



**GLENGARRY  
SKATING CLUB**



TEACHING PENTICTON TO SKATE SINCE 1953



## Ogopogo 2023

The Glengarry Skating Club is pleased to announce we will be holding a fun day for skaters to attend at the end of our Winter 2023 season!

Saturday, March 18, 2023

McLaren Park Arena

1350 King Street, Penticton, BC

8:00 am (Further details regarding start times will be sent following the close of registration)

**The deadline to register for Ogopogo 2023 is:**

**Saturday, February 4, 2023**

**Please register online at:**

**[www.glengarryfsc.com/registration/Ogopogo](http://www.glengarryfsc.com/registration/Ogopogo)**

**There will be no refunds for any reason after the close of registration.**

The day will consist of 5 categories for skaters to participate in:

### **Nessie (CS6) - Entry Fee \$55**

This is a circuit event and is designed for skaters who have removed their helmets, but may not be ready for an event with figure skating specific skills. This will include a group warm-up, practice time, two assessment circuits, the Creative Expression routine, and a group bow. 3 minute warm-up.

#### **6 elements performed on a circuit:**

1) Circuit (Please see the additional document)

a) Fwd Spiral (choice of foot)

b) 2ft Fwd->Bwd Jump

c) Bwd Crossovers (both directions)

d) Fwd Power Jump

e) 1ft Side Stop (choice of direction)

f) 1ft Spin

2) Creative Expression Routine (30 seconds – music provided, selection randomly chosen at competition – each flight to have a different music selection) Note: this is assessed as “completed” or “incomplete” only.

**Cressie (★1) - Entry Fee \$55**

This event is designed for skaters working on figure skating jumps and spins, but who are not ready to perform an entry level program. Elements assessed to standard. Skaters may be grouped by age. No age restrictions. 3 minute warm-up.

**8 elements performed in isolation:**

- 1) Circle Crosscut Exercise: Crosscuts in same direction on a circle (1 round forward, 1 round backward). Draw for direction.
- 2) Three Jumps:
  - a) Waltz Jump
  - b) Single Salchow
  - c) Single Toeloop
- 3) Two Spins:
  - a) Forward Upright spin
  - b) Backward Upright spin
- 4) Forward Spiral Circles: Two spirals, one on each foot executed on a circle in the same direction. Skater chooses direction.
- 5) Creative Expression Routine (30 seconds – music provided, selection randomly chosen at competition – each flight to have a different music selection) Note: this is assessed as “completed” or “incomplete” only.

**Mussie (★2) - Entry Fee \$55**

Music to be presented at registration on a memory stick in .mp3 format on the day of the event. One program of a maximum 2:10 minutes in length. Individual elements plus Skating Skills and Performance assessed to standard. Skaters may be grouped by age. No age restrictions. 3 minute warm-up.

**9 elements**

- 1) Five jump elements:
  - a) Single Salchow
  - b) Single Toe loop
  - c) Waltz Jump + single Toe Loop Combination
  - d) Single Loop
  - e) Single Flip or single Lutz
- 2) Two spins:
  - a) Backward Upright spin
  - b) Forward entry Sit Spin or Camel Spin. No change of foot, no flying entry, no variations of positions. A Forward Upright Spin is not permitted.
- 3) Forward Spiral Sequence: Two forward spirals with one spiral on each foot. Positions must be unsupported and on either an inside or outside edge.
- 4) Forward Turn Sequence: Forward Outside Three turn + backward crosscut + backward inside S-step (i.e. step-forward); executed four times on alternating feet.

**Pepie (★3) - Entry Fee \$55**

Music to be presented at registration on a memory stick in .mp3 format on the day of the event. One program of 2:00 minutes in length (+/- 10 seconds). Individual elements plus Skating Skills, Performance, and Interpretation assessed to standard. Skaters may be grouped by age. No age restrictions. 4 minute warmup.

**8 elements**

1) Five jump elements:

- a) All single jumps permitted including single axel. No double jumps permitted.
- b) Must include at least 5 different types of single jumps, one of which must be an Axel type (Waltz and single Axel are the same type).
- c) Must include a single Loop + single Loop combination.
- d) Maximum 1 additional jump combination. Maximum two jumps in a combination.
- e) Jump Sequences are not permitted.
- f) No jump may be included more than twice
- g) A repeated jump must be executed as part of a jump combination.

2) Two spins:

- a) Must include Backward Upright Spin
- b) Must include a Combination Spin that must include at least one camel and one sit position and commence with a forward entry. No flying entry, no variations of positions. Change of foot optional.

3) Forward Spiral Sequence: A sequence of two forward spirals; one spiral on each foot, unsupported position; on either inside or outside edge.

**Gryttie (★4) - Entry Fee \$55**

Music to be presented at registration on a memory stick in .mp3 format on the day of the event. One program of 2:00 minutes in length (+/- 10 seconds). Individual elements plus Skating Skills, Performance, and Interpretation assessed to standard and ranked. Depending on registration, there may be up to three age categories: U10, U13 and 13&O. 4 minute warmup.

**8 Elements**

1) Five jump elements:

- a) All single jumps permitted including single Axel\*. No double jumps permitted.
- b) Must include at least 5 different types of single jumps, one of which must be an Axel type (Waltz and Axel are considered the same type).
- c) Must include a single Loop + single Loop combination.
- d) Maximum 1 additional jump combination. Maximum two jumps in a combination.
- e) Jump Sequences are not permitted.
- f) No jump may be included more than twice.
- g) A repeated jump must be executed as part of a jump combination.

\*Only single Axels that are completed with full rotation will receive a bonus in Gryttie. This bonus will apply even if the element has any quality errors (e.g. fall) so long as the full rotation requirement has been met. A maximum of 2 bonuses are applied per program.

2) Two spins:

- a) Must include Backward Upright Spin
- b) Must include a Combination Spin that must include at least one camel and one sit position and commence with a forward entry. No flying entry, no variations of positions. Change of foot optional.



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3) Forward Spiral Sequence: A sequence of two forward spirals; one spiral on each foot, unsupported position; on either inside or outside edge.

**\* OGOPOGO IS NOT A SANCTIONED SKATE CANADA COMPETITION. IT IS AN EVENT RUN BY THE GLENGARRY SKATING CLUB AS AN OPPORTUNITY TO SHOWCASE SKILLS AND HAVE FUN WITH OTHER LIKE-MINDED SKATERS. WE USE A PANEL OF VOLUNTEER EVALUATORS (NOT OFFICIAL SKATE CANADA JUDGES) AND THE RESULTS FROM THIS EVENT SHOULD BE INTERPRETED AS SUCH.**

All skaters must be Skate Canada members, and skate at their own risk. Any damages/injuries accrued during the events are not the responsibility of the Glengarry Figure Skating Club.

If you have any questions, please do not hesitate to contact us:

Glengarry Skating Club

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