



### LONGEST ONE FOOT GLIDE

#### FORWARDS

Date:	
Group:	

	SKATER	<b>LENGTH OF ONE FOOT GLIDE</b> (Time in seconds before free leg touches ice)
1		
2		
3		
4		
5		
6		
7		
8		
LONGEST ONE FOOT GLIDE WINNER	SKATER:	





#### LONGEST FWD UPRIGHT SPIN

STAR 1/2 STAR 3/4 (Circle One)

Date:	
Group:	

	SKATER	<b>LENGTH OF SPIN</b> (Time in seconds before free leg touches ice)
1		
2		
3		
4		
5		
6		
7		
8		
LONGEST FWD UPRIGHT SPIN WINNER	SKATER:	





### LONGEST ONE FOOT SIT GLIDE

STAR 3/4 STAR 5+ (Circle One)

Date:		
Group:		
	CHATED	<b>LENGTH OF ONE FOOT SIT GLIDE</b> (Time in seconds before skater exits position.

	SKATER	(Time in seconds before skater exits position. Timer starts when skater gets into position)
1		
2		
3		
4		
5		
6		
7		
8		
LONGEST ONE FOOT SIT GLIDE WINNER	SKATER:	



8

LONGEST SPIRAL

WINNER

SKATER:



#### LONGEST SPIRAL

STAR 3/4 STAR 5+ (Circle One)

Date:	
Group:	
SKATER	<b>LENGTH OF SPIRAL</b> (Time in seconds before free leg drops below level of hip. Timer starts when skater's free leg hits level of hip)
1	
2	
3	
4	
5	
6	
7	





### LONGEST INA BAUER OR SPREAD EAGLE (SKATER'S CHOICE)

STAR 5+

Date:	
Group:	

	SKATER	LENGTH OF INA BAUER OR SPREAD EAGLE
1		
2		
3		
4		
5		
6		
7		
8		
LONGEST INA BAUER OR SPREAD EAGLE	SKATER:	





# LONGEST SIT OR CAMEL SPIN (SKATER'S CHOICE)

STAR 5+

Date:		
Group:		
SIT: Timer starts when ska	ater hits a 90 degree angle in the sit position. Time stop	s when beings to return to upright position.
CAMEL: Timer starts when	n skater's free leg hits level of hip. Time stops when fre	e leg drops below level of hip.
	SKATER LENGTH OF SPIN	
1		
2		
3		
4		
5		
6		
7		
8		
LONGEST SPIN WINNER	SKATER:	