Well Balanced Programs -- Test Track Events
2000-2010 Competition Season

Limited Beginner - Test Track Free Skating

1:40 max

Maximum 5 jump elements
All 1/2 revolution jumps

Jump sequences are allowed

2 upright spins / no change of foot
- 3 revolutions

Should demonstrate connecting steps throughout

Preliminary - Test Track Free Skating

1:30

Maximum 5 jump elements
All single jumps allowed - no Axel
- Jump combinations and sequences are allowed

2 spins of a different nature*
- 3 revolutions minimum
- Combination spins are allowed
- No flying spins

Should demonstrate connecting steps throughout

Beginner - Test Track Free Skating

1:30+/-10
*1:40 max***

Maximum 5 jump elements
All 1/2 revolution jumps
Single jumps may include Salchow and toe loop only
- Jump combinations and sequences are allowed

2 upright spins - 3 revs minimum
- May change feet

Should demonstrate connecting steps throughout

***effective 9/1/09*

Please refer to competition announcement

Pre-Juvenile - Test Track Free Skating

2:00

Maximum 6 *(5**)* jump elements
All single jumps allowed - no Axel
- Jump combinations and sequences are allowed

3 spins - 4 revs minimum
- 1 combination spin with optional change of foot* - 6 revs or 3 / 3 revs
- No flying spins

1 step sequence - full ice

***effective 9/1/09*

Refer to competition announcement

Pre-Preliminary - Test Track Free Skating

1:30+/-10
*1:40 max***

Maximum 5 jump elements
All single jumps allowed - no Axel
- Jump combinations and sequences may only include waltz jump, toe loop and Salchow

2 spins of a different nature*
- Spins must be in 1 position
- 3 revolutions minimum
- No flying spins / no change of foot

Should demonstrate connecting steps throughout

***effective 9/1/09*

Refer to competition announcement

Juvenile - Test Track Free Skating

2:15

Maximum 6 jump elements
All single jumps allowed
Axel and 1-1/2 revolution jumps allowed
- Jump combinations and sequences are allowed

3 spins - 4 revs minimum
- May include combination and flying spins
- 1 combination spin with at least 1 change of foot* - 4 / 4 revs

1 step sequence - full ice

*required elements

6/19/2009