



A. 1-5
1-5
WARM UP CHECKLIST (2)

1. SHUFFLE
2. QUICK FT. (20) + RUN
3. SWAGGIN 1:1
4. TURKEY
5. HIKES

D. 1-5
FROZEN CHECKLIST

1. FROZEN GREMLIN :08
2. FROZEN PIPES 3/:08
3. FROZEN LUNGE :05
4. FROZEN CROOK :08
5. FROZEN SAWED OFF 3/:05

B. **FREE STYLE**
PERFORM ANY 8 OF THE FOLLOWING 10 TASKS IN ANY ORDER DESIRED.

1. APE SHOOT!
2. TROG
3. RAMPAGE (12) + RUN
4. SUE-STEP (20) + RUN
5. BULLY
6. V-STEP (10) + RUN
7. BANDIT (20) + RUN
8. KOBOLD
9. INFINITY (20) + RUN
10. EXPLOSIONS

E. 1, SL
1, SL, 2, SL
1, SL, 2, SL, 3, SL
1, SL, 2, SL, 3, SL 4
SLALOM GAUNTLETED MTN

1. MOGUL (20) + RUN
SLALOM
2. MOGUL PUSH
SLALOM
3. KAMIKAZE 4-3-4-2-4-1-4-1
SLALOM
4. MASTODON

C. **SPEED SK8TER CROSS-FIRE**

1. ENFORCER
2. TIPPY-TAP
3. RDL (8) + TZN
4. TIP-TOES (20) + RUN
5. SKUFFLE
6. SPEED SKATES (20) + RUN
7. TWINKLE TOES (30) + TZN
8. TOP SHELF (8) + TZN

A. SKATES

- 1A, 1B
- 2A, 2B
- 3A, 3B
- 4A, 4B
- 5A, 5B
- 6A, 6B
- 7A, 7B
- 8A, 8B

B. SA PP

PERFORM ANY 6 OF THE FOLLOWING 8 VERSIONS OF TAKE OFF! PERFORM THE MOVEMENT NOTED ON THE FINAL PUSH FROM 3-4 AND FROM 2-1 ON THE RETURN.

F. SHOT PUT, TASK
SHOT PUT, TASK...
"CURLING"
SHOT PUT GAUNTLET

1. CURL WALK 6+
2. SCURL 1:1
3. CURL PRESS 5+
4. STAT. CURL (6) + TZN

G. **SKI-JUMP**

1. TAKE OFF!
2. GIMPY TAKE OFF!
3. VENOM TAKE OFF!
4. RAZOR TAKE OFF!
5. VEXUM TAKE OFF!
6. ENFORCER TAKE OFF!
7. TWISTED TAKE OFF!
8. SWASHBUCKLER TAKE OFF!