



37th Annual Pony Express Championships



Compete USA

September 17, 2017

To Be Held At:
Bode Ice Arena
2500 Southwest Parkway
St. Joseph, MO. 64503

Deadline Entry: July 30, 2017

Hosted by



Member Club

Sanctioned by:



Competition Rules and Eligibility

The 37th Annual Pony Express Figure Skating Championships competition will be conducted according to the current (2016) USFS Official Rulebook.

The Compete USA competition is open to ALL skaters who are current eligible (ER 1.00) members of either the LTS USA program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host LTS USA Program/club or any other LTS USA Program/club.

Eligibility will be based on skill level as of closing date of entries. All **Snowplow Sam and LTS USA 1-6, Pre-Free Skate** skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

Series Information

Mid-West Figure Skating Council Championship Series: St. Joseph Figure Skating Club is a member of the Mid-West Figure Skating Council (MWFSC) and is participating in the Mid-West Council Championship Series (MWCCS). Points will be awarded for Basic Elements, Basic Program and Artistic events. All MWFSC series competitions will use USFS Standard Announcement for elements / required content. At this time those competitions are Heart of America, Wichita Mid-Continent, Pony Express and Line Creek Fall Fling.

Skaters competing in this Series will receive points for placement in each of the above events at the recognized competitions. At the end of the season, the top point skaters will receive awards from MWFSC and the club with the most skater accumulated points will receive the Traveling Championship Trophy for that year.

There is an annual \$5 registration fee to enter the Championship Series, which can be paid at the first competition the skater enters or by registering on the Council website at MWFSC.org.

Entries and Fees

Online entries with secure credit card payment may be made at www.stjosephfsc.org (follow Pony Express Competition links to EntryEeze registration). Electronic entries must be paid with a successful credit card transaction to be considered valid and must be completed no later than **11:59PM Central time, July 30, 2017**.

Paper entries must be postmarked on or before July 25, 2017 and must include all entry fees and an additional \$5 processing fee. A postage meter will **not** be considered an acceptable proof of mailing date. Checks should be made payable to St. Joseph FSC. Paper entries should be mailed to:

2017 Pony Express Competition
c/o Mavis Anderson
124 West Highland Ave.
St. Joseph, MO. 64505

Late entries will be accepted at the discretion of the LOC (Local Organizing Committee) if accompanied by a \$25 late fee. The LOC reserves the right to limit entries in any event or to cancel an event based upon time restrictions. If only one competitor appears at an event, the referee will give the skater the option to compete. If the competitor chooses to compete, judges shall award their marks according to the rules and the applicable scoring system used. The competitor will receive first place. If the competitor/team chooses not to skate, the entry fee will be refunded. There will be a \$30 fee for returned checks. No refunds will be given after July 30, 2017 unless an event is cancelled or the competition is not held, per the rulebook. **If you register online, the processing fee is not refundable for any reason.**

PLEASE CHECK YOUR ENTRY CAREFULLY WITH YOUR COACH BEFORE SIGNING UP. Any changes requested after July 30th will incur a \$25 change fee. Changes made after August 27th may not appear in the program.

Fees* are as follows:

First LTS USA Event	\$50.00
Second and Each Additional LTS USA Event(s)	\$20.00
Paper Entry fee	\$5.00
Entry into Midwest Figure Skating Council Series.....	\$5.00

** Please note: Entry fee does not include practice ice. Practice ice is purchased separately.*

Practice Ice

Practice ice will be on Sunday, September 17, 2017, prior to the beginning of the Compete USA Competition. Practice ice sessions will be \$10 and will be 20 minutes. No music will be played. Please mark on the entry form if you wish to purchase practice ice and include payment with the entry fee. No refunds will be given for practice sessions not used.

Facility

This year's Pony Express Competition will be held at Bode Ice Arena which is located at 2500 SW Parkway, St. Joseph, Mo. The ice surface is 185'x 85'.

Registration

The Registration desk will be located in the lobby of Bode Ice Arena. Competitors should check in at the Registration desk as early as possible upon arrival. The Registration desk will open one hour before the first practice ice on the first day and one hour before the first event each subsequent day.

Official Notices

An official bulletin board will be maintained in the lobby. It is the skater's responsibility to check the bulletin board for event or schedule changes. **Skaters must check in with the ice monitor and should be prepared to compete 1 hour prior to scheduled times.**

Music

Competition music for all skaters must be submitted electronically. Competitors must provide music for all events, as appropriate. Competition music for all events that require music must be submitted electronically via EntryEeze by the competition deadline **July 30, 2017, at 11:59 pm.** After paying for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can logout of your account and return later to upload your music by going to the "competition" tab and then selecting "my music".

Your music must meet the following criteria. If you have questions about what format you have, please contact your coach and get a new version of your music that meets the criteria listed below.

Music Criteria:

1. File Format: MP3 (the online system will automatically check this)
2. Bit Rate: 192 kbps or higher (this will be checked by the music chairperson and they may request you upload a corrected file)
3. Sample Rate: 44,100 kHz (this will be checked by the music chairperson and they may request you upload a corrected file)
4. Leaders and trailers (the silence or "dead space" before and after the actual start and end of the program music) may not exceed two (2) seconds. We prefer that there be NO leaders or trailers at all. Excessive leaders and trailers may disrupt the playing of the music during competition.

Competitors must also bring a copy of their competition music on CD as a backup in case of technical difficulties and must be turned in at the registration desk at the time of check-in.

Only CDs (standard CD-R format only) will be accepted. CD-RWs will NOT be accepted due to compatibility issues. CDs must be clearly marked with the competitor's name, event, and running time. CDs must only have one piece of music per CD. The official competition CD turned in at the Registration Desk is reserved for use during the event and may not be retrieved for Practice Ice use.

Please keep additional copies of your music readily available for both practice ice and rink side during competition events. Music may be picked up at the registration desk following each event. Every reasonable care will be taken, but the SJFSC cannot be responsible for music left at the end of the competition.

Music issues during a performance – In most situations the event referee will NOT stop a performance due to music skipping, poor quality, music stops completely, incorrect tempo or similar issues. For such situations during a performance, the skater should immediately approach the event referee for resolution. Please note rule 1403C of the

USFS rulebook: If tempo or quality of the music is deficient, the competitor/couple/team must stop skating and notify the event referee.....Backup music CD must be readily available at rinkside.

Awards

Medals will be given for 1st through 4th places and ribbons will be awarded for 5th and 6th place for each event. All awards will be presented off-ice at the photographer's desk immediately after final results are posted for that event. Medals may be engraved for an additional cost at the time of the awards.

Pictures and Videos

Videotapes of each event and official awards photos may be arranged through the official event photographer. St. Joseph Figure Skating Club is not responsible for any arrangements made with the professional photographer. Individuals may use only hand held cameras and no rink power outlets may be used. **No flash photography is permitted of skaters on the ice.**

Merchandise

2017 Pony Express Championships shirts are available for pre-order purchase through entry-eeze registration. Programs and results will be available from the registration desk. There will be vendors with skating apparel and other items.

ADDITIONAL INFORMATION:

Hotel Information:

Official Hotels:

Stoney Creek Hotel & Conf. Center
1201 N. Woodbine
St Joseph, MO 64506
www.StoneyCreekHotels.com

Phone: (816) 901-9600 1-800-659-2220
Rate: \$112/night – 2 Queen or King Beds
Block Room Cut-Off Date: August 14, 2017
Block ID – 6004709

Fairfield Inn and Suites
4779 Tuscany Drive
St. Joseph, MO. 64506
www.marriott.com

Phone: (816) 232-2700
Rate: \$99/Single-Double \$139/Suites
Block Room Cut-Off Date: August 14, 2017
Block ID – Pony Express Competition

***Both Hotels offer Free Hot breakfast daily.
All blocks held until August 14, 2017, make reservations early !!!
Changes can always be made later.***

Additional Information and Questions

For additional and updated information, visit our club websites at www.stjosephfsc.org under the *Pony Express Championships* tab. The latest competition information, event schedules, and practice schedules will be posted as soon as they are available.

For more information or specific questions regarding the Pony Express Competition, please **email us at stjosephfsc@gmail.com**

Or feel free to contact one of the following:

Mavis Anderson, Competition Co-Chair	(816) 752-8694
Glenda Mills, Competition Co-Chair	(918) 399-2357



COMPETE USA

Basic Elements Event: SNOWPLOW SAM – BASIC 6, Pre-Free Skate

- To be skated on 1/2 ice.
- No music.
- **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump



Compete USA

Basic Program Event: SNOWPLOW SAM – BASIC 6, Pre-Free Skate

The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

- To be skated on full ice.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a • forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump



OPEN PAIRS EVENTS

This is a fun event open to any team who wants to present a pairs program of 1:30 to 2:00 minutes skated to the music of your choice. There are no restrictions for gender, age or skating level. The music selection can be any style, with or without vocals. No overhead lifts are permitted. The program will be judged on the unison of the pair team and on original choreography.

BASIC 6 SHOWCASE EVENTS

Judging will be based on originality, creativity, and musical interpretation that characterize the mood of the music. Jumps and spins will be judged on their artistic merit in the program, not on technical difficulty. Choice of music (vocals allowed) is up to the skater.

- Costumes are encouraged, but not required.
- Props are allowed but must be removed from the ice within 30 seconds from the end of the program. If props are not removed within the time limit a .2 point deduction will be applied.
- Event levels may be combined based on the number of entries.
- Time: 1 minute +/- 10 seconds and will be skated on full ice.

<u>EVENT</u>
Snowplow Sam
LTS USA 1 & 2
LTS USA 3 & 4
LTS USA 5 & 6
Pre-Free Skate

2017 Pony Express Championships Learn to Skate USA Competition Entry Application Form

September 17, 2017

ENTRY FORM MUST BE POSTMARKED BY July 25, 2017.

Skater's Last Name		Skater's First Name		USFSA/Basic Skills #	
Address			City		State
Parent/Guardian Name			Phone		
Email			Home Club		
Date of Birth		Age		Gender	
Highest USFS Basic Skills Test Passed			Highest ISI Test Passed		
Coach's Name		Coach's Address			
Coach's Phone			Coach's Email		

Check the events you wish to enter:

BASIC ELEMENTS EVENT:

<input type="checkbox"/> Snowplow Sam	<input type="checkbox"/> Basic 1	<input type="checkbox"/> Basic 2	<input type="checkbox"/> Basic 3	<input type="checkbox"/> Basic 4	<input type="checkbox"/> Basic 5	<input type="checkbox"/> Basic 6	<input type="checkbox"/> Pre-Free Skate
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BASIC PROGRAM EVENT:

<input type="checkbox"/> Snowplow Sam	<input type="checkbox"/> Basic 1	<input type="checkbox"/> Basic 2	<input type="checkbox"/> Basic 3	<input type="checkbox"/> Basic 4	<input type="checkbox"/> Basic 5	<input type="checkbox"/> Basic 6	<input type="checkbox"/> Pre-Free Skate
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BASIC 8 ARTISTIC EVENT:

<input type="checkbox"/> Snowplow Sam	<input type="checkbox"/> Basic 1 & 2	<input type="checkbox"/> Basic 3 & 4	<input type="checkbox"/> Basic 5 & 6	<input type="checkbox"/> Pre-Free Skate
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OPEN PAIRS EVENT:

<input type="checkbox"/> All Levels

EVENT FEES

First Event..... @ \$50.00 = \$ _____

Additional Events..... @ \$20.00 = \$ _____

Practice Ice Session..... @ \$10.00 = \$ _____

MWC Championship Series (if joining series)..... @ \$5.00 = \$ _____

Circle Shirt Size (if joining series):
 Child S Child M Child L Adult XS Adult S Adult M Adult L Adult XL

Paper Entry Fee (if not using EntryEeze) @ \$5.00 = \$ _____

TOTAL ENTRY FEE = \$ _____

Signatures & Certification of Competitor:

The Competitor is eligible to enter the events checked. It is agreed that the Competitor and family holds USFS, St. Joseph Figure Skating Club, Bode Ice Arena, and all their employees and agents harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

Competitor Signature _____	Date _____
Parent/Guardian Signature _____	Date _____
Instructor/Coach Signature _____	Date _____
Program Director/Club Officer Signature _____	Date _____

If mailing in a paper entry form, be sure to include the following items with your entry:

- ❑ Completed entry form
- ❑ Entry fees and practice ice fees - check payable to St. Joseph FSC
- ❑ Signatures from competitor (parent/guardian if applicable), coach, and club officer

Mail Completed Applications and Payment (checks to St. Joseph FSC) to:

**2017 Pony Express Championships
c/o Mavis Anderson
124 West Highland Ave.
St. Joseph, MO. 64505**

Pony Express Championships Advertising Form

THIS FORM MUST BE POSTMARKED BY July 25, 2017

The St. Joseph Figure Skating Club invites you to submit an advertisement to be printed in the program for the **2017 Pony Express Championships**. Putting on a competition is increasingly expensive and selling Advertising and Happy Ads will help us defray some expenses of the competition and Happy Ads make your skater feel special! (please circle desired ad).

Happy ADS (select one from the next page)	\$ 5.00
BUSINESS CARD AD	\$ 15.00
QUARTER PAGE (camera ready)	\$ 20.00
HALF PAGE (camera ready)	\$ 40.00
FULL PAGE (8 1/2 x 11, camera ready)	\$ 80.00

TOTAL: \$ _____

Please send your Business card, artwork, this form and your check made payable to the SJFSC by August 11, 2017.

PLEASE SEND A SEPARATE CHECK. DO NOT COMBINE IT WITH ENTRY/PRACTICE FEES.

Happy ads on next page may be personalized as desired. **(Skaters love these!)**

Name:

Organization:

Address:

City:

_____ State: _____ Zip _____

Home Phone:

Work Phone

Ad Size _____

THANK YOU FOR YOUR SUPPORT!

MAIL TO: 2017 Pony Express Championships
c/o Mavis Anderson
124 West Highland
St. Joseph, Mo 64505

"Happy Ads" for the

2017 Pony Express Championships Printed Program

The "Happy Ads" section of the printed program is the first place skaters look when they get a program. They enjoy the special messages from their parents, grandparents, siblings, friends, and other family members.

Please select the number of the ads you wish to purchase: _____

Skater's name (as it is to be printed in the ad): _____

Your short message (please print clearly):

