



## PLANNED PROGRAM CONTENT - SKATE HELENA 2023

(Belgrade, January 20<sup>th</sup> to 22<sup>nd</sup> 2023)

<b>ISU Member or Club:</b>				
<b>Category:</b>	Seniors: <input type="checkbox"/>	Juniors: <input type="checkbox"/>	Advance Novices: <input type="checkbox"/>	Men/Boys: <input type="checkbox"/> Women/Girls: <input type="checkbox"/>
<b>First name and Surname of competitor:</b>				

### ELEMENTS:

	Elements SHORT Program
1	
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	Elements FREE Program
1	
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Date: \_\_\_\_\_

Signature: \_\_\_\_\_



PPC form must send on e-mail: [Skate.Helena.PPC@gmail.com](mailto:Skate.Helena.PPC@gmail.com), by 5<sup>th</sup> January 2023