



## OGOPOGO

### NESSIE – 7 Element Circuit Event

S = Start

1. Fwd Sprial (choice of foot)
2. Fwd Crossovers (CCW)
3. 2ft Fwd->Bwd Jump
4. Bwd Crossovers (CW)
5. Fwd Power Jump
6. 1ft Side Stop (choice of foot)
7. 1ft Spin

F = Finish

Skaters will perform two rounds of the circuit, and they will be assessed on the better of the two. After, skaters will perform a 30s Creative Expression routine which they will hear once for practice and then once for evaluation. Skaters will be evaluated on the Creative Expression routine as 'Complete' or 'Incomplete'.

