 3 Spins: Any position (min 6 revolutions), 1 must be a combination spin with at least one change of foot (min. 5
	revolutions on each foot). May include flying spins.
	• 1 full-ice step sequence: straight line, circular, or serpentine. (see Rule 3640 for description)
Junior IJS	Must have passed the Junior Free Skate Test & no higher. (Rule 3653)
3:30 (Ladies) 4:00 (Men)	The same passed are valued to be same to be an anglish (trans 2005)
Junior Test Track (6.0)	Must have passed the Junior Free Skate Test & no higher.
3:30 (Ladies) 4:00 (Men)	• Max 8 jumping elements for men: 7 for ladies: Any single jumps and double jumps may only be the double
5.50 (Eddies) 4.00 (Mell)	Salchow, double toe loop, double loop, and the double flip. Jump combinations and sequences allowed.
	• 3 Spins: 1 must be a flying spin, 1 must be a solo spin (6 revolutions min) and 1 must be a combination spin
	consisting of all three positions and one change of foot (min. 2 revolutions in each position and min. 5 revolutions on
	each foot).
	• Steps-Men: 2 different step sequences
Senior LIS	<ul> <li>Steps-Men: 2 different step sequences</li> <li>Steps-Ladies: 1 step sequence and 1 spiral sequence (see Rule 3640 for description)</li> </ul>
Senior IJS 4:00 (Ladies) 4:30 (Men)	• Steps-Men: 2 different step sequences
4:00 (Ladies) 4:30 (Men)	<ul> <li>Steps-Men: 2 different step sequences</li> <li>Steps-Ladies: 1 step sequence and 1 spiral sequence (see Rule 3640 for description)</li> <li>Must have passed the Senior Free Skate Test. (Rule 3643)</li> </ul>
4:00 (Ladies) 4:30 (Men) Senior Test Track (6.0)	<ul> <li>Steps-Men: 2 different step sequences</li> <li>Steps-Ladies: 1 step sequence and 1 spiral sequence (see Rule 3640 for description)</li> <li>Must have passed the Senior Free Skate Test. (Rule 3643)</li> <li>Must have passed the Senior Free Skate Test.</li> </ul>
4:00 (Ladies) 4:30 (Men)	<ul> <li>Steps-Men: 2 different step sequences</li> <li>Steps-Ladies: 1 step sequence and 1 spiral sequence (see Rule 3640 for description)</li> <li>Must have passed the Senior Free Skate Test. (Rule 3643)</li> <li>Must have passed the Senior Free Skate Test.</li> <li>Max 8 jumping elements for men: 7 for ladies: At least 4 different double jumps. 1 must be a double Lutz. Jump</li> </ul>
4:00 (Ladies) 4:30 (Men) Senior Test Track (6.0)	<ul> <li>Steps-Men: 2 different step sequences</li> <li>Steps-Ladies: 1 step sequence and 1 spiral sequence (see Rule 3640 for description)</li> <li>Must have passed the Senior Free Skate Test. (Rule 3643)</li> <li>Must have passed the Senior Free Skate Test.</li> <li>Max 8 jumping elements for men: 7 for ladies: At least 4 different double jumps. 1 must be a double Lutz. Jump combinations and sequences are allowed.</li> </ul>
4:00 (Ladies) 4:30 (Men) Senior Test Track (6.0)	<ul> <li>Steps-Men: 2 different step sequences</li> <li>Steps-Ladies: 1 step sequence and 1 spiral sequence (see Rule 3640 for description)</li> <li>Must have passed the Senior Free Skate Test. (Rule 3643)</li> <li>Must have passed the Senior Free Skate Test.</li> <li>Max 8 jumping elements for men: 7 for ladies: At least 4 different double jumps. 1 must be a double Lutz. Jump combinations and sequences are allowed.</li> <li>4 Spins: 1 must be a flying spin, 1 must be a solo spin combination consisting of all three positions and one change</li> </ul>
4:00 (Ladies) 4:30 (Men) Senior Test Track (6.0)	<ul> <li>Steps-Men: 2 different step sequences</li> <li>Steps-Ladies: 1 step sequence and 1 spiral sequence (see Rule 3640 for description)</li> <li>Must have passed the Senior Free Skate Test. (Rule 3643)</li> <li>Must have passed the Senior Free Skate Test.</li> <li>Max 8 jumping elements for men: 7 for ladies: At least 4 different double jumps. 1 must be a double Lutz. Jump combinations and sequences are allowed.</li> <li>4 Spins: 1 must be a flying spin, 1 must be a solo spin combination consisting of all three positions and one change of foot (min. 2 revolutions in each position and min. 5 revolutions on each foot).</li> </ul>
4:00 (Ladies) 4:30 (Men) Senior Test Track (6.0)	<ul> <li>Steps-Men: 2 different step sequences</li> <li>Steps-Ladies: 1 step sequence and 1 spiral sequence (see Rule 3640 for description)</li> <li>Must have passed the Senior Free Skate Test. (Rule 3643)</li> <li>Must have passed the Senior Free Skate Test.</li> <li>Max 8 jumping elements for men: 7 for ladies: At least 4 different double jumps. 1 must be a double Lutz. Jump combinations and sequences are allowed.</li> <li>4 Spins: 1 must be a flying spin, 1 must be a solo spin combination consisting of all three positions and one change</li> </ul>





# **Compulsory Moves**

Skated without music

Test requirements are the same as listed under Single Free Skate Events. To be skated on one-half (1/2) of the ice surface. Moves must be skated exactly as stated and may be skated in any order. There must be no change of foot between jumps in the combination jump. An axel is considered a single jump. If program exceeds the time limit, that portion of the program will not be judged. All times listed are maximum. All moves in all levels are to be connected in a free flowing presentation. Excessive footwork and added elements will be penalized. Spin revolutions must be in position to be counted.

<b>CATEGORY</b>	<b>MINUTES</b>	REQUIRED ELEMENTS
Low Beginner	1:00	1. ½ revolution jump
		2. Toe-loop
		3. 2 foot spin (min. 3 revolutions)
		4. Lunge
High Beginner	1:00	1. Waltz jump/toe-loop combination
		2. Loop or Salchow jump
		3. Forward scratch spin (min. 3 revolutions)
		4. Forward spiral
PrePreliminary	1:15	1. Single jump (no axel, may not be repeated in combination)
		2. Single/single jump combination (no axel)
		3. Forward spin (min. 3 revolutions)
		4. Forward spiral sequence (3 or 4 positions)
Preliminary	1:30	1. Single jump (axel permitted)
		2. Single-single jump combination (may not repeat single jump selected above)
		3. 1 foot back spin (position optional, may not commence with jump, min. 3 revolutions)
		4. Edge spiral, spread eagle or bauer
		5. Step sequence
PreJuvenile	1:30	1. Single jump (may not be repeated in combination)
		2. Double/single jump combination (must include loop as either single or double jump)
		3. Combination spin with no change of position and 1 change of foot
		(may not commence with jump, min. 4 revolutions)
		4. Solo spin (may not commence with jump, min. 4 revolutions)
		5. Step sequence

## **Short Program**

To be skated with music. All times are <u>maximums</u>. Additional program requirements as defined in 3610-3621 Elements to be skated are as stated in the 2008 US Figure Skating Rulebook or those adopted at the May 2008 meeting of the Governing Council.

Juvenile IJS OR Open Juvenile (6.0) (separate events)	2:00	<ol> <li>Axel (may not be repeated in the combination)</li> <li>Double jump (may not be repeated in the combination)</li> <li>One jump combination consisting of two double jumps or one single jump and one double jump.</li> <li>Solo spin – minimum 4 revolutions in position. May not commence with a jump</li> <li>Spin combination with only one change of foot and at least one change of position (min 4 revolutions each foot)</li> <li>Step sequence (straight line, circular, or serpentine)</li> </ol>	
Intermediate IJS	2:00	As stated in the 2008 US Figure Skating Rulebook (Rule 3671)	
Novice IJS	2:30	As stated in the 2008 US Figure Skating Rulebook (Rule 3661 or 3662)	
Junior IJS	2:50	As stated in the 2008 US Figure Skating Rulebook (Rules 3651& 3652) Elements to be skated are for the 2008-2009 season	
Senior IJS	2:50	As stated in the 2008 US Figure Skating Rulebook (Rule 3641 & 3642)	



## **Pairs Free Skate**

Balanced program requirements as defined in Rule 4030-4091 There will be a ten second leeway in the specified time limit as stated.

PreJuvenile	2:30	Must have passed US FIGURE SKATING Preliminary Pair Test (Rule 4091)
Juvenile	2:30	Must have passed US FIGURE SKATING Juvenile Pair Test (Rule 4081)
Intermediate	3:00	Must have passed US FIGURE SKATING Intermediate Pair Test (Rule 4071)
Novice	3:30	Must have passed US FIGURE SKATING Novice Pair Test (Rule 4062)
Junior	4:00	Must have passed US FIGURE SKATING Junior Pair Test (Rule 4052)
Senior	4:30	Must have passed US FIGURE SKATING Senior Pair Test (Rule 4042)

# **Pairs Short Program**

Balanced program requirements as defined in Rule 4020-4061 All time limits as stated are maximums.

Novice	2:50	Must have passed US FIGURE SKATING Novice Pair Test (Rule 4062)
Junior	2:50	Must have passed US FIGURE SKATING Junior Pair Test (Rule 4052)
Senior 2:50 Must have passed US FIGURE SKATING Set		Must have passed US FIGURE SKATING Senior Pair Test (Rule 4042)

## **Spins Only**

Skaters will qualify according to their Free Skating level. Spins may be joined with appropriate connecting moves and will be skated on one-half ice. There will be a one and a half minute time limit, and no music. Spins must be skated exactly as stated, but may be performed in any order. Revolutions are minimums. Levels will be broken into smaller groups if numbers warrant.

PrePreliminary:	PreJuvenile:
<ul> <li>One-foot spin, optional free leg (3 revs)</li> </ul>	• Camel spin (4 revs)
• Two-foot spin (3 revs)	<ul> <li>Forward sit to back sit spin (4 revs each foot)</li> </ul>
• Forward sit spin (3 revs)	• Front to back scratch spin ( 4 revs each foot)
Preliminary:	Juvenile / Open Juvenile (combined for this event however if number
<ul> <li>Scratch spin (5 revs)</li> </ul>	of entries warrant, flights will be broken into smaller groups based
<ul> <li>Forward sit spin (3 revs)</li> </ul>	on age):
• Camel spin ( 3 revs)	• Spin combination with 1 change of position and 1 change of foot
	(4 revs each foot)
	• Flying camel spin (5 revs)
	• Forward sit to back sit spin (5 revs each foot)

## **ENTRY MUST BE POSTMARKED BY JULY 15, 2008**

Any entry form postmarked after July 15 will be charged a \$25 late fee

Please consult with your coach before submitting your entry form to ensure that you have entered the correct events.

We look forward to seeing you in August!