



## Planned Program Components SYS

International Adult Figure Skating Competition  
Ottawa, Canada  
22nd-24th September 2022

**Please submit a copy of this page for each event entered - complete by computer or in capitals  
For pairs and dance events it is sufficient if one partner fills in the following form**

Team Name \_\_\_\_\_

Team Manager \_\_\_\_\_

Federation \_\_\_\_\_

### ELEMENTS IN ORDER OF SKATING

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

10 \_\_\_\_\_

11 \_\_\_\_\_

12 \_\_\_\_\_

Mark transition elements (non-scoring elements) with a "T"

Please upload completed PPC form to:

<https://www.rideauskating.ca/pages/ISU-Adult-Competition-Sep-2022/>

Deadline for PPC Forms: 15th August, 2022

Please complete this form by computer and "print" to pdf  
Or complete by hand in BLOCK CAPITALS