

British Ice Skating

LIST OF ELEMENTS - SCALE OF VALUES

Ice Dance - Free Dance

Element	Abbreviation	Abbr. without Level	Element Sort	Type	+5	+4	+3	+2	+1	Base Value	-1	-2	-3	-4	-5
Dance Spin	DSp	DSp	IB01	O	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dance Spin B	DSpB	DSp	IB02	O	1.35	1.08	0.81	0.54	0.27	1.80	0.27	0.54	0.81	1.08	1.35
Dance Spin 1	DSp1	DSp	IB03	O	2.81	2.25	1.69	1.13	0.56	3.75	0.56	1.13	1.69	2.25	2.81
Dance Spin 2	DSp2	DSp	IB04	O	2.81	2.25	1.69	1.13	0.56	4.50	0.56	1.13	1.69	2.25	2.81
Dance Spin 3	DSp3	DSp	IB05	O	2.81	2.25	1.69	1.13	0.56	5.25	0.56	1.13	1.69	2.25	2.81
Dance Spin 4	DSp4	DSp	IB06	O	2.81	2.25	1.69	1.13	0.56	6.00	0.56	1.13	1.69	2.25	2.81
Diagonal Step Sequence	DiSt	DiSt	IC001	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Diagonal Step Sequence Woman	DiStW	DiStW	IC002	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Diagonal Step Sequence Woman B	DiStWB	DiStW	IC003	S	1.69	1.35	1.01	0.68	0.34	2.25	0.34	0.68	1.01	1.35	1.69
Diagonal Step Sequence Woman 1	DiStW1	DiStW	IC004	S	2.61	2.09	1.57	1.04	0.52	3.48	0.52	1.04	1.57	2.09	2.61
Diagonal Step Sequence Woman 2	DiStW2	DiStW	IC005	S	2.61	2.09	1.57	1.04	0.52	3.73	0.52	1.04	1.57	2.09	2.61
Diagonal Step Sequence Woman 3	DiStW3	DiStW	IC006	S	2.61	2.09	1.57	1.04	0.52	4.10	0.52	1.04	1.57	2.09	2.61
Diagonal Step Sequence Woman 4	DiStW4	DiStW	IC007	S	2.61	2.09	1.57	1.04	0.52	4.48	0.52	1.04	1.57	2.09	2.61
Diagonal Step Sequence Man	DiStM	DiStM	IC008	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Diagonal Step Sequence Man B	DiStMB	DiStM	IC009	S	1.69	1.35	1.01	0.68	0.34	2.25	0.34	0.68	1.01	1.35	1.69
Diagonal Step Sequence Man 1	DiStM1	DiStM	IC010	S	2.61	2.09	1.57	1.04	0.52	3.48	0.52	1.04	1.57	2.09	2.61
Diagonal Step Sequence Man 2	DiStM2	DiStM	IC011	S	2.61	2.09	1.57	1.04	0.52	3.73	0.52	1.04	1.57	2.09	2.61
Diagonal Step Sequence Man 3	DiStM3	DiStM	IC012	S	2.61	2.09	1.57	1.04	0.52	4.10	0.52	1.04	1.57	2.09	2.61
Diagonal Step Sequence Man 4	DiStM4	DiStM	IC013	S	2.61	2.09	1.57	1.04	0.52	4.48	0.52	1.04	1.57	2.09	2.61
Midline Step Sequence	MiSt	MiSt	IC014	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Midline Step Sequence Woman	MiStW	MiStW	IC015	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Midline Step Sequence Woman B	MiStWB	MiStW	IC016	S	1.69	1.35	1.01	0.68	0.34	2.25	0.34	0.68	1.01	1.35	1.69
Midline Step Sequence Woman 1	MiStW1	MiStW	IC017	S	2.61	2.09	1.57	1.04	0.52	3.48	0.52	1.04	1.57	2.09	2.61
Midline Step Sequence Woman 2	MiStW2	MiStW	IC018	S	2.61	2.09	1.57	1.04	0.52	3.73	0.52	1.04	1.57	2.09	2.61
Midline Step Sequence Woman 3	MiStW3	MiStW	IC019	S	2.61	2.09	1.57	1.04	0.52	4.10	0.52	1.04	1.57	2.09	2.61
Midline Step Sequence Woman 4	MiStW4	MiStW	IC020	S	2.61	2.09	1.57	1.04	0.52	4.48	0.52	1.04	1.57	2.09	2.61
Midline Step Sequence Man	MiStM	MiStM	IC021	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Midline Step Sequence Man B	MiStMB	MiStM	IC022	S	1.69	1.35	1.01	0.68	0.34	2.25	0.34	0.68	1.01	1.35	1.69
Midline Step Sequence Man 1	MiStM1	MiStM	IC023	S	2.61	2.09	1.57	1.04	0.52	3.48	0.52	1.04	1.57	2.09	2.61
Midline Step Sequence Man 2	MiStM2	MiStM	IC024	S	2.61	2.09	1.57	1.04	0.52	3.73	0.52	1.04	1.57	2.09	2.61
Midline Step Sequence Man 3	MiStM3	MiStM	IC025	S	2.61	2.09	1.57	1.04	0.52	4.10	0.52	1.04	1.57	2.09	2.61
Midline Step Sequence Man 4	MiStM4	MiStM	IC026	S	2.61	2.09	1.57	1.04	0.52	4.48	0.52	1.04	1.57	2.09	2.61
Circular Step Sequence	CiSt	CiSt	IC027	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Circular Step Sequence Woman	CiStW	CiStW	IC028	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Circular Step Sequence Woman B	CiStWB	CiStW	IC029	S	1.69	1.35	1.01	0.68	0.34	2.25	0.34	0.68	1.01	1.35	1.69
Circular Step Sequence Woman 1	CiStW1	CiStW	IC030	S	2.61	2.09	1.57	1.04	0.52	3.48	0.52	1.04	1.57	2.09	2.61
Circular Step Sequence Woman 2	CiStW2	CiStW	IC031	S	2.61	2.09	1.57	1.04	0.52	3.73	0.52	1.04	1.57	2.09	2.61
Circular Step Sequence Woman 3	CiStW3	CiStW	IC032	S	2.61	2.09	1.57	1.04	0.52	4.10	0.52	1.04	1.57	2.09	2.61
Circular Step Sequence Woman 4	CiStW4	CiStW	IC033	S	2.61	2.09	1.57	1.04	0.52	4.48	0.52	1.04	1.57	2.09	2.61
Circular Step Sequence Man	CiStM	CiStM	IC034	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Circular Step Sequence Man B	CiStMB	CiStM	IC035	S	1.69	1.35	1.01	0.68	0.34	2.25	0.34	0.68	1.01	1.35	1.69
Circular Step Sequence Man 1	CiStM1	CiStM	IC036	S	2.61	2.09	1.57	1.04	0.52	3.48	0.52	1.04	1.57	2.09	2.61

British Ice Skating

LIST OF ELEMENTS - SCALE OF VALUES

Ice Dance - Free Dance

Element	Abbreviation	Abbr. without Level	Element Sort	Type	+5	+4	+3	+2	+1	Base Value	-1	-2	-3	-4	-5
Circular Step Sequence Man 2	CiStM2	CiStM	IC037	S	2.61	2.09	1.57	1.04	0.52	3.73	0.52	1.04	1.57	2.09	2.61
Circular Step Sequence Man 3	CiStM3	CiStM	IC038	S	2.61	2.09	1.57	1.04	0.52	4.10	0.52	1.04	1.57	2.09	2.61
Circular Step Sequence Man 4	CiStM4	CiStM	IC039	S	2.61	2.09	1.57	1.04	0.52	4.48	0.52	1.04	1.57	2.09	2.61
Serpentine Step Sequence	SeSt	SeSt	IC040	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Serpentine Step Sequence Woman	SeStW	SeStW	IC041	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Serpentine Step Sequence Woman B	SeStWB	SeStW	IC042	S	1.69	1.35	1.01	0.68	0.34	2.25	0.34	0.68	1.01	1.35	1.69
Serpentine Step Sequence Woman 1	SeStW1	SeStW	IC043	S	2.61	2.09	1.57	1.04	0.52	3.48	0.52	1.04	1.57	2.09	2.61
Serpentine Step Sequence Woman 2	SeStW2	SeStW	IC044	S	2.61	2.09	1.57	1.04	0.52	3.73	0.52	1.04	1.57	2.09	2.61
Serpentine Step Sequence Woman 3	SeStW3	SeStW	IC045	S	2.61	2.09	1.57	1.04	0.52	4.10	0.52	1.04	1.57	2.09	2.61
Serpentine Step Sequence Woman 4	SeStW4	SeStW	IC046	S	2.61	2.09	1.57	1.04	0.52	4.48	0.52	1.04	1.57	2.09	2.61
Serpentine Step Sequence Man	SeStM	SeStM	IC047	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Serpentine Step Sequence Man B	SeStMB	SeStM	IC048	S	1.69	1.35	1.01	0.68	0.34	2.25	0.34	0.68	1.01	1.35	1.69
Serpentine Step Sequence Man 1	SeStM1	SeStM	IC049	S	2.61	2.09	1.57	1.04	0.52	3.48	0.52	1.04	1.57	2.09	2.61
Serpentine Step Sequence Man 2	SeStM2	SeStM	IC050	S	2.61	2.09	1.57	1.04	0.52	3.73	0.52	1.04	1.57	2.09	2.61
Serpentine Step Sequence Man 3	SeStM3	SeStM	IC051	S	2.61	2.09	1.57	1.04	0.52	4.10	0.52	1.04	1.57	2.09	2.61
Serpentine Step Sequence Man 4	SeStM4	SeStM	IC052	S	2.61	2.09	1.57	1.04	0.52	4.48	0.52	1.04	1.57	2.09	2.61
One Foot Turns Sequence	OFT	OFT	IC061	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
One Foot Turns Sequence Woman	OFTW	OFTW	IC062	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
One Foot Turns Sequence Woman B	OFTWB	OFTW	IC063	S	0.60	0.48	0.36	0.24	0.12	0.80	0.12	0.24	0.36	0.48	0.60
One Foot Turns Sequence Woman 1	OFTW1	OFTW	IC064	S	1.82	1.45	1.09	0.73	0.36	2.42	0.36	0.73	1.09	1.45	1.82
One Foot Turns Sequence Woman 2	OFTW2	OFTW	IC065	S	1.82	1.45	1.09	0.73	0.36	2.67	0.36	0.73	1.09	1.45	1.82
One Foot Turns Sequence Woman 3	OFTW3	OFTW	IC066	S	1.82	1.45	1.09	0.73	0.36	3.05	0.36	0.73	1.09	1.45	1.82
One Foot Turns Sequence Woman 4	OFTW4	OFTW	IC067	S	1.82	1.45	1.09	0.73	0.36	3.42	0.36	0.73	1.09	1.45	1.82
One Foot Turns Sequence Man	OFTM	OFTM	IC068	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
One Foot Turns Sequence Man B	OFTMB	OFTM	IC069	S	0.60	0.48	0.36	0.24	0.12	0.80	0.12	0.24	0.36	0.48	0.60
One Foot Turns Sequence Man 1	OFTM1	OFTM	IC070	S	1.82	1.45	1.09	0.73	0.36	2.42	0.36	0.73	1.09	1.45	1.82
One Foot Turns Sequence Man 2	OFTM2	OFTM	IC071	S	1.82	1.45	1.09	0.73	0.36	2.67	0.36	0.73	1.09	1.45	1.82
One Foot Turns Sequence Man 3	OFTM3	OFTM	IC072	S	1.82	1.45	1.09	0.73	0.36	3.05	0.36	0.73	1.09	1.45	1.82
One Foot Turns Sequence Man 4	OFTM4	OFTM	IC073	S	1.82	1.45	1.09	0.73	0.36	3.42	0.36	0.73	1.09	1.45	1.82
Lift	Li	Li	ID00	M	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Combo Lift	CoLi	CoLi	ID00	M	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Stationary Lift	StaLi	StaLi	ID01	M	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Stationary Lift B	StaLiB	StaLi	ID02	M	0.86	0.69	0.52	0.35	0.17	1.15	0.17	0.35	0.52	0.69	0.86
Stationary Lift 1	StaLi1	StaLi	ID03	M	2.40	1.92	1.44	0.96	0.48	3.20	0.48	0.96	1.44	1.92	2.40
Stationary Lift 2	StaLi2	StaLi	ID04	M	2.40	1.92	1.44	0.96	0.48	3.95	0.48	0.96	1.44	1.92	2.40
Stationary Lift 3	StaLi3	StaLi	ID05	M	2.40	1.92	1.44	0.96	0.48	4.70	0.48	0.96	1.44	1.92	2.40
Stationary Lift 4	StaLi4	StaLi	ID06	M	2.40	1.92	1.44	0.96	0.48	5.45	0.48	0.96	1.44	1.92	2.40
Straight Line Lift	SILi	SILi	ID11	M	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Straight Line Lift B	SILiB	SILi	ID12	M	0.86	0.69	0.52	0.35	0.17	1.15	0.17	0.35	0.52	0.69	0.86
Straight Line Lift 1	SILi1	SILi	ID13	M	2.40	1.92	1.44	0.96	0.48	3.20	0.48	0.96	1.44	1.92	2.40
Straight Line Lift 2	SILi2	SILi	ID14	M	2.40	1.92	1.44	0.96	0.48	3.95	0.48	0.96	1.44	1.92	2.40
Straight Line Lift 3	SILi3	SILi	ID15	M	2.40	1.92	1.44	0.96	0.48	4.70	0.48	0.96	1.44	1.92	2.40

British Ice Skating

LIST OF ELEMENTS - SCALE OF VALUES

Ice Dance - Free Dance

Element	Abbreviation	Abbr. without Level	Element Sort	Type	+5	+4	+3	+2	+1	Base Value	-1	-2	-3	-4	-5
Straight Line Lift 4	SILi4	SILi	ID16	M	2.40	1.92	1.44	0.96	0.48	5.45	0.48	0.96	1.44	1.92	2.40
Curve Lift	CuLi	CuLi	ID21	M	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Curve Lift B	CuLiB	CuLi	ID22	M	0.86	0.69	0.52	0.35	0.17	1.15	0.17	0.35	0.52	0.69	0.86
Curve Lift 1	CuLi1	CuLi	ID23	M	2.40	1.92	1.44	0.96	0.48	3.20	0.48	0.96	1.44	1.92	2.40
Curve Lift 2	CuLi2	CuLi	ID24	M	2.40	1.92	1.44	0.96	0.48	3.95	0.48	0.96	1.44	1.92	2.40
Curve Lift 3	CuLi3	CuLi	ID25	M	2.40	1.92	1.44	0.96	0.48	4.70	0.48	0.96	1.44	1.92	2.40
Curve Lift 4	CuLi4	CuLi	ID26	M	2.40	1.92	1.44	0.96	0.48	5.45	0.48	0.96	1.44	1.92	2.40
Rotational Lift	RoLi	RoLi	ID31	M	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Rotational Lift B	RoLiB	RoLi	ID32	M	0.86	0.69	0.52	0.35	0.17	1.15	0.17	0.35	0.52	0.69	0.86
Rotational Lift 1	RoLi1	RoLi	ID33	M	2.40	1.92	1.44	0.96	0.48	3.20	0.48	0.96	1.44	1.92	2.40
Rotational Lift 2	RoLi2	RoLi	ID34	M	2.40	1.92	1.44	0.96	0.48	3.95	0.48	0.96	1.44	1.92	2.40
Rotational Lift 3	RoLi3	RoLi	ID35	M	2.40	1.92	1.44	0.96	0.48	4.70	0.48	0.96	1.44	1.92	2.40
Rotational Lift 4	RoLi4	RoLi	ID36	M	2.40	1.92	1.44	0.96	0.48	5.45	0.48	0.96	1.44	1.92	2.40
Long Lift	LoLi	LoLi	ID61	M	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Long Lift 1	LoLi1	LoLi	ID62	M	2.25	1.80	1.35	0.90	0.45	3.00	0.45	0.90	1.35	1.80	2.25
Long Lift 2	LoLi2	LoLi	ID63	M	2.25	1.80	1.35	0.90	0.45	5.00	0.45	0.90	1.35	1.80	2.25
Long Lift 3	LoLi3	LoLi	ID64	M	2.25	1.80	1.35	0.90	0.45	7.00	0.45	0.90	1.35	1.80	2.25
Long Lift 4	LoLi4	LoLi	ID65	M	2.25	1.80	1.35	0.90	0.45	8.00	0.45	0.90	1.35	1.80	2.25
Choreographic Dance Lift	ChLi	ChLi	ID66	w	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Choreographic Dance Lift 1	ChLi1	ChLi	ID67	w	4.15	3.32	2.49	1.66	0.83	1.10	0.22	0.44	0.66	0.88	1.10
Choreographic Spinning Movement	ChSp	ChSp	ID68	w	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Choreographic Spinning Movement 1	ChSp1	ChSp	ID69	w	4.15	3.32	2.49	1.66	0.83	1.10	0.22	0.44	0.66	0.88	1.10
Choreographic Twizzling Movement	ChTw	ChTw	ID70	w	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Choreographic Twizzling Movement 1	ChTw1	ChTw	ID71	w	4.15	3.32	2.49	1.66	0.83	1.10	0.22	0.44	0.66	0.88	1.10
Choreographic Sliding Movement	ChSl	ChSl	ID72	w	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Choreographic Sliding Movement 1	ChSl1	ChSl	ID73	w	4.15	3.32	2.49	1.66	0.83	1.10	0.22	0.44	0.66	0.88	1.10
Choreographic Character Step Sequence	ChSt	ChSt	ID74	w	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Choreographic Character Step Sequence 1	ChSt1	ChSt	ID75	w	4.15	3.32	2.49	1.66	0.83	1.10	0.22	0.44	0.66	0.88	1.10
Choreographic Assisted Jump	ChAJ	ChAJ	ID76	w	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Choreographic Assisted Jump 1	ChAJ1	ChAJ	ID77	w	4.15	3.32	2.49	1.66	0.83	1.10	0.22	0.44	0.66	0.88	1.10
Choreographic Hydroblading Movement	ChHy	ChHy	ID78	w	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Choreographic Hydroblading Movement 1	ChHy1	ChHy	ID79	w	4.15	3.32	2.49	1.66	0.83	1.10	0.22	0.44	0.66	0.88	1.10
Choreographic Rhythm Sequence	ChRS	ChRS	ID80	w	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Choreographic Rhythm Sequence 1	ChRS1	ChRS	ID81	w	7.50	6.00	4.50	3.00	1.50	2.00	0.40	0.80	1.20	1.60	2.00
Synchronized Twizzles	SyTw	SyTw	IE68	T	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Synchronized Twizzles Woman	SyTwW	SyTwW	IE69	T	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Synchronized Twizzles Woman B	SyTwWB	SyTwW	IE70	T	0.60	0.48	0.36	0.24	0.12	0.80	0.12	0.24	0.36	0.48	0.60
Synchronized Twizzles Woman 1	SyTwW1	SyTwW	IE71	T	1.82	1.45	1.09	0.73	0.36	2.42	0.36	0.73	1.09	1.45	1.82
Synchronized Twizzles Woman 2	SyTwW2	SyTwW	IE72	T	1.82	1.45	1.09	0.73	0.36	2.67	0.36	0.73	1.09	1.45	1.82
Synchronized Twizzles Woman 3	SyTwW3	SyTwW	IE73	T	1.82	1.45	1.09	0.73	0.36	3.05	0.36	0.73	1.09	1.45	1.82
Synchronized Twizzles Woman 4	SyTwW4	SyTwW	IE74	T	1.82	1.45	1.09	0.73	0.36	3.42	0.36	0.73	1.09	1.45	1.82
Synchronized Twizzles Man	SyTwM	SyTwM	IE75	T	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

British Ice Skating

LIST OF ELEMENTS - SCALE OF VALUES

Ice Dance - Free Dance

Element	Abbreviation	Abbr. without Level	Element Sort	Type	+5	+4	+3	+2	+1	Base Value	-1	-2	-3	-4	-5
Synchronized Twizzles Man B	SyTwMB	SyTwM	IE76	T	0.60	0.48	0.36	0.24	0.12	0.80	0.12	0.24	0.36	0.48	0.60
Synchronized Twizzles Man 1	SyTwM1	SyTwM	IE77	T	1.82	1.45	1.09	0.73	0.36	2.42	0.36	0.73	1.09	1.45	1.82
Synchronized Twizzles Man 2	SyTwM2	SyTwM	IE78	T	1.82	1.45	1.09	0.73	0.36	2.67	0.36	0.73	1.09	1.45	1.82
Synchronized Twizzles Man 3	SyTwM3	SyTwM	IE79	T	1.82	1.45	1.09	0.73	0.36	3.05	0.36	0.73	1.09	1.45	1.82
Synchronized Twizzles Man 4	SyTwM4	SyTwM	IE80	T	1.82	1.45	1.09	0.73	0.36	3.42	0.36	0.73	1.09	1.45	1.82
Sequential Twizzles	SqTw	SqTw	IE81	T	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sequential Twizzles Woman	SqTwW	SqTwW	IE82	T	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sequential Twizzles Woman B	SqTwWB	SqTwW	IE83	T	0.79	0.63	0.47	0.32	0.16	1.05	0.16	0.32	0.47	0.63	0.79
Sequential Twizzles Woman 1	SqTwW1	SqTwW	IE84	T	2.00	1.60	1.20	0.80	0.40	2.67	0.40	0.80	1.20	1.60	2.00
Sequential Twizzles Woman 2	SqTwW2	SqTwW	IE85	T	2.00	1.60	1.20	0.80	0.40	2.92	0.40	0.80	1.20	1.60	2.00
Sequential Twizzles Woman 3	SqTwW3	SqTwW	IE86	T	2.00	1.60	1.20	0.80	0.40	3.30	0.40	0.80	1.20	1.60	2.00
Sequential Twizzles Woman 4	SqTwW4	SqTwW	IE87	T	2.00	1.60	1.20	0.80	0.40	3.67	0.40	0.80	1.20	1.60	2.00
Sequential Twizzles Man	SqTwM	SqTwM	IE88	T	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sequential Twizzles Man B	SqTwMB	SqTwM	IE89	T	0.79	0.63	0.47	0.32	0.16	1.05	0.16	0.32	0.47	0.63	0.79
Sequential Twizzles Man 1	SqTwM1	SqTwM	IE90	T	2.00	1.60	1.20	0.80	0.40	2.67	0.40	0.80	1.20	1.60	2.00
Sequential Twizzles Man 2	SqTwM2	SqTwM	IE91	T	2.00	1.60	1.20	0.80	0.40	2.92	0.40	0.80	1.20	1.60	2.00
Sequential Twizzles Man 3	SqTwM3	SqTwM	IE92	T	2.00	1.60	1.20	0.80	0.40	3.30	0.40	0.80	1.20	1.60	2.00
Sequential Twizzles Man 4	SqTwM4	SqTwM	IE93	T	2.00	1.60	1.20	0.80	0.40	3.67	0.40	0.80	1.20	1.60	2.00
COMBO	COMBO	COMBO	IZZZ0	J	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Transition	TRANS	TRANS	IZZZ1		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Element	EXEL	EXEL	IZZZ2		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00