







Free skating programme					Level: 1		
Competition:	Scottish Championships 2025						
First name:	Lana	Last name:	Mitchell	Sex:	Lady		
Age Jan 1st:	16	Age category:	Junior	Country:	Scotland		
Classification:	Intellectual Independent	Support needed:	None	Club:			
Elements Permitted			Technical	Element order Nbr. Elements: 4	Element Called (Y)	Grade of Execution	Mark awarded
			Official Use Only	Skater to fill in		Official Use Only	
Level 1							
Forward march, wiggle or stroking (5 metres)	0.1	3			2.6	0.260	
Backward wiggle or march (5 metres)	0.1					0.000	
Forward swizzles 2 foot (aka lemons or fishes) (5 metres)	0.1					0.000	
Backward swizzles 2 foot (aka lemons or fishes) (5 metres)	0.1	2			2.3	0.230	
Forward two-foot glide (length of body)	0.1	4			2.7	0.270	
Backward two-foot glide (length of body)	0.1					0.000	
Forward gliding dip (length of body)	0.1					0.000	
Backward gliding dip (length of body)	0.1					0.000	
Forward one foot glide for length of body (L & R)	0.1					0.000	
Two-foot jump or beginner bunny hop in place or moving	0.1					0.000	
One foot forward snowplow stop (L or R)	0.1					0.000	
Forward two foot curves left and right (length of body)	0.1					0.000	
Rotate one circle or more with marching feet in place	0.1	1			2.5	0.250	
Number of elements called:				0			
Total Technical Elements			Total judges score for elements:			1.010	
	Factor	WPI	WPI incl age				
Impairment Compensation (2,45 x WPI)	2.45	5.00%	5.00%			0.123	
Technical Skating Skills (Factor x Score)	1.0			0.45	0.450		
Artistic performance & Execution (Factor x Score)	1.0			0.7	0.700		
Deductions						0.00	
Total Score for Performance						2.28	
Programme duration (min): 1			Time Adjusted Championship World Ranking Score			2.28	


Free skating programme				Level: 2			
Competition:	Scottish Championships 2025						
First name:	Heather	Last name:	McNeil	Sex:	Lady		
Age Jan 1st:	24	Age category:	Senior	Country:	Scotland		
Classification:	Intellectual Facilitated	Support needed:		Club:			
Elements Permitted			Technical <small>Official Use Only</small>	Element order Nbr. Elements: 5 <small>Skater to fill in</small>	Element Called (Y)	Grade of Execution <small>Official Use Only</small>	Mark awarded
Level 1							
Forward swizzles 2 feet (5m)		0.1					0.000
Backward swizzles 2 feet (5m)		0.1					0.000
Forward gliding dip (length of body)		0.1	4			3.6	0.360
Backward gliding dip (length of body)		0.1					0.000
Forward one foot glide for length of body (L & R)		0.1					0.000
Two-foot jump or beginner bunny hop in place or moving		0.1					0.000
One foot forward snowplow stop (L or R)		0.1					0.000
Forward 2 foot curves left and right (length of body)		0.1					0.000
Rotate one circle or more with marching feet in place		0.1					0.000
Level 2							
Consecutive forward one-foot swizzles (L & R each 5m)		0.133					0.000
Consecutive backward one-foot swizzles (L & R each 5 m)		0.133					0.000
Backward one-foot glide (L & R, each length of body)		0.133					0.000
Bunny Hop		0.133					0.000
T-stop (left or right)		0.133	5			3.5	0.466
Backward stroking for a distance of 5 metres		0.133					0.000
Two-foot turn gliding forward to backward (length of body)		0.133					0.000
Two-foot turn gliding backwards to forward (length of body)		0.133					0.000
Forward pivot (one circle)		0.133	1			3	0.399
Forward two-foot spin (min 3 revs)		0.133					0.000
Forward two-foot turn on a circle (c + cc, edges length of body)		0.133					0.000
Forward outside one foot three-turn (L & R, 1 metre edges)		0.133	2			2.75	0.366
Consecutive forward crossovers (L & R in semi-circle)		0.133	3			3.2	0.426
Forward outside edge (L & R, edges on a semi-circle)		0.133					0.000
Forward inside edge (L & R, edges on a semi-circle)		0.133					0.000
Forward Lunge or drag (at any depth for length of body)		0.133					0.000
Shoot the Duck (at any depth for length of body)		0.133					0.000
				Number of elements called:	0		
Total Technical Elements					Total judges score for elements:		2.017
		Factor	WPI	WPI incl age			
Impairment Compensation (4,25 x WPI)		4.25	41.50%	41.50%			1.764
Technical Skating Skills (Factor x Score)		1.5			1.6	2.400	
Artistic performance & Execution (Factor x Score)		1.5			1.85	2.775	
Deductions							0.00
Total Score for Performance						8.96	
Programme duration (min): 1.5			Time Adjusted Championship World Ranking Score			5.97	

Free skating programme					Level: 3		
Competition:	Scottish Championships 2025						
First name:	Ella	Last name:	Mungin	Sex:	Lady		
Age Jan 1st:	15	Age category:	Junior	Country:	Scotland		
Classification:	Intellectual Independent	Support needed:		Club:			
Elements Permitted			Technical	Element order Nbr. Elements: 6	Element Called (Y)	Grade of Execution	Mark awarded
			Official Use Only	Skater to fill in		Official Use Only	
Level 2							
Consecutive forward one-foot swizzles (L & R each 5 metres)			0.133				0.000
Consecutive backward one-foot swizzles (L & R each 5 metres)			0.133				0.000
Backward one-foot glide (L & R, each length of body)			0.133				0.000
Bunny Hop			0.133				0.000
T-stop (left or right)			0.133				0.000
Forward pivot (one circle)			0.133				0.000
Forward two-foot spin (3 revs)			0.133				0.000
Forward outside one foot three-turn (L & R for 1 metre)			0.133				0.000
Consecutive forward crossovers (L & R in semi-circle)			0.133				0.000
Forward outside edge (L & R in a semi-circle)			0.133				0.000
Forward inside edge (L & R in a semi-circle)			0.133				0.000
Forward Lunge or drag (at any depth for length of body)			0.133				0.000
F Duck (at any depth for length of body)			0.133				0.000
Level 3 (at least 3 elements)							
Waltz Jump			0.133	3		2.8	0.372
Salchow			0.133				0.000
Toe Loop			0.133	5		1.6	0.213
Forward spiral - 5 metres			0.133	4		3	0.399
Backward spiral - length of body			0.133				0.000
Hockey Stop			0.133				0.000
Five consecutive backward crossovers (L & R)			0.133	6		2.7	0.359
Consecutive forward outside edges (L & R on semi-circle)			0.133				0.000
Consecutive forward inside edges (L & R on semi-circle)			0.133				0.000
Consecutive backward outside edges (L & R on semi-circle)			0.167				0.000
Consecutive backward inside edges (L & R on semi-circle)			0.167				0.000
Forward inside one foot three turn (L & R) edges for 1 metre			0.167				0.000
Forward inside Mohawk (L & R for 1m free leg extended)			0.167				0.000
Simple footwork for distance of 5m or more			0.167				0.000
Field moves (spirals, lunges etc.) for distance of 5+metres			0.167	2		2.5	0.418
One foot Upright spin - minimum of 3 revolutions			0.2	1		1.3	0.260
			Number of elements called:		0		
Total Technical Elements						Total judges score for elements:	2.021
			Factor	WPI	WPI incl age		
Impairment Compensation (6 x WPI)			6.0	10.00%	10.00%		0.600
Technical Skating Skills (Factor x Score)			2.0			1.8	3.600
Artistic performance & Execution (Factor x Score)			2.0			2.1	4.200
Deductions							0.00
Total Score for Performance						10.42	
Programme duration (min): 2			Time Adjusted Championship World Ranking Score			5.21	

Free skating programme				Level: 3		
Competition:	Scottish Championships 2025					
First name:	Eilidh	Last name:	Coutts Trotter	Sex:	Lady	
Age Jan 1st:	11	Age category:	Novice	Country:	Scotland	
Classification:	Unified Classified	Support needed:	None	Club:		
Elements Permitted		Technical	Element order Nbr. Elements: 6	Element Called (Y)	Grade of Execution	Mark awarded
		Official Use Only	Skater to fill in		Official Use Only	
Level 2						
Consecutive forward one-foot swizzles (L & R each 5 metres)	0.133					0.000
Consecutive backward one-foot swizzles (L & R each 5 metres)	0.133					0.000
Backward one-foot glide (L & R, each length of body)	0.133					0.000
Bunny Hop	0.133					0.000
T-stop (left or right)	0.133					0.000
Forward pivot (one circle)	0.133					0.000
Forward two-foot spin (3 revs)	0.133					0.000
Forward outside one foot three-turn (L & R for 1 metre)	0.133					0.000
Consecutive forward crossovers (L & R in semi-circle)	0.133					0.000
Forward outside edge (L & R in a semi-circle)	0.133					0.000
Forward inside edge (L & R in a semi-circle)	0.133					0.000
Forward Lunge or drag (at any depth for length of body)	0.133	5			3.9	0.519
F Duck (at any depth for length of body)	0.133					0.000
Level 3 (at least 3 elements)						
Waltz Jump	0.133	2			3.2	0.426
Salchow	0.133	1			3	0.399
Toe Loop	0.133					0.000
Forward spiral - 5 metres	0.133					0.000
Backward spiral - length of body	0.133					0.000
Hockey Stop	0.133					0.000
Five consecutive backward crossovers (L & R)	0.133					0.000
Consecutive forward outside edges (L & R on semi-circle)	0.133					0.000
Consecutive forward inside edges (L & R on semi-circle)	0.133					0.000
Consecutive backward outside edges (L & R on semi-circle)	0.167					0.000
Consecutive backward inside edges (L & R on semi-circle)	0.167					0.000
Forward inside one foot three turn (L & R) edges for 1 metre	0.167					0.000
Forward inside Mohawk (L & R for 1m free leg extended)	0.167					0.000
Simple footwork for distance of 5m or more	0.167	4			3	0.501
Field moves (spirals, lunges etc.) for distance of 5+metres	0.167	3			5	0.835
One foot Upright spin - minimum of 3 revolutions	0.2	6			2.3	0.460
Number of elements called:				0		
Total Technical Elements		Total judges score for elements:				3.140
		Factor	WPI	WPI incl age		
Impairment Compensation (6 x WPI)		6.0	5.00%	5.00%		0.300
Technical Skating Skills (Factor x Score)		2.0			2.7	5.400
Artistic performance & Execution (Factor x Score)		2.0			2.2	4.400
Deductions						0.00
Total Score for Performance						13.24
Programme duration (min): 2		Time Adjusted Championship World Ranking Score				6.62

Free skating programme					Level: 3		
Competition:	Scottish Championships 2025						
First name:	Claire	Last name:	Hislop	Sex:	Lady		
Age Jan 1st:	25	Age category:	Senior	Country:	Scotland		
Classification:	Intellectual Independent	Support needed:	None	Club:			
Elements Permitted			Technical	Element order Nbr. Elements: 6	Element Called (Y)	Grade of Execution	Mark awarded
			Official Use Only	Skater to fill in		Official Use Only	
Level 2							
Consecutive forward one-foot swizzles (L & R each 5 metres)			0.133				0.000
Consecutive backward one-foot swizzles (L & R each 5 metres)			0.133				0.000
Backward one-foot glide (L & R, each length of body)			0.133				0.000
Bunny Hop			0.133				0.000
T-stop (left or right)			0.133				0.000
Forward pivot (one circle)			0.133				0.000
Forward two-foot spin (3 revs)			0.133				0.000
Forward outside one foot three-turn (L & R for 1 metre)			0.133				0.000
Consecutive forward crossovers (L & R in semi-circle)			0.133	1		3.1	0.412
Forward outside edge (L & R in a semi-circle)			0.133				0.000
Forward inside edge (L & R in a semi-circle)			0.133				0.000
Forward Lunge or drag (at any depth for length of body)			0.133				0.000
F Duck (at any depth for length of body)			0.133				0.000
Level 3 (at least 3 elements)							
Waltz Jump			0.133	5		2.6	0.346
Salchow			0.133	3		2.3	0.306
Toe Loop			0.133				0.000
Forward spiral - 5 metres			0.133				0.000
Backward spiral - length of body			0.133				0.000
Hockey Stop			0.133				0.000
Five consecutive backward crossovers (L & R)			0.133				0.000
Consecutive forward outside edges (L & R on semi-circle)			0.133				0.000
Consecutive forward inside edges (L & R on semi-circle)			0.133				0.000
Consecutive backward outside edges (L & R on semi-circle)			0.167				0.000
Consecutive backward inside edges (L & R on semi-circle)			0.167				0.000
Forward inside one foot three turn (L & R) edges for 1 metre			0.167				0.000
Forward inside Mohawk (L & R for 1m free leg extended)			0.167				0.000
Simple footwork for distance of 5m or more			0.167	4		3	0.501
Field moves (spirals, lunges etc.) for distance of 5+metres			0.167	6		3.2	0.534
One foot Upright spin - minimum of 3 revolutions			0.2	2		3	0.600
			Number of elements called:		0		
Total Technical Elements						Total judges score for elements:	2.699
			Factor	WPI	WPI incl age		
Impairment Compensation (6 x WPI)			6.0	32.00%	32.00%		1.920
Technical Skating Skills (Factor x Score)			2.0			2.5	5.000
Artistic performance & Execution (Factor x Score)			2.0			2.4	4.800
Deductions							0.00
Total Score for Performance						14.42	
Programme duration (min): 2			Time Adjusted Championship World Ranking Score			7.21	

Free skating programme					Level: 4		
Competition:	Scottish Championships 2025						
First name:	Jennifer	Last name:	Gibson	Sex:	Lady		
Age Jan 1st:	27	Age category:	Senior	Country:	Scotland		
Classification:	Intellectual Independent	Support needed:	None	Club:			
Elements Permitted			Technical	Element order Nbr. Elements: 7	Element Called (Y)	Grade of Execution	Mark awarded
			Official Use Only	Skater to fill in		Official Use Only	
Level 2 and 3							
Bunny Hop		0.133					0.000
Forward pivot (one circle)		0.133					0.000
Forward two-foot spin (3 revs)		0.133					0.000
Waltz Jump		0.133	3	Y	2.8		0.372
Salchow		0.133	4	Y	2.5		0.333
Toe Loop		0.133					0.000
Forward spiral - 5 metres		0.133					0.000
Backward spiral - length of body		0.133					0.000
Hockey Stop		0.133					0.000
Five consecutive backward crossovers (L & R)		0.133					0.000
Consecutive forward outside edges (L & R on semi-circle)		0.133					0.000
Consecutive forward inside edges (L & R on semi-circle)		0.133					0.000
Consecutive backward outside edges (L & R on semi-circle)		0.167					0.000
Consecutive backward inside edges (L & R on semi-circle)		0.167					0.000
Forward inside one foot three turn (L & R) edges for 1 metre		0.167					0.000
Forward inside Mohawk (L & R for 1m free leg extended)		0.167					0.000
Simple footwork for distance of 5m or more		0.167	2	Y	4		0.668
Field moves choreo sequence (spirals, lunges etc.) for distance of 5+metres		0.167					0.000
One foot Upright spin - minimum of 3 revolutions		0.2					0.000
Level 4 (at least 4 elements)							
1/2 revolution jumps (split jump etc.)		0.133					0.000
Single Salchow		0.133					0.000
Single Toe loop		0.133					0.000
Loop		0.167	6	Y	2.6		0.434
Single Waltz + Single Toe loop Combination		0.267					0.000
Single Salchow + Single Toe loop Combination		0.267	7	Y	2.75		0.734
One foot spin - min 3 revs. and max of 2 positions - no change of foot		0.2					0.000
Upright Back spin - any entry allowed 1 foot or 2 foot		0.3					0.000
Attempt at sitspin or camel spin		0.3					0.000
Upright spin		0.333					0.000
Sitspin		0.367	5	Y	3.9		1.431
Camel Spin		0.367	1	Y	1.5		0.551
Layback Spin		0.4					0.000
Spin Combination with change of pos. and no change of foot (2 pos. including attempts at sitspin and/or camel spin)		0.5					0.000
Number of elements called:					7		
Total Technical Elements					Total judges score for elements:		4.523
	Factor	WPI	WPI incl age				
Impairment Compensation (9,6 x WPI)	9.6	23.50%	23.50%				2.256
Technical Skating Skills (Factor x Score)	2.5			2.65			6.625
Artistic performance & Execution (Factor x Score)	2.5			3.45			8.625
Deductions							0.00
Total Score for Performance							22.03
Programme duration (min): 2.25			Time Adjusted Championship World Ranking Score			9.79	

Free skating programme					Level: 7			
Competition:	Scottish Championships 2025							
First name:	Olivia	Last name:	Rodgers	Sex:	Lady			
Age Jan 1st:	16	Age category:	Junior	Country:	Scotland			
Classification:		Support needed:		Club:				
Elements Permitted			Technical	Element order Nbr. Elements: 9	Element Called (Y)	Grade of Execution	Mark awarded	
			Official Use Only	Skater to fill in		Official Use Only		
Level 4, 5 and 6								
Salchow		0.133					0.000	
Toe Loop		0.133					0.000	
Single Flip Jump		0.167					0.000	
Loop		0.167					0.000	
Single Lutz		0.2					0.000	
2 jump combination with single Euler as transitional jump (all single jumps permitted) Technical: Use above/ as advised + 0.17 added for Euler							0.000	
2 jump combination (all permitted - at least one level 6 jump including axle as first or second jump) Technical: Use above/ as advised and calculate pro rata		0.334	4			5	1.670	
3 jump combination (all permitted - at least one level 6 jump or jump combination) Technical: Use above/ as advised and calculate pro rata							0.000	
Upright Spin		0.333					0.000	
Sit spin		0.367	2			5.5	2.019	
Camel Spin		0.367					0.000	
Layback Spin		0.4					0.000	
Upright Spin, one change of foot, no pos change		0.5					0.000	
Sit Spin, one change of foot, no pos change		0.533					0.000	
Camel Spin, one change of foot, no pos change		0.567					0.000	
Layback Spin, one change of foot, no pos change		0.567					0.000	
Spin combination, 2 pos, no foot change		0.5					0.000	
Spin Combination 3 position + no foot change		0.567					0.000	
Spin Combination 2 position + one foot change		0.533					0.000	
Spin Combination 3 position +one foot change		0.6	7			5.7	3.420	
Step (full surface of rink)		0.5					0.000	
Choreographic Seq (2 or more field moves, jumps etc)		0.667	8			5.5	3.669	
Level 7 (at least 4 elements)								
Axle		0.367	6		Y	5.3	1.945	
Double Salchow		0.433	3			5.2	2.252	
Double Toe loop		0.433					0.000	
Flying spin – (all permitted) Technical: Or use above/ as advised + 0.2		0.533					0.000	
Double Loop		0.6	5			4.3	2.580	
Double Flip		0.633					0.000	
Double Lutz		0.7					0.000	
Double Axle		1.1					0.000	
Triple or Quad (all permitted) Technical: Use above/ as advised and calculate pro rata							0.000	
2 jump combination with Euler as transitional jump (all permitted - at least one level 7 jump) Technical: Use above/ as advised + 0.17 added for Euler							0.000	
2 jump combination (all permitted - at least one level 7 jump) Technical: Use above/ as advised and calculate pro rata		0.367	1			1	0.367	
3 jump combination (all permitted at least one level 7 jump) Technical: Use above/ as advised and calculate pro rata							0.000	
Number of elements called:					1			
Total Technical Elements						Total judges score for elements:		17.922
		Factor	WPI	WPI incl age				
Impairment Compensation (24 x WPI)		24.0	0.00%	0.00%				0.000
Technical Skating Skills (Factor x Score)		3.0			5.9			17.700
Artistic performance & Execution (Factor x Score)		3.0			5.1			15.300
Deductions								0.00
Total Score for Performance						50.92		
Programme duration (min): 3		Time Adjusted Championship World Ranking Score				16.97		