



## 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	
2	
3	
4	
5	
6	
7	
8	

	Elements FREE Program
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	

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