



GEORGINA SKATING CLUB

is pleased to present the 28th annual



"KESWICK INVITATIONAL SKATE"
Competition
to be held at the Georgina Ice Palace,
Keswick, Ontario

SATURDAY, NOVEMBER 21st, AND
SUNDAY, NOVEMBER 22nd, 2009

SANCTIONED BY SKATE CANADA

**YOU ARE INVITED TO ATTEND "K.I.S." 2009.....AN INVITATIONAL COMPETITION
FOR FREESKATE, ELEMENTS, INTERPRETIVE AND TRIATHLON EVENTS.**

This competition will be held in accordance with the general rules and regulations outlined for all Skate Canada Competitions, unless otherwise specified. This invitation is extended to all eligible figure skaters in good standing with the Skate Canada.

FORWARD ENTRY TO: "K.I.S." 2009

c/o Georgina Skating Club
P.O. Box 172
Keswick, Ont. L4P 3E2

ENTRY FEES:

◆\$65.00 per skater for the Freestyle events. ◆\$95.00 per couple for Pairs, unless this is a second event, in which case the fee is \$65.00 per couple. ◆\$65.00 per skater for Elements, unless this is a second event, in which case the fee is \$40.00 ◆\$65.00 per skater for Interpretative events, unless this is a second event, in which case the fee is \$40.00 ◆ \$110.00 for Triathlon

ENTRY DEADLINE:

All entries must be postmarked no later than October 26, 2009. The Committee reserves the right to limit entries in each event and to divide events according to age if the need arises. Applications will be accepted in the order that they are received. Late entries may be accepted at the discretion of the Committee but the names may not appear in the program. Late entries at the discretion of the KIS Committee and will be subject to a \$20.00 administration fee. Incomplete forms will **ABSOLUTELY NOT BE ACCEPTED.**

FEE PAYABLE: Cheques and money orders dated no later than October 26, 2009 are to be made payable to "K.I.S." 2009. Fee must accompany Entry Form(s). There will be a \$20.00 service charge for any NSF cheques.

Please send by regular mail or priority post. Do not send by courier.

**REFUNDS AND
WITHDRAWALS:**

Full refunds will be given for any cancelled events or if the entry is withdrawn prior to October 26, 2009. After October 26, 2009, refunds will be given for medical reasons only if the registrar is notified of the medical withdrawal prior to the start of the event and the medical certificate is received by the registrar by December 15, 2009. All medical withdrawals are subject to a \$10.00 administration fee per event.

FOR GENERAL INFORMATION PLEASE E-MAIL: kis@georginaskatingclub.org

GENERAL INFORMATION

ICE SURFACE: Ice surfaces at the Ice Palace measure 200' x 85'.

TEST REQUIREMENTS: Test status as of October 1, 2009. An official of the home club must verify age and test status. Failure to comply with this procedure will delay your entry into the competition. Please ensure your entry form is complete.

AGE REQUIREMENTS: As of July 1, 2009

MULTIPLE EVENTS: Skaters are welcome to enter multiple events at K.I.S. For example a skater may want to enter both the elements event and the program event at one level. Skaters may also want to enter the program event at two different levels (i.e. "skate up").

ADMISSION: Spectators welcome - there will be NO charge for general admission.

COMMENCEMENT OF EVENTS: Competition will begin around 8:00 a.m. Registration desk will open 1 hour before competition each day. Competitors must be registered at least ONE HOUR prior to their event or, for the first event of the day, when registration opens. Events may commence up to 30 minutes prior to scheduled time.

MARKING SYSTEM: Closed marking system will be used. Judges and officials will be selected from the Skate Canada. Judges List for the Skate Canada events.

AWARDS: Medals will be presented to first, second and third places in each single event and ribbons for all other placings. For Triathlon, medals will be presented to first, second and third placements for the overall event and ribbons for first second and third placements in each single triathlon event. If the competitor is unable to attend presentations, please arrange for a member of his/her Club to do so. Skaters participating in the Keswick Invitational earn points towards the Club Trophy. The Club with the most points earned at the conclusion of the event will receive a plaque, and their name will be added to the K.I.S. Trophy. There will be no finals.

RESULT SHEETS: Result sheets will be charged at \$0.25 per copy.

CONFIRMATION OF ENTRY: Confirmation of acceptance and a Schedule of events and times will be forwarded to each Competitors home club email as soon as possible after the closing date. Approximately 10 days prior to the event. PLEASE ENSURE WE HAVE YOUR CORRECT EMAIL INFORMATION.

MUSIC: CD's will be accepted with a CD Backup. Two clearly marked pieces of music must be signed in at the music registration desk on arrival. Should a skater's music be longer than specified it will be faded out during their skate at the allowable time stated for their event. (i.e.) Introductory skates maximum of 1 1/2 minutes at which time music will be faded out. All music to be picked up after event.

VIDEO: A Videographer will be in attendance this year. Their prices and procedures will be available at the event. ****PLEASE NOTE THAT PERSONAL VIDEO TAPING IS NOT PERMITTED UNLESS IT IS YOUR OWN SKATER OR EXPRESS WRITTEN CONSENT IS PROVIDED BY PARENT OR GUARDIAN.****

LOCAL HOTELS: Comfort Inn by Journey's End (Newmarket) (905) 895-3355
Lionshead Lakefront Resort (Jackson's Point) (905) 722-6557 (1-800-810-7799)

LIST OF FREESTYLE EVENTS

All Freeskate events will be judged using the 2009-2010 Skate Canada – Central Ontario Well Balanced Program technical package included in this announcement and posted at www.skatecanada-centralontario.com. Appropriate deductions will be taken for any elements outside of specifications in accordance with the Skate Canada Well Balanced Program Requirements.

Skaters who compete in Pre-Novice and higher singles events at sub sectional and sectional competition (including run-offs) in the 2009/2010 season are not eligible for Freestyle program events at “K.I.S.” 2009. However, these competitive skaters are invited to enter the elements and interpretive events. Pre-Juvenile and Juvenile - Level skaters are eligible to enter the Pre-Juvenile and Juvenile program event and the elements and interpretive events at “K.I.S.” 2009.

INTRODUCTORY AND PRE-PRELIMINARY FREESKATE EVENTS

Description: A freeskate routine to music (1 ½ minutes). Skaters must supply their own music. Costumes & Props are not permitted. Any

jumps performed beyond the permitted level will be penalized. **Deductions will be taken for each prohibited element according to the Skate Canada Well Balanced Program Requirements.**

Skaters must not have passed the Preliminary Freeskate.

In all individual events where two or more male skaters have entered, a separate event will be held. Skaters are only permitted to enter one Freeskate event level.

INTRODUCTORY A -Must not have passed any part of the Preliminary Freeskate test or any complete Skate Canada test.

Program length: 1.5 minutes (+/- 10 seconds)

Waltz jump and other ½ rev. jumps, salchow and toe loop but no higher jumps permitted. Please refer to the 2009-2010 Skate Canada – Central Ontario WBP Requirements.

INTRODUCTORY B -Must not have passed any part of the Preliminary Free skate test or any complete Skate Canada test.

Program length: 1.5 minutes (+/- 10 seconds)

Waltz jump and other ½ rev. jumps, salchow, toe loop, flip and loop but no higher jumps permitted. Please refer to the 2009-2010 Skate Canada – Central Ontario WBP Requirements.

PRE-PRELIMINARY A -Must not have passed the complete Preliminary Freeskate test. Program length: 1.5 minutes (+/- 10 seconds)

Waltz jump and other ½ rev. jumps, salchow and toe loop but no higher jumps permitted. Please refer to the 2009-2010 Skate Canada – Central Ontario WBP Requirements.

PRE-PRELIMINARY B – Must not have passed the complete Preliminary Freeskate test. Program length: 1.5 minutes (+/- 10 seconds)

Waltz jump and other ½ rev. jumps, salchow, toe loop, flip and loop but no higher jumps permitted. Please refer to the 2009-2010 Skate Canada – Central Ontario WBP Requirements.

PRE-PRELIMINARY STARSkate -Must not have passed the complete Preliminary Freeskate test. Program length: 1.5 minutes (+/- 10 seconds)

No jump higher than a single lutz may be included.

Please refer to the 2009-2010 Skate Canada – Central Ontario WBP Requirements.

PRELIMINARY A -May have passed the complete Preliminary Freeskate but no higher complete test. Program length: 2.0 minutes (+/- 10 seconds)

All single jumps excluding the Axel jump are permitted.

Please refer to the 2009-2010 Skate Canada – Central Ontario WBP Requirements.

PRELIMINARY B -May have passed the complete Preliminary Freeskate test but no higher complete test. Program length: 2.0 minutes (+/- 10 seconds)

All single jumps including the Axel jump are permitted. Double jumps are not permitted Please refer to the 2009-2010 Skate Canada – Central Ontario WBP Requirements.

LIST OF FREESTYLE EVENTS (continued)

RECREATIONAL AND STARSkate FREESKATE EVENTS

PRELIMINARY STARSkate May have passed the complete Preliminary Freeskate test but no higher complete test.

Program length: 2.0 minutes (+/- 10 seconds)

All single jumps permitted. May include ONE double jump from 2S or 2T (may not repeat). Please refer to the 2009-2010 Skate Canada – Central Ontario WBP Requirements.

JUNIOR BRONZE A -May have passed the complete Junior Bronze free skate but no higher complete test. Program length: 2.5 minutes (+/- 10 seconds)

All single jumps including the Axel jump are permitted. Double jumps are not permitted. Please refer to the 2009-2010 Skate Canada – Central Ontario WBP Requirements.

JUNIOR BRONZE STARSkate -May have passed the complete Junior Bronze free skate but no higher complete test.

Program length: 2.5 minutes (+/- 10 seconds)

All single jumps permitted. May include maximum TWO double jumps from 2S, 2T or 2Lo. Please refer to the 2009-2010 Skate Canada – Central Ontario WBP Requirements.

SENIOR BRONZE STARSkate -May have passed the complete Senior Bronze but not the complete Junior Silver Freeskate Test. Program Length: 3 minutes

Please refer to the 2009-2010 Skate Canada – Central Ontario WBP Requirements.

JUNIOR SILVER STARSkate -May have passed the complete Junior Silver but not the complete Senior Silver Freeskate Test. Program Length: 3.5 minutes

Please refer to the 2009-2010 Skate Canada – Central Ontario WBP Requirements.

SENIOR SILVER STARSkate -May have passed the complete Senior Silver Freeskate Test but not the complete Gold Freeskate Test. Program Length: 3.5 minutes

Please refer to the 2009-2010 Skate Canada – Central Ontario WBP Requirements.

GOLD STARSkate -May have passed the complete Gold Freeskate Test. Program

Length: 3.5 minutes

Please refer to the 2009-2010 Skate Canada – Central Ontario WBP Requirements.

Introductory Pairs

Each partner must not have passed any competitive pair test, but each must have passed at least the Preliminary Freeskate test. Program length: One Free Program of 2.0 minutes (+/- 10 seconds)

Open Pairs

Each partner must have passed at least the Preliminary Freeskate test. There are no other test restrictions. Program length: One Free Program of 2.5 minutes (+/- 10 seconds)

All Freeskate events will be judged using the 2009-2010 Skate Canada – Central Ontario Well Balanced Program technical package included in this announcement and posted at www.skatecanada-centralontario.com. Appropriate deductions will be taken for any elements outside of specifications in accordance with the Skate Canada Well Balanced Program Requirements.

Competitive FREESKATE EVENTS

PRE-JUVENILE: Photocopy of birth certificate must be sent with entry form for all entrants.

Must have passed the JR BRONZE FREE SKATE, all skaters who meet these requirements are welcome to enter this competitive level event.

Must be under the age of 11 (ladies) and 12 (men) as at July 1, 2009.

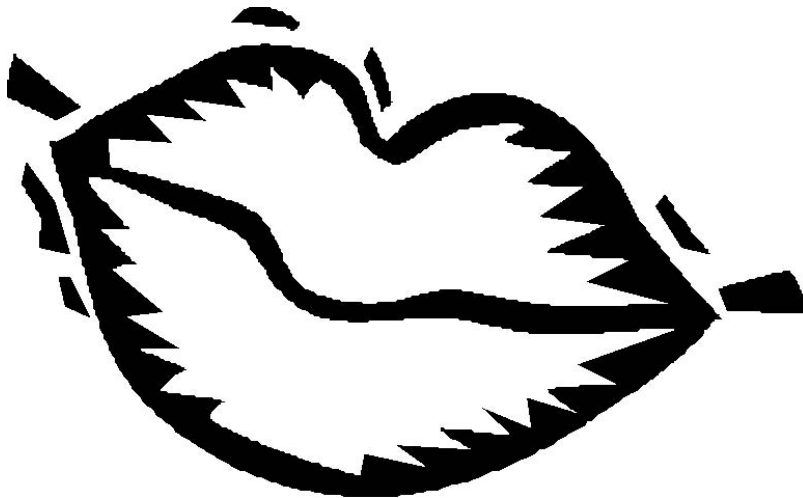
Program Length: LADIES: 2.5 minutes MEN: 2.5 minutes

JUVENILE: Photocopy of birth certificate must be sent with entry form for all entrants.

Must have passed the JUVENILE COMPETITIVE TEST, all skaters who meet these requirements are welcome to enter this competitive level event.

Must be under the age of 12 (ladies) and 13 (men) as at July 1, 2009.

Program Length: LADIES: 2.5 minutes MEN: 2.5 minutes



2009-2010 Skate Canada - Central Ontario Well Balanced Program Requirements

A jump element shall be considered one solo jump, a jump combination or a jump sequence. All step sequences must cover a minimum of ½ the ice surface For all levels the skater cannot repeat a spin that has already been performed Deductions for extra elements shall follow the Skate Canada Well Balanced Program Requirements							
Event	# Jump Elements	Restrictions	# of Repeated Jumps permitted	# jump combos & Sequences permitted	# Spin Elements	Restrictions	Step or Spiral Sequences
Introductory A	Max 6	• Waltz jump, salchow, toe loop permitted, but no higher • ½ revolution jumps permitted	No jump included more than twice & if a jump is repeated it must be in a combination or sequence	Max of 2 jump combos or sequences -May not include 3 jump combo	Max 2	••• No flying spins 1 spin must be in 1 position – no change of foot or position Max of one combo spin with no change of foot	Max 1
Introductory B	Max 6	• Waltz jump, salchow, toe loop, loop & flip permitted but no higher • ½ revolution jumps permitted	No jump included more than twice & if a jump is repeated it must be in a combination or sequence	Max of 2 jump combos or sequences -May not include 3 jump combo	Max 2	••• No flying spins 1 spin must be in 1 position – no change of foot or position Max of one combo spin with no change of foot	Max 1
Pre-Preliminary A	Max 6	-Waltz jump, salchow, toe loop permitted, but no higher • ½ revolution jumps permitted -Must Include a Waltz jump	No jump included more than twice & if a jump is repeated it must be in a combination or sequence	Max of 2 jump combos or sequences -May not include 3 jump combo	Max 2	-No flying spins -1 spin must be in 1 position – no change of foot or position - Max of one combo spin with no change of foot	Max 1
Pre-Preliminary B	Max 6	-Waltz jump, salchow, toe loop, loop & flip permitted but no higher • ½ revolution jumps permitted -Must Include a Waltz jump	No jump included more than twice & if a jump is repeated it must be in a combination or sequence	Max of 2 jump combos or sequences -May not include 3 jump combo	Max 2	-No flying spins -1 spin must be in 1 position – no change of foot or position - Max of one combo spin with no change of foot	Max 1
Pre-Preliminary STARSkate	Max 6	-No higher than single lutz permitted -Must Include a Waltz jump	No jump included more than twice & if a jump is repeated it must be in a combination or sequence	Max of 2 jump combos or sequences -May not include 3 jump combo	Max 2	-No flying spins -1 spin must be in 1 position – no change of foot or position - Max of one combo spin with no change of foot	Max 1
Preliminary A	Max 6	-No higher than single lutz permitted -Must Include a Waltz jump	No jump included more than twice & if a jump is repeated it must be in a combination or sequence	-Max of 2 jump combos or sequences -May not include 3 jump combo	Max 2	-Max of 1 flying spin Other spin of any nature	Max 1
Preliminary B	Max 6	-No higher than single Axel permitted -Must include 1 Axel-type jump (Waltz or Single Axel)	No jump included more than twice & if a jump is repeated it must be in a combination or sequence	-Max of 2 jump combos or sequences -May not include 3 jump combo	Max 2	-Max of 1 flying spin Other spin of any nature	Max 1
Preliminary STARSkate	Max 6	-All single jumps permitted -1 double jump from 2S or 2T (may not repeat) -Must include 1 Axel-type jump (waltz or Single Axel)	No jump included more than twice & if a jump is repeated it must be in a combination or sequence -Double Jump may not be repeated	-Max of 2 jump combos or sequences -May not include 3 jump combo	Max 2	-Max of 1 flying spin Other spin of any nature	Max 1

Event	# Jump Elements	Restrictions	# of Repeated Jumps permitted	# jump combos & Sequences permitted	# Spin Elements	Restrictions	Step or Spiral Sequences
Jr Bronze A	Max 7	-No higher than single Axel permitted -Must include 1 Axel-type jump (waltz or Axel)	No jump included more than twice & if a jump is repeated it must be in a combination or sequence -Double Jump may not be repeated	No jump included more than twice & if a jump is repeated it must be in a combination or sequence	Max 3	-1 must be a combination spin, change of foot mandatory -1 must be a flying spin - 1 spin of any nature	Max 1
Jr Bronze STARSkate	Max 7	-All single jumps permitted -2 double jumps from 2S, 2T or 2Lo (may not be repeated) • Must include 1 Axel-type jump (waltz or Axel)	No jump included more than twice & if a jump is repeated it must be in a combination or sequence -Double Jump may not be repeated	No jump included more than twice & if a jump is repeated it must be in a combination or sequence	Max 3	-1 must be a combination spin, change of foot mandatory -1 must be a flying spin - 1 spin of any nature	Max 1
Sr Bronze STARSkate	Max 7	• All single and double jumps permitted except 2A • Must include 1 Axel-type jump (waltz or single axel)	No jump included more than twice & if a jump is repeated it must be in a combination or sequence.	Max of 3 jump combos or sequences May include contain now more than 2 jumps.	Max 3	-1 must be a combination spin, change of foot mandatory -1 must be a flying spin in one position with no change of foot - 1 spin of any nature	Max 1
Jr. Silver STARSkate	Max 7	-All jumps permitted -Must include 1 Axel-type jump (waltz or Axel)	No jump included more than twice & if a jump is repeated it must be in a combination or sequence.	Max of 3 jump combos or sequences May include contain now more than 2 jumps.	Max 3	-1 must be a combination spin, change of foot mandatory -1 must be a flying spin in one position with no change of foot - 1 spin of any nature	Max 1
Sr. Silver STARSkate	Max 7	• All jumps permitted • Must include 1 Axel-type jump (waltz or Axel)	No jump included more than twice & if a jump is repeated it must be in a combination or sequence	Max of 3 jump combos or sequences May include contain now more than 2 jumps.	Max 3	-1 must be a combination spin, change of foot mandatory -1 must be a flying spin in one position with no change of foot - 1 spin of any nature NOTE: A 4 TH spin of any nature may be included. The 4 th spin will be counted nor will a deduction be given in 6.0.	Women: Max 1 step sequence or spiral sequence. Men: Max 1 step sequence straight line, circular or serpentine. Note additional step or spiral allowed but will not be subject to deduction.
Gold STARSkate	Max 7	• All jumps permitted • Must include 1 Axel-type jump (waltz or Axel)	No jump included more than twice & if a jump is repeated it must be in a combination or sequence	Max of 3 jump combos or sequences May include contain now more than 2 jumps.	Max 3	-1 must be a combination spin, change of foot mandatory -1 must be a flying spin in one position with no change of foot - 1 spin of any nature NOTE: A 4 TH spin of any nature may be included. The 4 th spin will be counted nor will a deduction be given in 6.0.	Women: Max 1 step sequence or spiral sequence. Men: Max 1 step sequence straight line, circular or serpentine. Note additional step or spiral allowed but will not be subject to deduction.

ELEMENT EVENTS

OPEN TO ALL SKATERS, INCLUDING SECTIONAL COMPETITORS

PROGRAM: Skaters will combine the elements into a program and skate the program without music. No extra elements are allowed except connecting footwork or steps. Moves must be skated exactly as specified and may be performed in any order. There must be no turn or change of foot between jumps in combinations. A jump sequence is a series of two or more jumps in quick succession that may have turns or changes of foot between. An axel is a single jump. Added elements will be penalized. Skaters may use less time but not exceed the time limit (there is no 10 - second leeway in this event). For information about what the judges are looking for in a winning performance, please see the attached sheet.

ICE SURFACE: The entire ice surface will be used for all levels.

INTRODUCTORY: Photocopy of Ladies birth certificate must be sent with entry form.

Not passed any complete **FREE SKATE TEST.**

MAXIMUM TIME: 1.0 minute

LADIES A: 9 years and under

LADIES B: 10 years and over

MEN: all ages

- (1) Waltz Jump
- (2) Toe Loop Jump
- (3) Forward or backward upright spin
- (4) Forward sit spin
- (5) Field move of your choice

PRE-PRELIMINARY: Photocopy of Ladies birth certificate must be sent with entry form.

Not passed any complete **FREE SKATE TEST.**

MAXIMUM TIME: 1.0 minute

LADIES A: 9 years and under

LADIES B: 10 years

LADIES C: 11 years and over

MEN: all ages

- (1) Flip Jump
- (2) Loop Jump
- (3) Camel Spin
- (4) Sit Spin (forward)
- (5) Field Move of your choice

PRELIMINARY: Photocopy of Ladies birth certificate must be sent with entry form.

Not passed entire **JUNIOR BRONZE FREE SKATE TEST.**

MAXIMUM TIME: 1.0 minute

LADIES A: 11 years and under

LADIES B: 12 years and over

MEN: all ages

- (1) Lutz/ Loop Jump
- (2) Flip Jump
- (3) Camel/Sit Spin (Forward)
- (4) Back Spin Upright
- (5) Field Move of your choice

JUNIOR BRONZE: Photocopy of Ladies birth certificate must be sent with entry form.

Not passed entire **SENIOR BRONZE FREE SKATE TEST.**

MAXIMUM TIME: 1.5 minutes

LADIES A: 13 years and under

LADIES B: 14 years and over

MEN: all ages

- 1) Lutz Jump
- (2) Axel Jump
- (3) A jump combination, that consists of an Axel and another single jump
- (4) Sit change sit spin
- (5) Flying Camel Spin
- (6) A sequence of 2 field movements.

ELEMENT EVENTS continued

SENIOR BRONZE: Not passed entire **JUNIOR SILVER FREE SKATE TEST.** **MAXIMUM TIME: 1.5 minutes**

LADIES: all ages

MEN: all ages

- (1) Axel Jump
- (2) Double Salchow
- (3) 1 jump combination, consisting of 1 double and 1 single jump in either order.
- (4) Flying Camel Spin
- (5) Combination spin with one change of foot and at least two different positions
- (6) Footwork sequence of any nature (straight line, circular, serpentine)

JUNIOR SILVER: Not passed entire **SENIOR SILVER FREE SKATE TEST.** **MAXIMUM TIME: 2.0 minutes**

LADIES: all ages

MEN: all ages

- (1) Double Toe Loop
- (2) Double Loop
- (3) 1 jump combination, with at least one double jump
- (4) Ladies - Layback or sideways leaning spin Men - Crossfoot spin
- (5) Combination spin - with one change of foot and at least two different positions
- (6) Footwork sequence of any nature (straight line, circular, serpentine)

SENIOR SILVER: Not passed entire **GOLD FREESKATING TEST.** **MAXIMUM TIME: 2.0 minutes**

LADIES: all ages

MEN: all ages

- (1) Double Loop or Double Flip
- (2) Double Salchow
- (3) 1 Jump Combination, consisting of 2 double jumps
- (4) Combination spin with 1 change of foot and at least 3 different positions
- (5) Flying Camel Back Sit Spin
- (6) Footwork sequence of any nature (straight line, circular, serpentine)

GOLD or OPEN: Must have passed the entire **GOLD FREESKATE TEST.** **MAXIMUM TIME: 2.0 minutes**

LADIES: all ages

MEN: all ages

- (1) Axel or Double Axel
- (2) Double Lutz
- (3) Jump Sequence containing 2 jumps being double or triple
- (4) Combination spin with at least 1 change of foot and at least 3 different positions
- (5) Any Flying spin
- (6) Field Move of your choice Men Footwork sequence of any nature (straight line, circular, serpentine)

INTERPRETIVE EVENTS

INTERPRETIVE (INDIVIDUAL) EVENTS Description: Programs are to be choreographed according to the Skate Canada Interpretive Program Requirements. Music for all Interpretive programs is 2.0 to 3.0 minutes (+/- 10 seconds). Vocal music is permitted.

Pre-Introductory Interpretive Not passed any Interpretive tests.

Introductory Interpretive Passed the Introductory Interpretive test but no higher.

Bronze Interpretive Passed the Bronze Interpretive test but no higher.

Silver Interpretive Passed the Silver Interpretive test but no higher.

Gold Interpretive Passed the Gold Interpretive test.

TRIATHLON EVENTS

The specifications for each part of the Triathlon events are outlined in the Skate Canada STARSkate Competition Technical Package 2009-2010. This package maybe found in the Members Login of the Skate Canada website www.skatecanada.ca .

BRONZE TRIATHLON

(i) TEST: Must have passed at least two of the following tests: Junior Silver Free skate test, and/or Junior Silver Skating Skills test and/or Bronze Interpretive Test

(ii) SPECIFICATIONS FOR EVENT: The Bronze Triathlon shall consist of 3 parts. The specifications and requirements for a well-balanced program for each part are available on the Members Login section of the SkateCanada website. (Note: events to be skated in the order listed)

- ❖ One Bronze Creative Skating Skills Program – Music: 2.0 minutes maximum, can be vocal. (See Well Balanced Program requirements on the Skate Canada website and see Appendix A.)
- ❖ One Bronze Interpretive Program (2.0 to 3.0 minutes +/- 10 seconds in length)
- ❖ One Freeskate program as per Junior Silver requirements (3.5 minutes +/- 10 seconds)

SILVER TRIATHLON

(i) TEST: Must have passed at least two of the following tests: Senior Silver Freeskate test, and/or Senior Silver Skating Skills test and/or Silver Interpretive Test.

(ii) SPECIFICATIONS FOR EVENT: The Silver Triathlon shall consist of 3 parts. The specifications and requirements for a well-balanced program for each part are available on the Members Login section of the Skate Canada website. (Note: events to be skated in the order listed)

- ❖ One Silver Creative Skating Skills Program – Music: 2.0 minutes maximum, can be vocal. (See Well Balanced Program requirements on the Skate Canada website and see Appendix A.)
- ❖ One Silver Interpretive program (2.0 to 3.0 minutes +/- 10 seconds in length)
- ❖ One Freeskate program as per Senior Silver requirements (3.5 minutes +/- 10 seconds)

GOLD TRIATHLON

(i) TEST: Must have passed at least two of the following test: Gold Freeskate test, and/or Gold Skating Skills test and/or Gold Interpretive Test.

(ii) SPECIFICATIONS FOR EVENT: The Gold Triathlon shall consist of 3 parts. The specifications and requirements for a well-balanced program for each part are available on the Members Login section of the Skate Canada website. (Note: events to be skated in the order listed)

- ❖ One Gold Creative Skating Skills Program – Music: 2.0 minutes maximum, can be vocal. (See Well Balanced Program requirements on the Skate Canada website and see Appendix A.)
- ❖ One Gold Interpretive program (2.0 to 3.0 minutes +/- 10 seconds in length)
- ❖ One Freeskate program as per Gold requirements (Ladies 3.5 min +/- 10 seconds, Men - 4.0 min +/-10 seconds)

Triathlon Creative Skating Skills Programs

Duration: not to exceed 2 minutes Music Tempo: minimum 112 beats per minute Music: Skater's choice

Can be vocal

Can be a select ion from the Skating Skills Program music

Music should have a rhythmic beat

2 or 3 selections of music may be used

Basic guidelines to Required Content:

Three step sequences are required: Straight Line, Circular, and Serpentine shape. More than one example of each shape may be included provided that the music time does not exceed 2 minutes, however only the first executed of each shape that meets the requirements will receive point value. All others will be considered in the technical transitions score.

May include one stop not exceeding 5 seconds.

Triathlon Creative Skating Skills Programs, Basic guidelines to Required Content continued:

Inclusion of recognizable Skating Skills exercise components (rockers, counters, hip twists, loops, etc) will be rewarded. Changes of edge, rockers, choctaws and other such steps and turns, and multi-directional skating, etc. will be rewarded.

Speed should match the type of element or step. Difficulty of steps + speed + control of execution is the most important combination of skills demonstrated.

Small hops, toe steps and small jumps of no more than 1/2 rotation are permitted.

Spins of more than 2 rotations are not permitted.

Excessive skating on 2 feet is considered as an inability to skate and should be penalized.

Kneeling or sliding (2 knees) or supporting themselves on the ice with a hand(s) is not allowed.

Spirals/ Moves in the Field Sequence (circular or serpentine): Each position must be held for at least 2 seconds to be counted. There must be at least 3 different positions of at least 2 seconds in this sequence.

Serpentine shape must have at least 2 bold curves of not less than one half the width of the ice surface and must go from end to end.

Straight line shape must go from end to end in a direct manner (no bold curves along its path).

Circular shape can be oval or circular but must cover the width of the ice.

Triathlon Creative Skating Skills Programs WELL

BALANCED PROGRAM REQUIREMENTS

Event	Time	Straight Line Step Sequence	Circle & Serpentine Step Sequence
BRONZE Creative Skill	2.0 minutes (maximum)	* Program must include one (1) straight-line step sequence * this step sequence must include a series of 3 or more loops.	* Program must include one(1) circular step sequence and one (1) serpentine step sequence. * The skater must choose one of the circular or serpentine step sequences to be predominantly field moves * The other of the circular or serpentine (that which is not field moves) must have a series of required turns (depending on level) as follows: BRONZE: multiple three-turns and brackets. SILVER/ GOLD: counter and rocker turns Other turns may be included. Clean edges and turns will be rewarded.
SILVER Creative Skill	2.0 minutes (maximum)	* Program must include one(1) straight-line step sequence * This step sequence must include 2 twizzles on one foot with up to one step in between, no stop(s) are allowed before and/or between twizzles.	
GOLD Creative Skill _2.0 minutes (maximum)			



ENTRY FORM

"K.I.S." 2009 KESWICK INVITATIONAL SKATE - GEORGINA ICE PALACE NOVEMBER 22nd, and 23rd, 2009

Competitor's Name: _____ SKATE CANADA # _____

Age (as of July 1, 2009) _____ Date of Birth: _____ Male/Female: _____ A COPY OF BIRTH CERTIFICATE IS REQUIRED FOR EVENTS WHERE AGE IS SPECIFIED Address: _____

Postal Code: _____ Phone: _____

Home Club Name: _____

Club # _____

Include one fax number or email address per club ONLY:

Coach's Name: _____ Phone # _____

Coaches Email: _____
COACHES WILL RECEIVE A SCHEDULE TO EMAIL ADDRESS ONLY

EVENTS ENTERED: PLEASE INCLUDE ARTISTIC TITLE FEE PROGRAM TIME

1 _____
2 _____
3 _____

TESTS PASSED as of October 1, 2009

HIGHEST COMPLETE FREESKATE TEST PASSED IS: _____

HIGHEST COMPLETE ARTISTIC TEST PASSED IS: _____

DID YOU COMPETE IN RUN-OFFS IN SUBSECTIONALS OR SECTIONALS? _____ YEAR _____

THE ABOVE SKATER IS A MEMBER IN GOOD STANDING IN OUR CLUB AND WE CERTIFY THAT THE ABOVE INFORMATION IS CORRECT.

COACHES SIGNATURE: _____

SIGNATURE OF CLUB OFFICIAL: _____ OFFICE HELD: _____

This applicant agrees that the Georgina Skating Club and/or its agents will not be held responsible for any accidents or losses however caused and agree to release the Georgina Skating Club and its agents from all claims or damages which may arise as a result of such accident or loss.
Signature of Competitor, or parent/guardian if competitor is under 18 years of age.

X _____ DATE: _____

MAIL ENTRIES TO: K.I.S. '2009"

c/o Georgina Skating Club

P.O. Box 172

Keswick, Ont. L4P 3E2

FEEES:

First Single Event \$65.00

Second Single Event \$40.00

First Pair Event \$95.00/couple

Pair if second event \$65.00/couple

Triathlon \$110.00

Please make cheques or money orders payable to K.I.S. '2009". Please postmark no later than October 26th , 2009 A COPY OF BIRTH CERTIFICATE IS REQUIRED FOR EVENTS WHERE AGE IS SPECIFIED DO NOT SEND BY COURIER. *INCOMPLETE FORMS CANNOT BE PROCESSED******