

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

<p align="center">Intermediate - Test Track Free Skating</p> <p align="right">2:30</p> <p>Maximum 6 jump elements All single jumps and Axel allowed Double jumps may include Salchow and toe loop only Jump combinations and sequences are allowed</p> <p>3 spins - 4 revs minimum May include combination and flying spins 1 combination spin with at least 1 change of foot* - 4 / 4 revs</p> <p>1 step sequence - full ice</p>	<p align="center">Junior - Test Track Free Skating</p> <p align="right">4:00 - men 3:30 - ladies</p> <p>Maximum jump elements Men - 8 Ladies - 7 Double jumps may include double Salchow, toe loop, loop and flip only Jump combinations and sequences are allowed 3 different spins - 6 revs minimum 1 flying spin* - 6 revs 1 spin in one position* - 6 revs 1 combination spin with all 3 positions and at least 1 change of foot* - 5 / 5 revs</p> <p><u>2 different step sequences (men)</u> <u>1 step and 1 spiral sequence (ladies)</u> <u>1 step sequence**</u> <small>Through 8/31/09 **effective 9/1/09</small></p>
<p align="center">Novice - Test Track Free Skating</p> <p align="right">3:30 - men 3:00 - ladies</p> <p>Maximum 7 jump elements All single jumps allowed including Axel Double jumps may include double Salchow, toe loop and loop only Jump combinations and sequences are allowed</p> <p>3 different spins - 6 revs minimum May include flying spins 1 combination spin with at least 1 change of foot* - 5 / 5 revs</p> <p>1 step or spiral sequence</p>	<p align="center">Senior - Test Track Free Skating</p> <p align="right">4:30 - men 4:00 - ladies</p> <p>Maximum jump elements Men - 8 Ladies - 7 At least 4 different double jumps* Must include double Lutz* Jump combinations and sequences are allowed</p> <p>4 (3**) different spins - 6 revs minimum 1 flying spin* - 6 revs 1 spin in one position* - 6 revs 1 combination spin with all 3 positions and at least 1 change of foot* - 5 / 5 revs</p> <p>2 different step sequences (men) 1 step and 1 spiral sequence (ladies) <small>**effective 9/1/09</small></p>

*required elements

6/19/2009