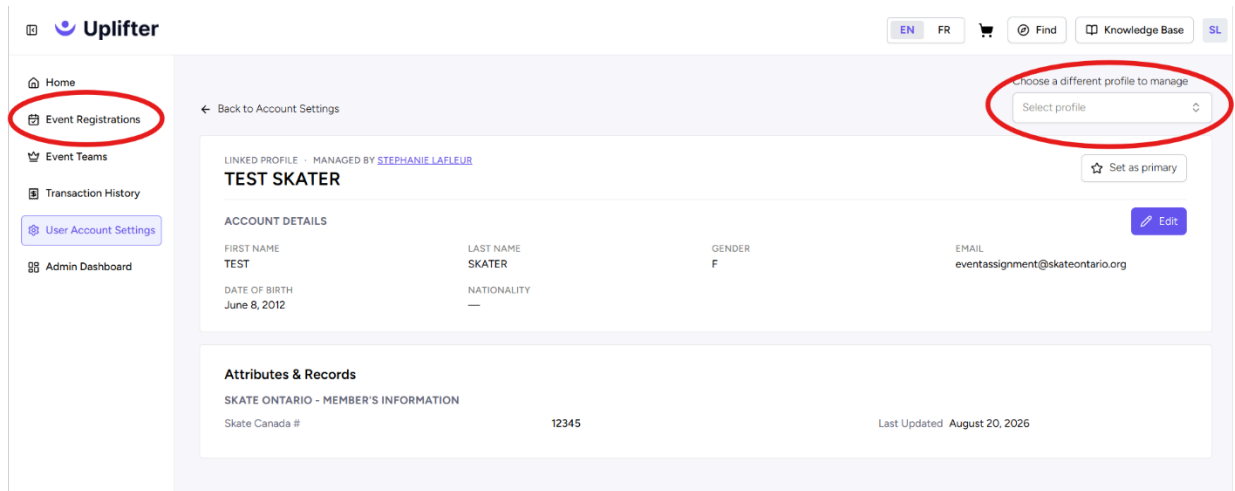


Singles Categories – Music & PPC Guide

How to upload or update your **music file** and/or **planned program content (PPC)** after you've registered

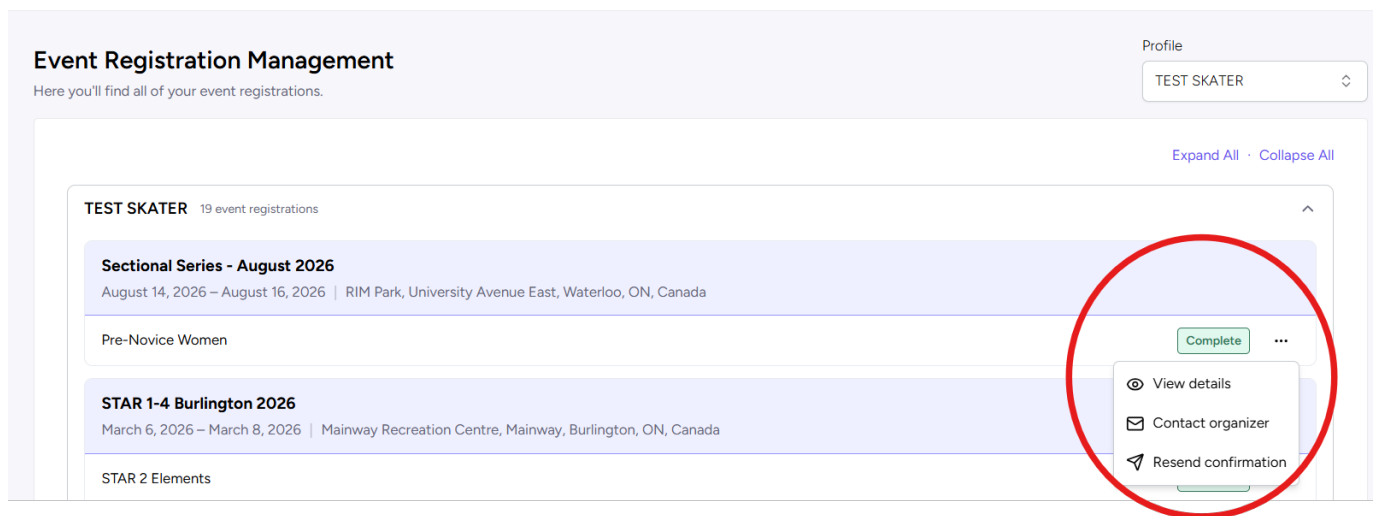
Access your 'Event Registrations' menu here: <https://uplifterfigureskating.com/app/my-pages/account-settings/21>

- Choose the profile to manage
- Click on Event Registrations

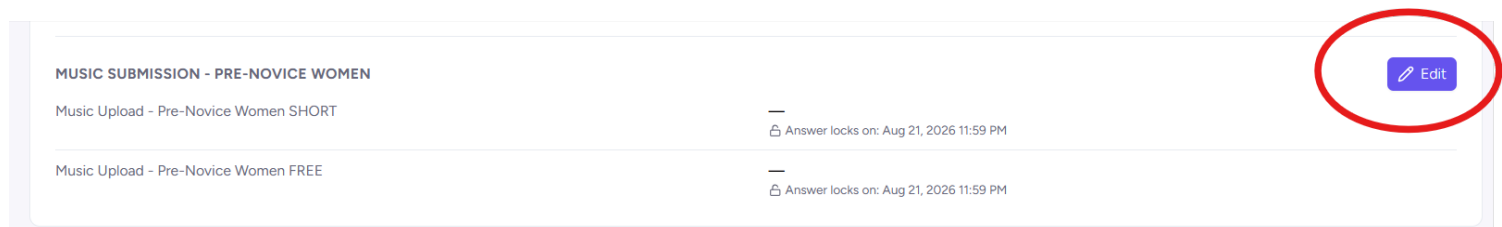


Music Upload or Update

Find the event you wish to upload/edit the music for, click the 3 dots and "view details".



Scroll down to the Music Submission section and click on the 'edit' button:



Click “Upload file” and then select the file you’d like to submit, then click SAVE at the bottom.

Only true MP3 files will be accepted. If your file will not upload or save, please try re-converting your file to MP3. You can do this using any [free online MP3 converter](#). Find the newly converted MP3 file in your Downloads folder and try your upload again.

The screenshot shows a web form titled "MUSIC SUBMISSION - Pre-Novice Women". It has two main sections for music uploads. The first section is "Music Upload - Pre-Novice Women SHORT" and the second is "Music Upload - Pre-Novice Women FREE". Each section contains an "Upload file" button with a file icon and the text "Click to browse your device for files" and "Allowed formats: MP3". Below each upload section, there is a lock icon and the text "Answer locks on: Aug 21, 2026 11:59 PM". At the bottom of the form, there are "Cancel" and "Save" buttons.

Planned Program Content (PPC) Upload/Update

Scroll down to the Planned Program Content section and click on the ‘edit’ button:

The screenshot shows a web page with two tables of Planned Program Content (PPC). The first table is titled "PLANNED PROGRAM CONTENT - SINGLES SHORT PROGRAM" and contains 7 rows of data. The second table is titled "PLANNED PROGRAM CONTENT - SINGLES FREE PROGRAM" and contains 2 rows of data. Each row in both tables has an "Edit" button circled in red. The tables have columns for "Element Code", "Answer", and "Answer locks on".

PLANNED PROGRAM CONTENT - SINGLES SHORT PROGRAM		
Element Code #1	—	Answer locks on: Aug 21, 2026 11:59 PM
Element Code #2	—	Answer locks on: Aug 21, 2026 11:59 PM
Element Code #3	—	Answer locks on: Aug 21, 2026 11:59 PM
Element Code #4	—	Answer locks on: Aug 21, 2026 11:59 PM
Element Code #5	—	Answer locks on: Aug 21, 2026 11:59 PM
Element Code #6	—	Answer locks on: Aug 21, 2026 11:59 PM
Element Code #7	—	Answer locks on: Aug 21, 2026 11:59 PM

PLANNED PROGRAM CONTENT - SINGLES FREE PROGRAM		
Element Code #1	—	Answer locks on: Aug 21, 2026 11:59 PM
Element Code #2	—	Answer locks on: Aug 21, 2026 11:59 PM

Complete the number of element fields needed for your program. **Element codes (i.e. 1A+2T, CCoSp) are required.** If you do not know the element codes for your program, **please ask your coach.** Remember to click **SAVE** when you're done.

The screenshot shows a web interface for planning program content. A modal window titled "PLANNED PROGRAM CONTENT - Singles Short Program" is open, displaying six input fields for element codes. Each field is labeled "Element Code #1" through "Element Code #6". The values entered are "2A+2T", "2Lz", "CSp", "StSq", "2A", and "CCoSp" respectively. Below each input field, a lock icon and the text "Answer locks on: Aug 21, 2026 11:59 PM" are visible. The background shows a sidebar with a list of programs and a top navigation bar with language options "EN" and "FR".

Element Code #	Value	Lock Date
Element Code #1	2A+2T	Aug 21, 2026 11:59 PM
Element Code #2	2Lz	Aug 21, 2026 11:59 PM
Element Code #3	CSp	Aug 21, 2026 11:59 PM
Element Code #4	StSq	Aug 21, 2026 11:59 PM
Element Code #5	2A	Aug 21, 2026 11:59 PM
Element Code #6	CCoSp	Aug 21, 2026 11:59 PM