



Lake Placid Figure Skating Championships

June 24-26, 2010

Olympic Center

Lake Placid, NY

Chair: Lucy Brennan

Co-Chair: Kathaleen Cutone

Hosted by the Skating Club of Lake Placid and the New York State Olympic Regional Development Authority.

Sanctioned by US Figure Skating and Skate Canada.

HOST OF THE 2011 NORTH ATLANTIC REGIONAL CHAMPIONSHIPS!!

Deadline for Entries:

Entries **MUST** be postmarked by **May 25, 2010**.

Fees:

No Test – Pre-Juvenile

\$70 First Event (US Funds)

\$40 Each Additional Event (US Funds)

Juvenile – Senior

\$90 First Event (US Funds)

\$60 Each Additional Event (US Funds)

Competition Rules & Regulations:

1. Skaters may enter the short program and/or free skating competitions. They will be run as separate competitions. Scores will not be combined. Separate medals will be awarded to the winners of each event.
2. The ISU judging system will be used for all Juvenile, Intermediate, Novice, Junior and Senior events. The 6.0 judging system will be used for No Test, Pre-Preliminary, Preliminary and Pre-Juvenile events.
3. There will be final rounds for the following events: Juvenile, Intermediate, Novice, Junior and Senior Short Program and Free Skating
4. Critiques will be held for the following events: Juvenile, Open Juvenile, Intermediate, Novice, Junior and Senior immediately following the competition. Location will be posted at registration.
5. Complementary seminars will be available to participating juvenile-senior level skaters and coaches. These on-ice seminars will be led by national and international level technical specialists, controllers and judges focusing on levels, GOEs and program components. Specific times will be released with the release of the official schedule.
6. The No Test through Senior competition shall be organized according to the 2010-2011 US Figure Skating Rulebook.

7. The competition is open to any qualified skater who is a registered member of US Figure Skating or Skate Canada. The members of US Figure Skating will follow US Figure Skating rules. Canadian skaters will follow Skate Canada rules as far as time and required elements.
8. Skating orders for the competition shall be drawn by lot. Skaters groups will be available at registration.
9. Where entries are exceedingly large in numbers, the committee reserves the right to divide any class.
10. Please be sure to indicate the proper class for which you are eligible.
11. Cassettes and CDs will be accepted. CDs can only have one track on the disc. Please bring two copies of music.
12. Practice sessions will be available beginning Wednesday, June 23, 2010. More information regarding practice ice will be available after June 10, 2010. Punch card sessions will be available prior to June 23rd.
13. Each competitor will receive ONE competitor and ONE chaperone credential. All event tickets will be available for purchase during the event.

ANY CHANGES IN THE CURRENT SINGLES & PAIRS RULES THAT OCCUR AT THE 2010 GOVERNING COUNCIL FOR THE 2010-2011 SEASON WILL BE IN EFFECT AT THIS COMPETITION.

General Information

Housing Information

Contact the Lake Placid Visitor's Bureau at 1-800-447-5224 or visit their website at www.lakeplacid.com. Please make housing reservations early as Lake Placid will be busy the week of the competition.

Rink Information

1932 Rink – Jack Shea Arena:	100' x 200'
1980 Rink – Herb Brooks Arena:	100' x 200'
USA Rink	85' x 200'

Videotaping

There will be a professional videographer for the competition and videotapes will be available for purchase.

Awards

Medals are awarded for first, second and third places.

The Ardelle Sanderson trophy will be awarded to the winner of Senior Ladies FS, the Louisa Raymond Trophy to the winner of Junior Men FS and the Bobbi MacPhail Trophy to the winner of Intermediate Ladies FS.

Events Offered:

Senior Free Skating

Time: Men – 4:30; Ladies – 4:00

Requirements: 2010-2011 ISU Regulations

Senior Short Program

Time: Men & Ladies – may not exceed 2:50

Requirements: 2010-2011 ISU Regulations

Junior Free Skating

Time: Men – 4:00; Ladies – 3:30

Requirements: 2010-2011 ISU Regulations

Junior Short Program

Time: Men & Ladies – may not exceed 2:50

Requirements: 2010-2011 ISU Regulations

Novice Free Skating

Time: Men – 3:30; Ladies – 3:00

Novice Short Program

Time: Men & Ladies – may not exceed 2:30

Requirements:

US Skaters – 2010-2011 US Figure Skating Requirements

Canadian Skaters – 2010-2011 Skate Canada Requirements

Intermediate Free Skating

Time: US Men & Ladies – 2:30

Canadian Men & Ladies – 3:00

Intermediate Short Program

Time: Men & Ladies – may not exceed 2:00

Requirements:

US Skaters – 2010-2011 US Figure Skating Requirements

Canadian Skaters – 2010-2011 Skate Canada Requirements

Juvenile Free Skating

Time: Boys & Girls – 2:15

Juvenile Compulsory Moves

Moves must be skated in order. Time: 1:15

1. Double Salchow
2. Circular Footwork (must be complete circle)
3. Girls: Layback Spin; Boys: Camel Spin (min 3 revolutions)
4. Double Toe Loop/Loop Jump Combination (no turn or step in between)
5. Camel – Sit – Change Sit Combination Spin (min 3 revolutions per foot)

Open Juvenile Free Skating

Time: Men & Ladies – 2:15

Open Juvenile Compulsory Moves

Moves must be skated in order. Time: 1:15

1. Double Salchow
2. Circular Footwork (must be complete circle)
3. Ladies: Layback Spin; Men: Camel Spin (min 3 revolutions)
4. Double Toe Loop/Loop Jump Combination (no turn or step in between)
5. Camel – Sit – Change Sit Combination Spin (min 3 revolutions per foot)

Pre-Juvenile Free Skating

Time: Boys & Girls – 2:00

Pre-Juvenile Compulsory Moves

Moves must be skated in order. Time: 1:15

1. Axel
2. Circular Footwork (must be complete circle)
3. Ladies: Layback Spin; Men: Camel Spin (min 3 revolutions)
4. Lutz Jump/Loop Jump Combination (no turn or step in between)
5. Camel – Sit – Change Sit Combination Spin (min 3 revolutions per foot)

Preliminary Free Skating

Time: Boys & Girls – 1:30

Preliminary Compulsory Moves

Moves must be skated in order. Time: 1:00

1. Flip Jump
2. Forward & Backward Spiral Sequence
3. Sit Spin (min 3 revolutions)
4. Waltz Jump/Loop Jump Combination (no turn or step in between)
5. Fast Scratch Spin

Pre-Preliminary Free Skating

Time: Boys & Girls – 1:30 or less

Pre-Preliminary Compulsory Moves

Moves must be skated in order. Time: 1:00

1. Loop Jump
2. 5-step Mohawk Sequence in both directions
3. Back Spin
4. Toe Loop/Toe Loop Combination
5. Fast Scratch Spin

No Test Free Skating

Time: Boys & Girls – 1:30 or less

No Test Compulsory Moves

Moves must be skated in order. Time: 1:00

1. Salchow
2. Series of Waltz Three Turns
3. Back Spin
4. Two ½ Flips in a Row
5. Fast Scratch Spin

Senior Pairs Free Skating

Time: 4:30

Requirements: 2010-2011 ISU Regulations

Senior Pairs Short Program

Time: Not to exceed 2:50

Requirements: 2010-2011 ISU Regulations

Junior Pairs Free Skating

Time: 4:00

Requirements: 2010-2011 ISU Regulations

Junior Pairs Short Program

Time: Not to exceed 2:50

Requirements: 2010-2011 ISU Regulations

Novice Pairs Free Skating

Time: 3:30

Requirements:

US Skaters – 2010-2011 US Figure Skating Requirements

Canadian Skaters – 2010-2011 Skate Canada Requirements

Novice Pairs Short Program

Time: Not to exceed 2:30

Requirements:

US Skaters – 2010-2011 US Figure Skating Requirements

Canadian Skaters – 2010-2011 Skate Canada Requirements

Intermediate Pairs Free Skating

Time: 3:00

Requirements:

US Skaters – 2010-2011 US Figure Skating Requirements

Canadian Skaters – 2010-2011 Skate Canada Requirements

Juvenile Pairs Free Skating

Time: 2:30

Requirements:

US Skaters – 2010-2011 US Figure Skating Requirements

Canadian Skaters – 2010-2011 Skate Canada Requirements

Pre-Juvenile Pairs

Time: 2:00

Preliminary Pairs

Time: 1:30

Applications will be available online by going to www.lakeplacidskating.com.