



**GLENGARRY
SKATING CLUB**



TEACHING PENTICTON TO SKATE SINCE 1953



Ogopogo 2019

The Glengarry Skating Club is pleased to announce we will be holding an event for local skaters to participate in a day of fun with other skaters in the surrounding area. We would like to invite your club to join us!

Saturday, March 16, 2019

McLaren Park Arena

1350 King Street, Penticton, BC

9:00 am (Further details regarding start times will be sent following the close of registration)

The deadline to register for Ogopogo 2019 is:

February 20, 2018

Please register online at:

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 (Entry Fee \$40)

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, and a group bow. 3 minute warm-up.

6 elements performed on a circuit:

1) Circuit (Please see addition document)

a) Fwd Sprial (choice of foot)

b) 2ft Fwd->Bwd Jump

c) Bwd Crossovers (both directions)

d) Fwd Power Jump

e) 2ft Side Stop (choice of direction)

f) 2ft 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 (Entry Fee \$40)

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 (Gold, Silver, Bronze or Merit). Skaters may be grouped by age. No age restrictions. 3 minute warm-up.

8 elements performed in isolation:

- 1) Circle Stroking Exercise: Stroking (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 (Entry Fee \$40)

Music to be presented at registration in CD 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 (Gold, Silver, Bronze or Merit). Skaters may be grouped by age. No age restrictions. 3 minute warm-up.

9 elements

- 1) Five jump elements:
 - a) Single Salchow
 - b) Single Toeloop
 - c) Waltz Jump + Single Toeloop 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 with no change of foot, no flying entry, no variations of positions. A Forward Upright spin is not permitted.
- 3) Forward Spiral Sequence: A sequence of two forward spirals; one spiral on each foot, unsupported position; on either inside or outside edge.
- 4) Forward Turn Sequence: Forward Outside Three turn + backward crosscut + backward inside choctaw (i.e. step-forward); executed four times.

Pepie (Entry Fee \$40)

Music to be presented at registration in CD 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 (Gold, Silver, Bronze or Merit). 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 one axel type jump (waltz or single axel).
 - c) Must include at least 5 different types of single jumps (note: waltz and axel are considered the same type). If 5 different types of jump are not included, the last repeated jump element type will be invalidated.
 - d) Must include a single loop + single loop combination.
 - e) Maximum 1 additional jump combination. Jump combinations may not include more than two jumps.
 - f) Jump Sequences are not permitted.
 - g) If a jump is repeated it must be in combination. No jump may be included more than twice.
- 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 (Entry Fee \$40)

Music to be presented at registration in CD 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 (Gold, Silver, Bronze or Merit) 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 one single axel. If no single axel, the final jump element will be invalidated
- c) Must include at least 5 different types of single jumps (note: waltz and axel are considered the same type). If 5 different types of jump are not included, the last repeated jump element type will be invalidated.
- d) Must include a single loop + single loop combination.
- e) Maximum 1 additional jump combination. Jump combinations may not include more than two jumps.
- f) Jump Sequences are not permitted.
- g) If a jump is repeated it must be in combination. No jump may be included more than twice. *Only single axels that are completed with full rotation will receive a bonus of 3.0 points in this category. 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:



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- 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.

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

www.glengarryfsc.com

info@glengarryfsc.com

250-486-0244

(August 29, 2018)