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LAKE PLACID 2023 FISU WORLD UNIVERSITY GAMES

# Music and PPC Submission

DECEMBER, 2022

# Introduction

To aid in the collection of Planned Program Content (PPC), music files, and music information, the Organizing Committee will be using the EntryEeze online competition management service.

Upon confirmation of an athlete's registration, the Organizing Committee will send an email to each competitor, coach, or designated delegation representative with the log in credentials for accessing the EntryEeze site and instructions for creating an account. A coach or other designated representative may create the account on behalf of the athlete but will create the account using the athlete's information (not the coach's or representative's).

The athlete, coach, or delegation representative is responsible for submitting their music and PPC online via the EntryEeze website **no later than 23:59 Monday, 26 December, 2022.**

For Ice Dance teams, ONLY ONE skater will need to create an EntryEeze account and submit music and PPC information on behalf of the Ice Dance team.

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# Accessing EntryEeze

The EntryEeze website can be accessed at: <http://comp.entryeeze.com/Home.aspx?cid=817>

From the home page, you can access the FSK Competition Announcement, these instructions, and the FSK Technical Handbook on the left side of the screen.

After completing the initial account setup process, you may re-enter the EntryEeze site as often as needed to update or change any previously submitted information.

To enter the website, click the gray “Skaters & Parents” button.

Powered by: **entryeeze**  
we make competitions a breeze

**Adirondack Sports Council**  
Lake Placid, NY

Presents  
**Lake Placid 2023 FISU World University Games**  
Thursday, January 12 - Sunday, January 22, 2023

Entry deadline:  
**Mon, Dec 12, 2022**  
1:00 AM (US/Eastern)

To download the competition announcement:  
[CLICK HERE](#)

**Entry deadline has expired**  
The chairperson for *Lake Placid 2023 FISU World University Games* has not yet posted a schedule.  
To inquire about the schedule, or for questions about the competition, please send a message to Amy Fairchild:  
860-778-8490  
[Send an email](#)

**Skaters & Parents**  
Click here to register and view your competition schedule

**Coaches**  
Click here to view your skaters' entries and your competition schedule

**Administrators**  
Click here to enter the Administration home page (you must have a valid username and password)

**Click here to enter the site**



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# Creating an Account

To create a new account, you will need a 7-digit number. If you do not have a U.S. Figure Skating membership number, you can create your own 7-digit number (be sure to use a number that you'll remember!!!) and enter it into the "USFSA#" field. Next, the system will ask you to enter the numbers that you see in the lower box. Click "Continue".

Note: For Ice Dance teams, only ONE skater needs to create the account on behalf of the Dance team.

Lake Placid 2023 FISU World University Games

Please enter your USFSA# (or LTS USA#)

USFSA# (or LTS USA#)  [Next...](#)

**Create your own 7-digit number if you don't have a current U.S. Figure Skating membership number.**

**If you try to use a number that is already taken, you will be asked to enter the PIN associated with that number. Since you won't have the PIN, you will need to go back and try a different number.**

**Be sure to use a number that you'll remember!!**

Lake Placid 2023 FISU World University Games

We do not yet have an account for you in this year's Lake Placid 2023 FISU World University Games.

Complete this form and we will help you create an account.

Please enter the text shown in the box:

Enter the text shown in the box below:  [Continue](#)

**Introducing The new EntryEeze Mobile App**

**entryeeze** we make competitions a breeze

*For Skaters & Teams*

Available now for your Android device:

[GET IT ON Google Play](#)

This app will be available for iOS devices in **early 2020**



# Creating an Account

• **Required** This information is needed for eligibility and competition records.

## Your personal information

The athlete's Given name.

**Skater's First Name** Tammy

The athlete's Family name.

**Skater's Last Name** Twizzle

The system is not designed to accept foreign addresses, so athletes will need to use the address of the Olympic Center as their primary address - please input the address shown.

**Address** 2634 Main Street

**City** Lake Placid

**State / Province** New York

**ZIP / Postal Code** 12946

This is the Athlete's primary phone number and email address that will be used for communications regarding music and PPCs.

**Phone** 518-249-6706 ### - ### - ####

**Email Address** amy.fairchild@lakeplacid2023.com

**Confirm Email** amy.fairchild@lakeplacid2023.com

Use the dropdown arrow to select the athlete's birth month, day, and year.

**Birth Date** Jan 1 2001

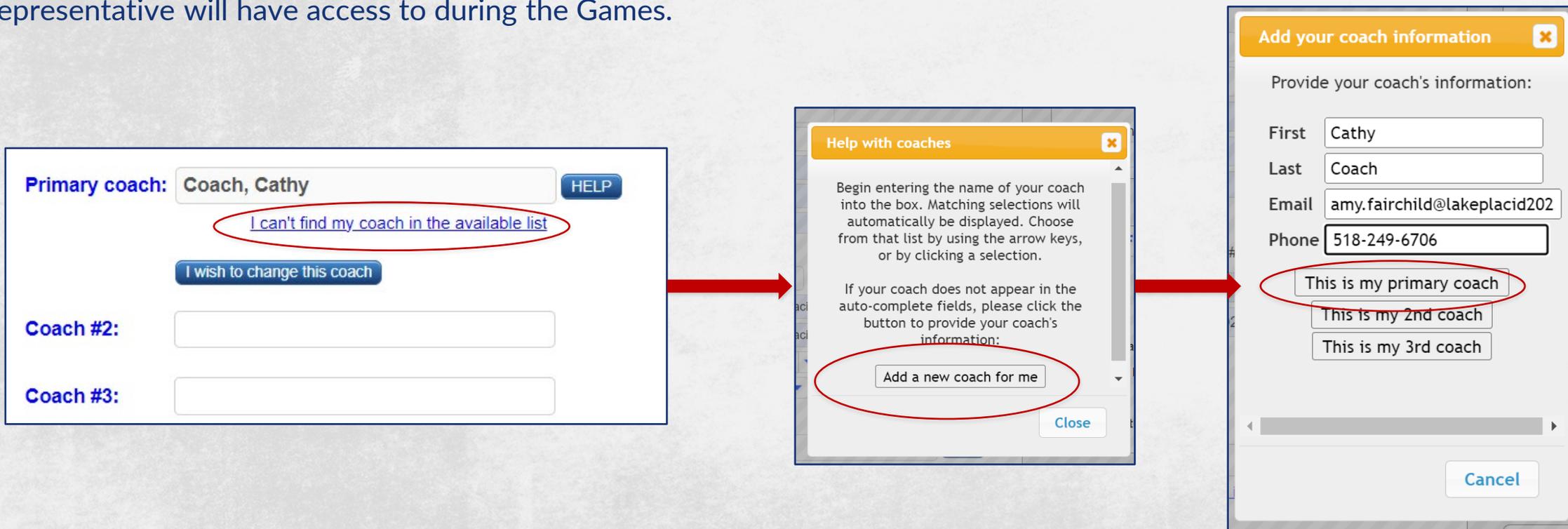
Use the dropdown arrow to select the athlete's gender.

**Gender** Female

# Creating an Account

All athletes must enter the name of at least one coach or delegation representative. To add the name, click on “I can’t find my coach in the available list”, then “Add a new coach for me”, input the required information, then click “This is my primary coach”. You may repeat this process if you’d like to add additional coaches, but only one is required.

Note: Communications will be sent to the email provided, so please provide a valid email that the coach or delegation representative will have access to during the Games.



# Creating an Account

Please enter your country code – click “I wish to change my home club selection”, input your three-letter country code, then click “Save my home club”.

**Your home club, skating school, or skating federation:**

USA HELP

**I wish to change my home-club selection**

**COUNTRY CODES:**

ARM – Armenia  
 AUS – Australia  
 AUT – Austria  
 BUL – Bulgaria  
 CHN – China (People’s Republic of)  
 CZE – Czech Republic  
 ESP – Spain  
 EST – Estonia  
 FIN – Finland  
 FRA – France  
 GBR – United Kingdom

GER – Germany  
 HKG – Hong Kong, China  
 HUN – Hungary  
 ITA – Italy  
 JPN – Japan  
 KAZ – Kazakhstan  
 KGZ – Kyrgyzstan  
 KOR – Republic of Korea  
 LAT – Latvia  
 LTU – Lithuania  
 MEX – Mexico  
 NOR – Norway

PHI – Philippines  
 POL – Poland  
 SUI – Switzerland  
 SVK – Slovakia  
 SWE – Sweden  
 THA – Thailand  
 TUR – Türkiye  
 UKR – Ukraine  
 USA – United States of America  
 UZB – Uzbekistan

**Choose your home-club status**

Take me back to the previous screen

I am an individual member of U.S.F.S.

I am not a member of a club or school

I am a Special Olympics skater

I am a member of:

USA **Save my home-club**



# Creating an Account

To assist the announcers, please provide a phonetic pronunciation of your first and last name. For help, click the black "INSTRUCTIONS" button

For all singles athletes, please use the dropdown to select "Senior".

For Ice Dance teams, please use the dropdown to select "Senior".

The system will automatically generate a PIN number. You may change this to a different number if you prefer. You will need this number to access your account in the future, so please be sure to write it down or save it someplace safe in case you forget it.

• **Requested** Please assist the announcer in properly pronouncing your name.

**Name pronunciation (optional)**

**INSTRUCTIONS**

Enter phonetic text (pronunciation) here:

TAM-ee TWIZ-uhl

• **Needed** If you have tested (even under LTS USA), please tell us your current test levels.

**Your USFS test levels**

<b>Freeskate / LTS USA</b>	Senior	▼
<b>Pairs</b>	- None -	▼
<b>Pattern Dance</b>	- None -	▼
<b>Solo Free Dance</b>	- None -	▼
<b>Partnered Free Dance</b>	- None -	▼
<b>Moves in the Field</b>	- None -	▼

• **For Login** Your USFSA# and PIN number will be needed to login to your account.

**Your 4-digit PIN number**

We have assigned you a PIN number, but you may change it if you wish: (it must be 4 digits)

Your PIN number 7965

# Creating an Account

Once all information has been entered, click the blue “Save skater information” at the bottom.

### Your personal information

Skater's First Name

Skater's Last Name

Address

City

State / Province

ZIP / Postal Code

Phone  ### - ### - ####

Email Address

Confirm Email

Birth Date

Gender

Primary coach:  HELP  
[I can't find my coach in the available list](#)

Coach #2:

Coach #3:

Your home club, skating school, or skating federation:  
 HELP

### Name pronunciation (optional)

INSTRUCTIONS

Enter phonetic text (pronunciation) here:

- Needed** If you have tested (even under LTS USA), please tell us your current test levels.

### Your USFS test levels

Freeskate / LTS USA

Pairs

Pattern Dance

Solo Free Dance

Partnered Free Dance

Moves in the Field

- For Login** Your USFSA# and PIN number will be needed to login to your account.

### Your 4-digit PIN number

**We have assigned you a PIN number, but you may change it if you wish: (it must be 4 digits)**

Your PIN number

# Creating an Account

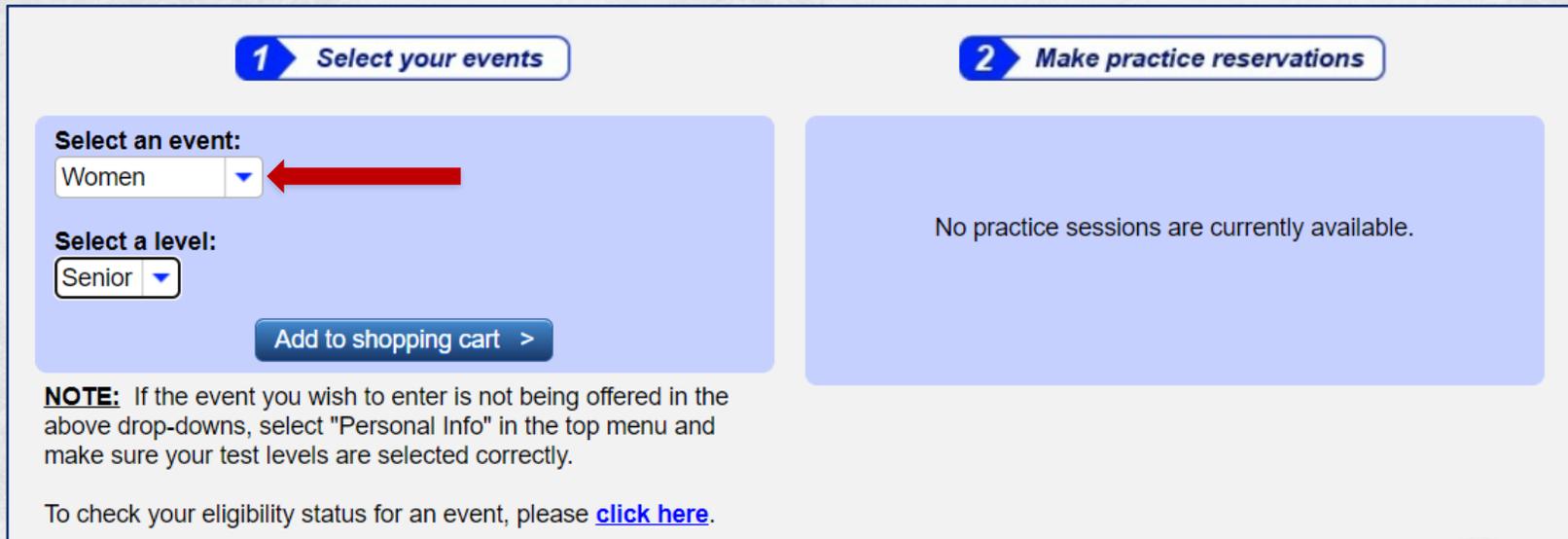
Use the blue dropdown arrow to select the appropriate event.

The level will automatically default to “Senior”.

Click the blue “Add to shopping cart” button.

Use the blue dropdown arrow to select “Gala – Singles” or “Gala – Ice Dance”.

Click the blue “Add to shopping cart” button, then the “Go to Shopping Cart” button at the top.



**1 Select your events**

Select an event:  
Women

Select a level:  
Senior

Add to shopping cart >

**2 Make practice reservations**

No practice sessions are currently available.

**NOTE:** If the event you wish to enter is not being offered in the above drop-downs, select "Personal Info" in the top menu and make sure your test levels are selected correctly.

To check your eligibility status for an event, please [click here](#).



Competition My Account Practice Ice Help & Misc

**1 Select your events**

Select an event:  
Gala - Singles

Select a level:  
Senior

Add to shopping cart >

**2 Make practice reservations**

No practice sessions are currently available.

1  
Go to Shopping Cart

# Creating an Account

### Shopping Cart

**Tammy Twizzle**

**Events**

Women, Senior Free  
[Delete this item](#)

Gala - Singles, Senior Free  
[Delete this item](#)

**Practice Ice**

None selected

---

**Subtotal:** \$0.00

[Proceed to checkout...](#)





Some events in your shopping cart require Planned Program Content

If you have already supplied your Planned Program Content, please disregard this page.

Otherwise, we need your information as early as possible. If you choose not to enter your information at this time, you can return to your account later and click on the "Planned Program Content" tab.

Please [click here](#) to enter your Planned Program Content now.

[No, continue with checkout](#)

# Creating an Account

- Program music is generally created using multiple pieces of music and you must enter copyright information for each piece used in each file for each segment skated. For assistance in gathering the copyright information, go to <https://www.mpa.org/copyright-search/>.
- For further guidance: <https://olympics.com/athlete365/games-time/music-in-sport/>
- If music information is not complete, practice will not be provided.
- All questions or issues regarding the submission of program music should be directed to: [music@lakeplacid2023.com](mailto:music@lakeplacid2023.com).

We need the following information before your entry can be finalized:

**Tammy Twizzle**

Short Program/Rhythm Dance Music - for each track, please provide Title, Duration, Artist, Record Label, Year of release, Writer, Arranger, Publisher

Maximum 400 characters

Free Skate/Free Dance Music - for each track, please provide Title, Duration, Artist, Record Label, Year of release, Writer, Arranger, Publisher

Maximum 400 characters

Exhibition Gala Music - for each track, please provide Title, Duration, Artist, Record Label, Year of release, Writer, Arranger, Publisher

Maximum 400 characters

**Submit answers**



# Creating an Account

Please CAREFULLY AND THOROUGHLY read the declarations. Click the box next to “I understand and agree”, and then click the blue “Continue checkout” button at the bottom.

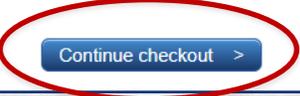


## Competitor/Parent/Guardian Statement:

I/We the undersigned,

1. accept the ISU Constitution, which establishes an ISU Disciplinary Commission (Article 25) and recognizes the Court of Arbitration for Sport (CAS), in Lausanne, Switzerland as the arbitration tribunal authorized to issue final and binding awards involving the ISU, its Members and all participants in ISU activities, excluding all recourse to ordinary courts (Articles 26 & 27); and
2. certify and warrant that for the Lake Placid 2023 FISU World University Games events, including the Exhibition Gala, the music and choreography presented and used by the Competitor(s) have been fully cleared and authorized for public use and television and other media exhibition broadcast and re-broadcast throughout the world without further clearances or payments of any kind on the part of ISU, the Organizing Member, the Organizing Committee or the relevant television network or broadcaster being required; and
3. declare that I/we understand and will comply with ISU General Regulations, Rule 102 paragraph 6.a) for Figure Skating regarding the display and non-display of trademarks during the Lake Placid 2023 FISU World University Games, including, but not limited to, the Exhibition Gala and prize-giving ceremonies, and recognize that negative consequences as outlined in ISU Communication 2221 titled “Uniforms/Racing Suits/Clothing” (or any update of this Communication) will result from non-compliance with its requirements;
4. am/are familiar with the ISU Code of Ethics (ISU Communication 2215 or any update of this Communication) as well as ISU Anti-Doping Rules and ISU Anti-Doping Procedures (ISU Communication 2344 & 2366 or any update of the Communications) and also with the current List of Prohibited Substances and Methods and I/we declare that I/we will fully comply with such Rules.

  I understand and agree

 [Continue checkout >](#)

# Creating an Account

Click the blue “Complete checkout” button to complete your account setup.

**Review your selections, then click 'Continue'**

**Tammy Twizzle**

**Event Selections**

Women, Senior	\$0.00
Gala - Singles, Senior	\$0.00

Coupon / promo code (optional)

---

**Total charge** \$0.00

# Creating an Account

Congratulations! You have completed your account set up. From here, you can proceed to the music upload process or go to your account dashboard. If you are a delegation representative creating accounts for multiple skaters, you can click the blue “Enter another skater” to begin a new account.

### Confirmation

Thank you. Below is a summary of your purchase. A receipt has also been sent to your email address.

<b>Tammy Twizzle</b>	
Women, Senior	
Gala - Singles, Senior	
<b>Payment information</b>	
Amount paid:	0.00
Payment:	No-charge
Check Number:	--

The chairperson for this competition is asking that music be uploaded in EntryEeze.

[Click here for the music upload page](#) --

OR, you may login to your account at a later date to complete your uploads (before the music-upload deadline).

Continue
Enter another skater

### Gala - Singles - Senior

Select MP3 / M4A file:  No file chosen

[Upload file](#)

---

### Free Skate - Senior

Select MP3 / M4A file:  No file chosen

[Upload file](#)

---

### Short Program - Senior

Select MP3 / M4A file:  No file chosen

[Upload file](#)

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Logout

0 [Go to Shopping Cart](#)

Entry Information

Events	
Women, Senior	
Gala - Singles, Senior	
Exclusive practice sessions	

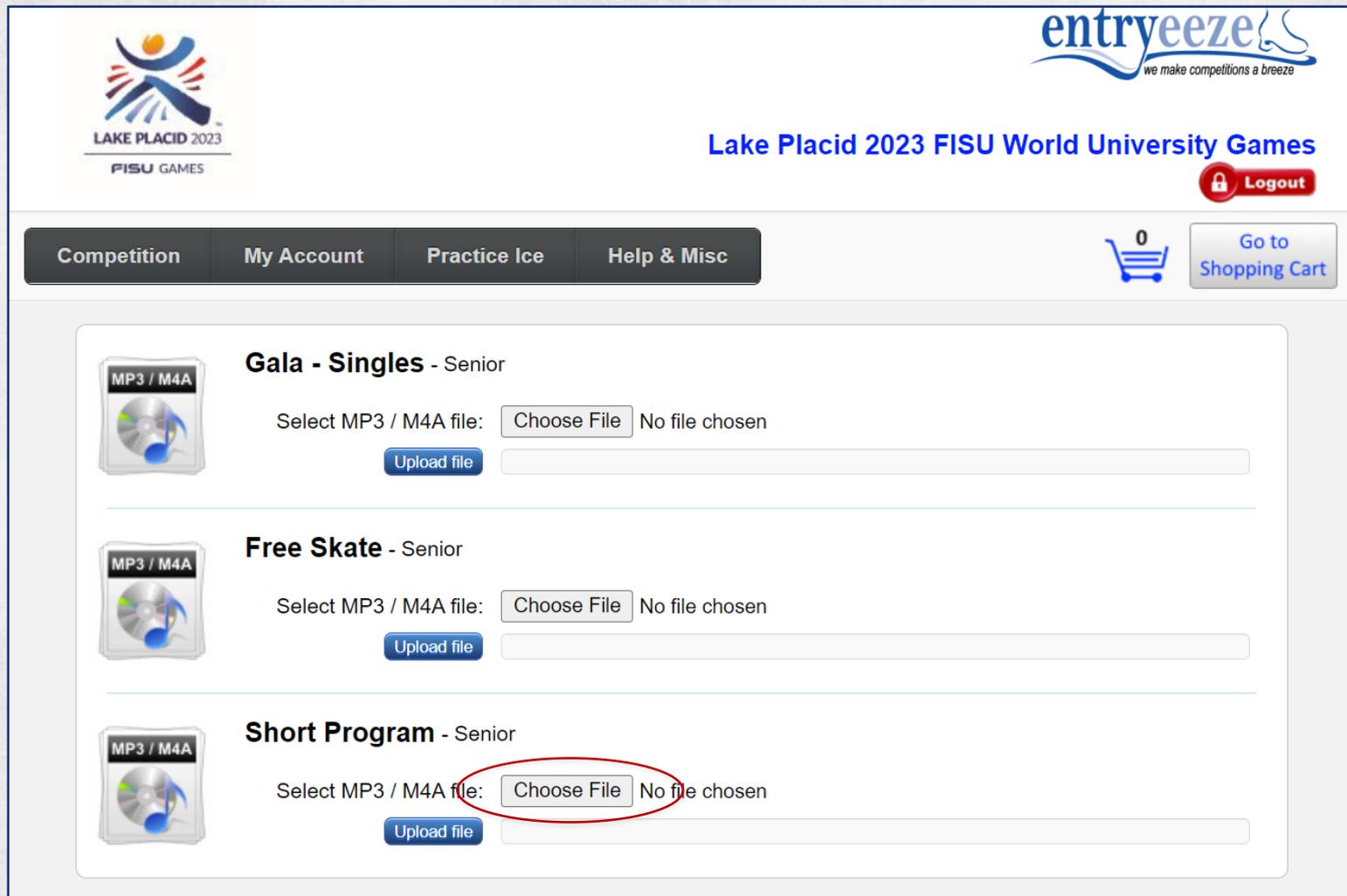
Payment Summary

Payments include the non-refundable convenience fee (if payment was processed online)

Dec 10, 2022	No-charge	\$0.00
Dec 10, 2022	No-charge	\$0.00

# Uploading Music Files

Click on the gray “Choose File” button, navigate to where your music file is saved on your computer and select your music file.



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 Logout

Competition My Account Practice Ice Help & Misc

 0 [Go to Shopping Cart](#)

**Gala - Singles - Senior**

MP3 / M4A

Select MP3 / M4A file:  No file chosen

**Free Skate - Senior**

MP3 / M4A

Select MP3 / M4A file:  No file chosen

**Short Program - Senior**

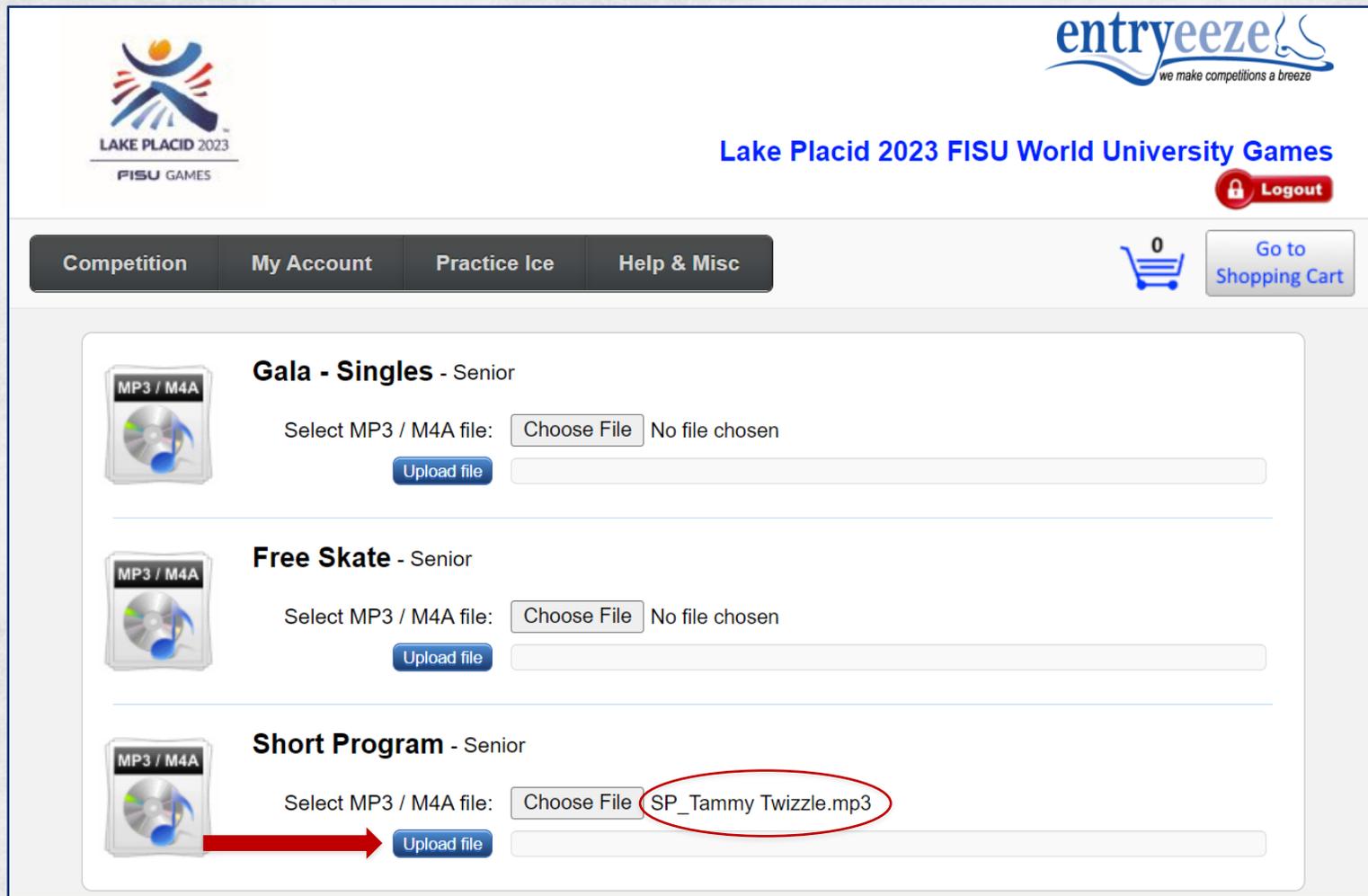
MP3 / M4A

Select MP3 / M4A file:  No file chosen

# Uploading Music Files

The name of your music file will show to the right of the “Choose File” button.

If this is the correct file, click the blue “Upload file” button.

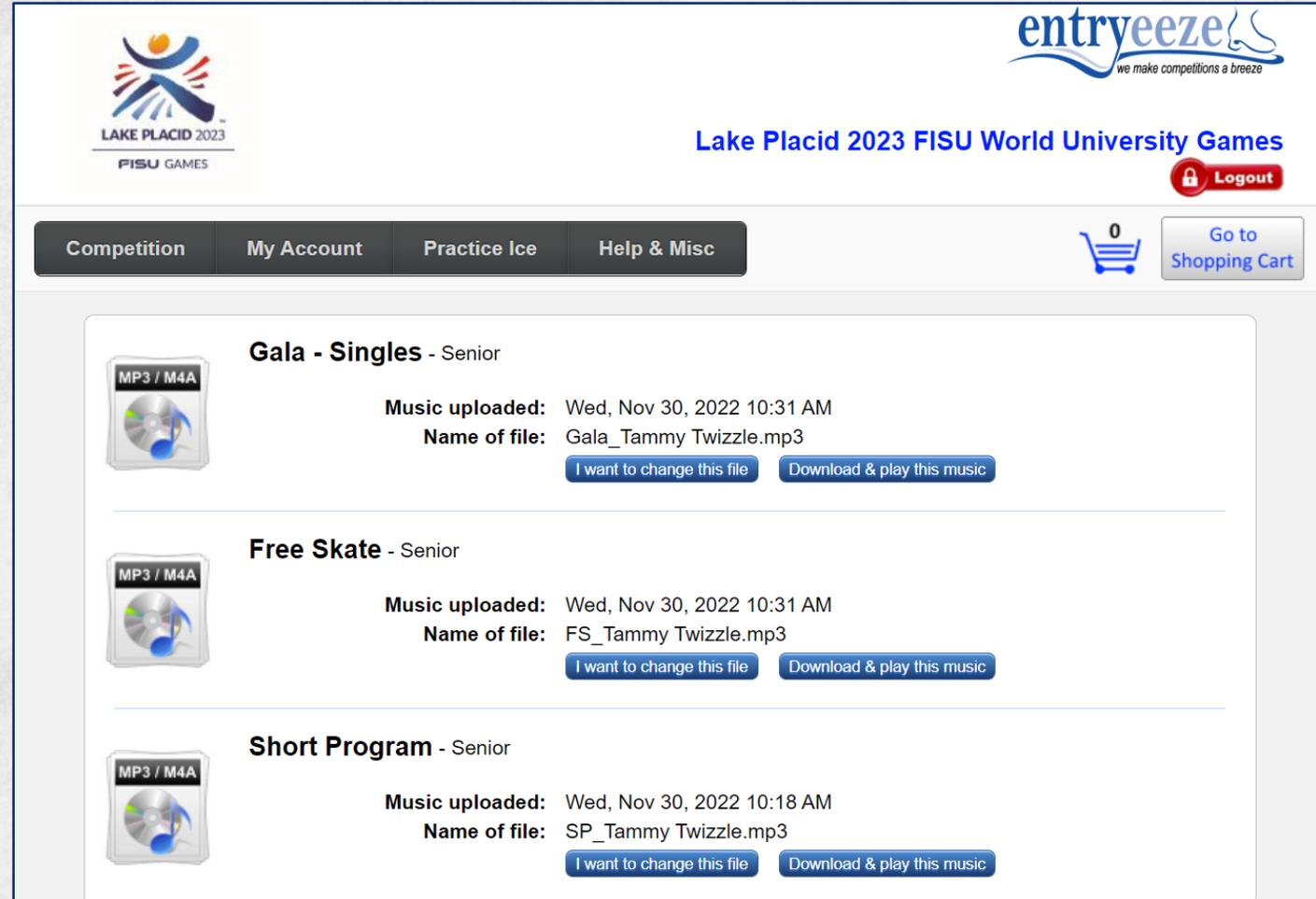


The screenshot shows the FISU Games website interface for uploading music files. At the top left is the Lake Placid 2023 FISU Games logo. At the top right is the 'entryeeze' logo with the tagline 'we make competitions a breeze'. Below the logos is the text 'Lake Placid 2023 FISU World University Games' and a 'Logout' button. A navigation bar contains 'Competition', 'My Account', 'Practice Ice', and 'Help & Misc'. On the right side of the navigation bar is a shopping cart icon with '0' items and a 'Go to Shopping Cart' button. The main content area is divided into three sections for different events: 'Gala - Singles - Senior', 'Free Skate - Senior', and 'Short Program - Senior'. Each section has an 'MP3 / M4A' icon, a 'Select MP3 / M4A file:' label, a 'Choose File' button, and a text field showing 'No file chosen'. Below each 'Choose File' button is a blue 'Upload file' button. In the 'Short Program - Senior' section, the file name 'SP\_Tammy Twizzle.mp3' is displayed in the text field and is circled in red. A red arrow points from the 'Upload file' button to the circled file name.

# Uploading Music Files

Follow the same process for uploading the music file for the second segment.

We are requesting that ALL athletes upload music for the Gala in advance should they be invited to perform. Athletes invited to perform in the Gala will be notified following the completion of their event.



The screenshot shows the 'entryeeze' website interface for the Lake Placid 2023 FISU World University Games. The top navigation bar includes the FISU logo, the event name, a 'Logout' button, and a shopping cart icon with '0' items. Below the navigation bar are tabs for 'Competition', 'My Account', 'Practice Ice', and 'Help & Misc'. The main content area displays three music upload entries:

- Gala - Singles - Senior**: Music uploaded: Wed, Nov 30, 2022 10:31 AM; Name of file: Gala\_Tammy Twizzle.mp3. Buttons: 'I want to change this file', 'Download & play this music'.
- Free Skate - Senior**: Music uploaded: Wed, Nov 30, 2022 10:31 AM; Name of file: FS\_Tammy Twizzle.mp3. Buttons: 'I want to change this file', 'Download & play this music'.
- Short Program - Senior**: Music uploaded: Wed, Nov 30, 2022 10:18 AM; Name of file: SP\_Tammy Twizzle.mp3. Buttons: 'I want to change this file', 'Download & play this music'.

# Uploading Music Files

- Music file requirements:
  - The music files must be uploaded as **.mp3** or **.m4a** file formats. Any other format, such as .wav file or CD, is not acceptable.
  - Only one piece of music for each .mp3 or .m4a file will be allowed.
  - Bit rate: 192 kbps or higher (this will be checked by the Chief Music Coordinator and they may request that you upload a corrected file)
  - Sample rate: 44,100 kHz (this will be checked by the Chief Music Coordinator and they may request that you upload a corrected file)
  - Maximum file size of 10 MB
  - No ID3 Metadata tags
  - Maximum 2 seconds leader silence, preferably no leader at all.
- Please note: Files in MP3 format may have a significant difference in the music quality when reproduced. The Organizing Committee in this case is not responsible if the music quality would be insufficient.

# Uploading Music Files

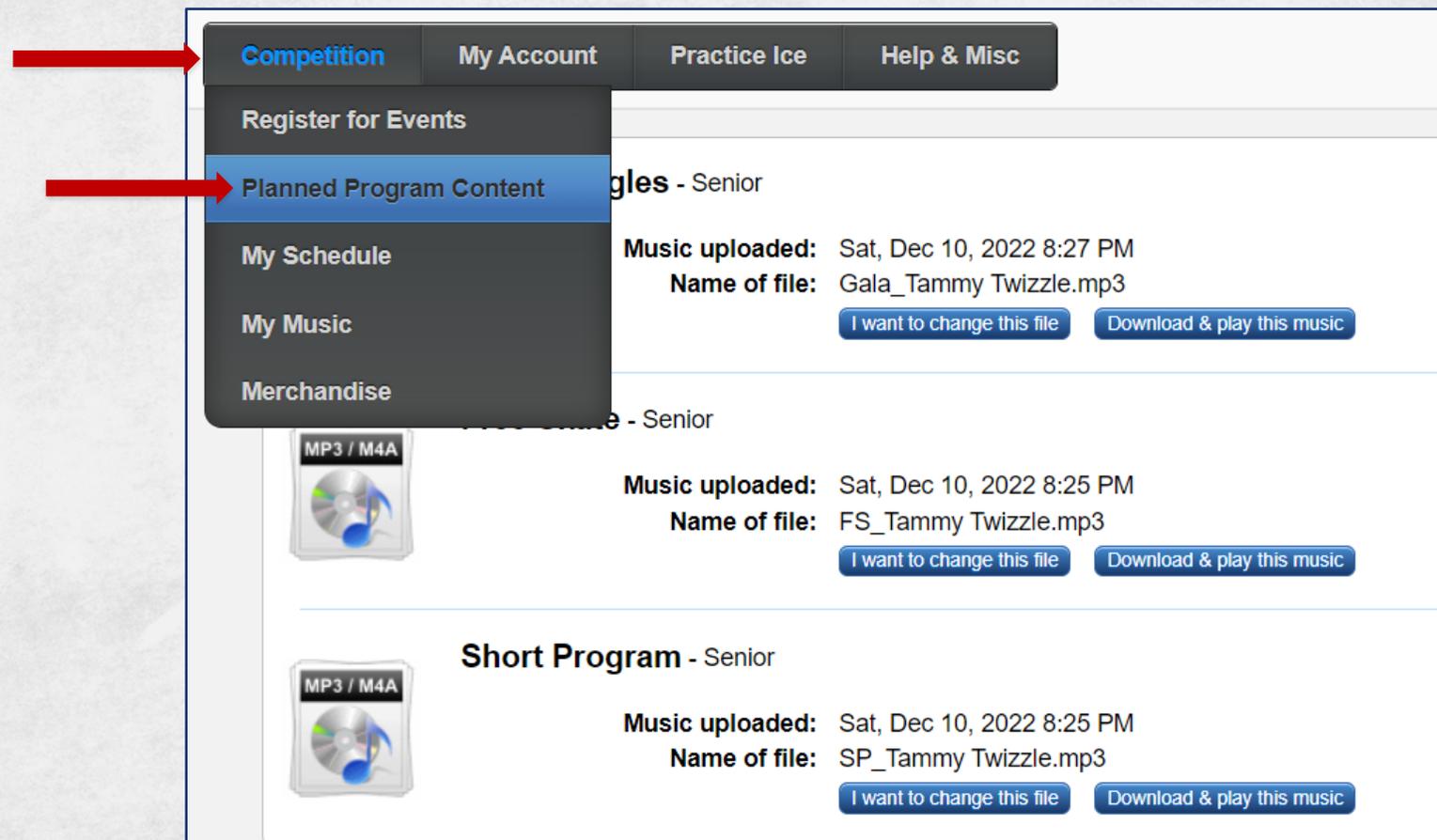
- Each Competitor must provide a back-up drive (USB Stick) for each program in the format of a .mp3 or .m4a file and present it upon accreditation if the music has not been sent by the deadline of **23:59 Monday, 26 December, 2022**.
- The exact running time of the music (not skating time) must be communicated to the Organizing Committee when submitting the music and shall be certified by the Competitor/Coach/Team Leader at the time of registration.
- During the 1st Official Practice, the music will be played as indicated in the Practice Schedule and the competitor will be allowed to verify the correctness of the submitted music. If there is an issue with the music, the Team Leader or Coach may be allowed to change the music by presenting an acceptable reproduction to the Organizing Committee's Music Team (USB Stick with file format of .mp3 or .m4a file).

# Uploading Music Files

- Please note: CDs will NOT be accepted. Competitors will need to bring a copy of their music on a digital device (USB Stick) in case of technical difficulties.
- The titles, composers and orchestras of the music to be used for the Short Program and Free Skating Program for Single, for the Rhythm and Free Dance Program for Ice Dance and for the Exhibition must all be entered, in detail, by the skater, coach, or team leader when uploading the music file via Entryeeze. Program music is generally created using multiple pieces of music and you must enter copyright information for each piece used in each file. For assistance in gathering the copyright information, go to <https://www.mpa.org/copyright-search/>.
- For further guidance: <https://olympics.com/athlete365/games-time/music-in-sport/>
- If music information is not complete and/or the music is not provided, practice will not be provided.
- All questions or issues regarding the submission of program music should be directed to: [music@lakeplacid2023.com](mailto:music@lakeplacid2023.com).

# Planned Program Content (PPC)

After successfully uploading your music, you are ready to proceed to the Planned Program Content screen. From the top menu, click on “Competition”, then “Planned Program Content”



The screenshot displays the user interface for Planned Program Content (PPC). At the top, there is a navigation bar with four tabs: **Competition**, **My Account**, **Practice Ice**, and **Help & Misc**. A dropdown menu is open under the **Competition** tab, listing several options: **Register for Events**, **Planned Program Content** (which is highlighted in blue), **My Schedule**, **My Music**, and **Merchandise**. Two red arrows point to the **Competition** tab and the **Planned Program Content** option in the dropdown menu, respectively.

The main content area shows a list of uploaded music files. Each entry includes a CD icon with 'MP3 / M4A' text, the music title, the upload date, the file name, and two buttons: 'I want to change this file' and 'Download & play this music'.

Music Title	Music uploaded	Name of file	Actions
...gles - Senior	Sat, Dec 10, 2022 8:27 PM	Gala_Tammy Twizzle.mp3	<a href="#">I want to change this file</a> <a href="#">Download &amp; play this music</a>
... - Senior	Sat, Dec 10, 2022 8:25 PM	FS_Tammy Twizzle.mp3	<a href="#">I want to change this file</a> <a href="#">Download &amp; play this music</a>
<b>Short Program - Senior</b>	Sat, Dec 10, 2022 8:25 PM	SP_Tammy Twizzle.mp3	<a href="#">I want to change this file</a> <a href="#">Download &amp; play this music</a>



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# Planned Program Content (PPC)

Click on “Free Skate, Senior” or “Short Program, Senior” for Singles events.

For Ice Dance, the options will be “Ice Dance, Free Dance, Senior” and “Ice Dance, Rhythm Dance, Senior”.

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Logout

Competition My Account Practice Ice Help & Misc

0 Go to Shopping Cart

To enter/modify Planned Program Content for an event, click the event name below.  
Deadline for PPC entry: **Mon, Dec 26, 2022 11:59 PM**

Free Skate, Senior Short Program, Senior

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Logout

Competition My Account Practice Ice Help & Misc

0 Go to Shopping Cart

To enter/modify Planned Program Content for an event, click the event name below.  
Deadline for PPC entry: **Mon, Dec 26, 2022 11:59 PM**

Ice Dance, Free Dance, Senior Ice Dance, Rhythm Dance, Senior



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# Planned Program Content (PPC)

The segment that you are currently working on will be highlighted in a white box.

There will be a row for each planned element, and the element categories are organized by Jumps, Spins, and Step and Spiral Sequences.

Always remember to save your work by clicking the blue “Save my work” button in the center of the screen.

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Logout

Competition My Account Practice Ice Help & Misc

Go to Shopping Cart

To enter/modify Planned Program Content for an event, click the event name below.

Deadline for PPC entry: **Mon, Dec 26, 2022 11:59 PM**

Free Skate, Senior **Short Program, Senior**

This is the segment you are currently working on

Make changes, then click this button to save: **Save my work**

Remember to save your work!!

#	Jumps	Spins	Step and Spiral Sequences
1	- not selected -	- not selected -	- not selected -
2	- not selected -	- not selected -	- not selected -
3	- not selected -	- not selected -	- not selected -
4	- not selected -	- not selected -	- not selected -
5	- not selected -	- not selected -	- not selected -
6	- not selected -	- not selected -	- not selected -
7	- not selected -	- not selected -	- not selected -

Element Number



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# Planned Program Content (PPC)

This is the screen for Ice Dance PPC.

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Go to Shopping Cart

To enter/modify Planned Program Content for an event, click the event name below.  
Deadline for PPC entry: **Mon, Dec 26, 2022 11:59 PM**

**This is the segment you are currently working on** → Ice Dance, Free Dance, Senior → Ice Dance, Rhythm Dance, Senior

Remember to save your work!!

Make changes, then click this button to save: [Save my work](#)

#	Lifts	Spins	Twizzles	Step and Spiral Sequences	Pattern Dances
1	- not selected -	- not selected -			
2	- not selected -	- not selected -			
3	- not selected -	- not selected -			
4	- not selected -	- not selected -			
5	- not selected -	- not selected -			

Element Number



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# Planned Program Content (PPC)

To enter your first planned element, in the row for the element number (in this case, “1”), click on the dropdown arrow under the element category. Scroll down to the element code and name. For example, a Triple Lutz will show as “3Lz-Triple Lutz”

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Logout

0 Go to Shopping Cart

Competition My Account Practice Ice Help & Misc

To enter/modify Planned Program Content for an event, click the event name below

Deadline for PPC entry: **Mon, Dec 26, 2022 11:59 PM**

Free Skate, Senior **Short Program, Senior**

*Make changes, then click this button to save:* [Save my work](#)

#	Jumps	Spins	Step and Spiral Sequences
1	- not selected -	- not selected -	- not selected -
2	- not selected -	- not selected -	- not selected -
3	Jump Combination	- not selected -	- not selected -
4	Jump Sequence	- not selected -	- not selected -
5	1T-Single Toe Lp	- not selected -	- not selected -
6	1S-Single Salch	- not selected -	- not selected -
7	1Lo-Single Loop	- not selected -	- not selected -
	1F-Single Flip	- not selected -	- not selected -
	1Lz-Single Lutz	- not selected -	- not selected -
	1A-Single Axel	- not selected -	- not selected -
	2T-Double Toe Lp	- not selected -	- not selected -
	2S-Double Salch	- not selected -	- not selected -
	2Lo-Double Loop	- not selected -	- not selected -
	2F-Double Flip	- not selected -	- not selected -
	2Lz-Double Lutz	- not selected -	- not selected -
	2A-Double Axel	- not selected -	- not selected -
	3T-Triple Toe Lp	- not selected -	- not selected -
	3S-Triple Salch	- not selected -	- not selected -
	3Lo-Triple Loop	- not selected -	- not selected -
	3F-Triple Flip	- not selected -	- not selected -
	3Lz-Triple Lutz	- not selected -	- not selected -



# Planned Program Content (PPC)

If you are planning a jump combination or jump sequence, first select “Jump Combination” or “Jump Sequence” from the dropdown menu. You will then be able to input each individual jump planned in the combination or sequence.

#	Jumps	Spins	Step and Spiral Sequences
1	3Lz-Triple Lutz	- not selected -	- not selected -
2	- not selected -	- not selected -	- not selected -
3	Jump Combination	- not selected -	- not selected -
4	Jump Sequence	- not selected -	- not selected -
5	1T-Single Toe Lp	- not selected -	- not selected -
6	1S-Single Salch	- not selected -	- not selected -
7	1Lo-Single Loop	- not selected -	- not selected -
	1F-Single Flip	- not selected -	- not selected -
	1Lz-Single Lutz	- not selected -	- not selected -
	1A-Single Axel	- not selected -	- not selected -
	2T-Double Toe Lp	- not selected -	- not selected -
	2S-Double Salch	- not selected -	- not selected -
	2Lo-Double Loop	- not selected -	- not selected -
	2F-Double Flip	- not selected -	- not selected -
	2Lz-Double Lutz	- not selected -	- not selected -
	2A-Double Axel	- not selected -	- not selected -
	3T-Triple Toe Lp	- not selected -	- not selected -
	3S-Triple Salch	- not selected -	- not selected -
	3Lo-Triple Loop	- not selected -	- not selected -
	3F-Triple Flip	- not selected -	- not selected -
	3Lz-Triple Lutz	- not selected -	- not selected -

#	Jumps	Spins	Step and Spiral Sequences
1	3Lz-Triple Lutz	- not selected -	- not selected -
2	Jump Combination	- not selected -	- not selected -
	Jumps: 3T-Triple Toe Lp	+ - required -	+ - optional -
3	- not selected -	- not selected -	- not selected -
4	- not selected -	- not selected -	- not selected -
5	- not selected -	- not selected -	- not selected -
6	- not selected -	- not selected -	- not selected -
7	- not selected -	- not selected -	- not selected -



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# Planned Program Content (PPC)

Continue selecting your planned element for each row (element) number.

When all elements have been input, click the blue “Save my work” button in the middle of the screen.

AFTER saving your work, you may now click on the next segment name to input planned element for that segment.

Click here to advance to the next segment AFTER you are finished with the first segment

Remember to save your work!!

Modify Planned Program Content for an event, click the event name below.  
Deadline for PPC entry: **Mon, Dec 26, 2022 11:59 PM**

**Free Skate, Senior**    **Short Program, Senior**

Make changes, then click this button to save: **Save my work**

	Jumps	Spins	Step and Spiral Sequences
1	3Lz-Triple Lutz	- not selected -	- not selected -
2	Jump Combination	- not selected -	- not selected -
Jumps: 3T-Triple Toe Lp + 2T-Double Toe Lp + - optional -			
3	- not selected -	Camel Spin	- not selected -
4	2A-Double Axel	- not selected -	- not selected -
5	- not selected -	Combin w/Chg-foot	- not selected -
6	- not selected -	Sit Spin/Fly entry	- not selected -
7	- not selected -	- not selected -	Step Seq

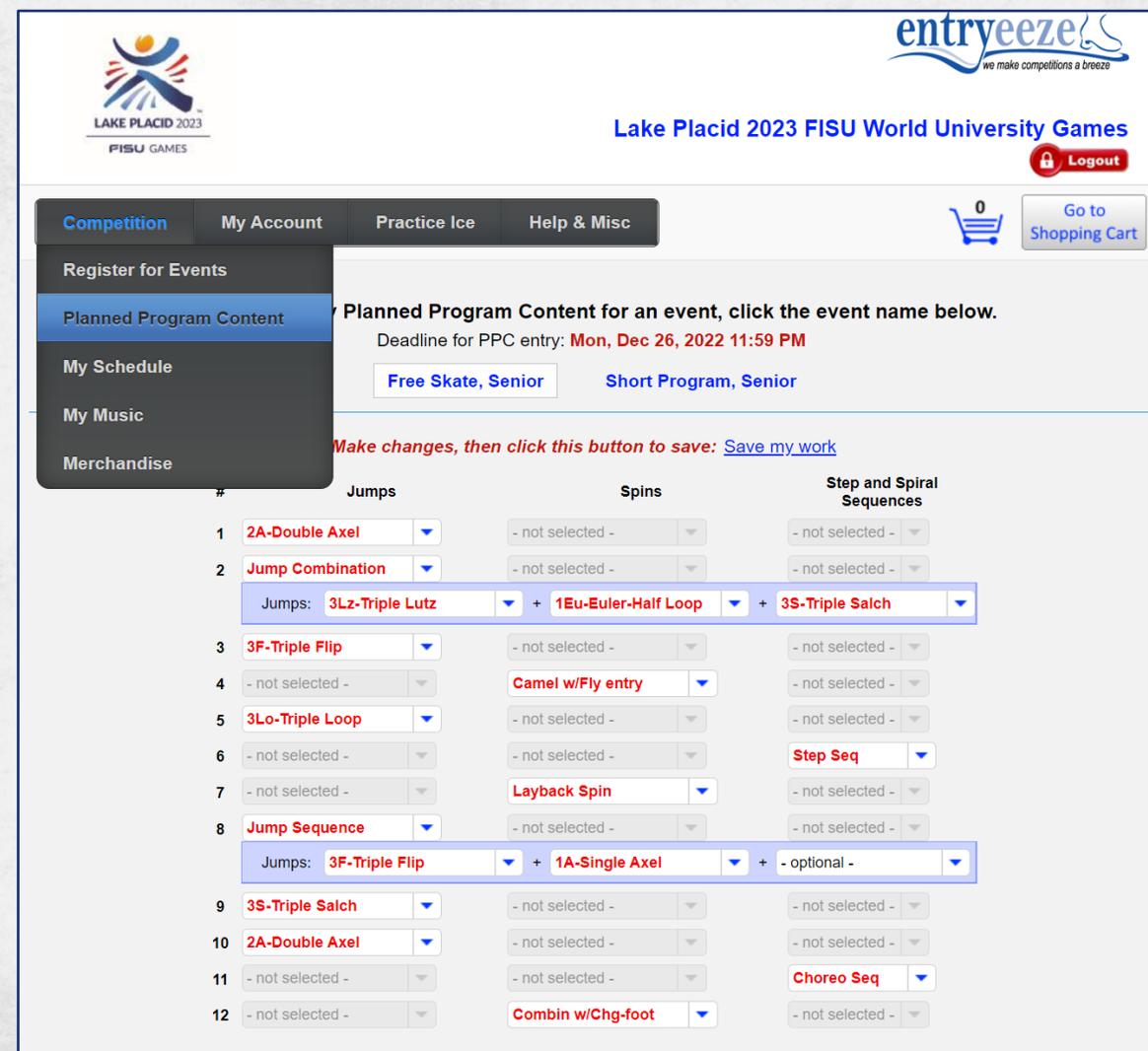
# Planned Program Content (PPC)

Follow the same process for selecting your planned element for each row (element) number.

When all elements have been input, click the blue “Save my work” button in the middle of the screen.

If you need to make changes later, you can always access this screen by clicking on “Competition” and “Planned Program Content” from the menu at the top of the screen.

**Remember to save your changes!**



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Logout

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Competition My Account Practice Ice Help & Misc

Register for Events

**Planned Program Content**

My Schedule

My Music

Merchandise

Planned Program Content for an event, click the event name below.

Deadline for PPC entry: **Mon, Dec 26, 2022 11:59 PM**

Free Skate, Senior Short Program, Senior

Make changes, then click this button to save: [Save my work](#)

#	Jumps	Spins	Step and Spiral Sequences
1	2A-Double Axel	- not selected -	- not selected -
2	Jump Combination	- not selected -	- not selected -
Jumps: 3Lz-Triple Lutz + 1Eu-Euler-Half Loop + 3S-Triple Salch			
3	3F-Triple Flip	- not selected -	- not selected -
4	- not selected -	Camel w/Fly entry	- not selected -
5	3Lo-Triple Loop	- not selected -	- not selected -
6	- not selected -	- not selected -	Step Seq
7	- not selected -	Layback Spin	- not selected -
8	Jump Sequence	- not selected -	- not selected -
Jumps: 3F-Triple Flip + 1A-Single Axel + - optional -			
9	3S-Triple Salch	- not selected -	- not selected -
10	2A-Double Axel	- not selected -	- not selected -
11	- not selected -	- not selected -	Choreo Seq
12	- not selected -	Combin w/Chg-foot	- not selected -



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# Navigating EntryEeze

You may access EntryEeze at any time once you've created an account using the USFSA# and PIN Number that was used during the setup process.

Website:

<http://comp.entryeeze.com/Home.aspx?cid=817>

Powered by:



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**Adirondack Sports Council**  
Lake Placid, NY

Presents

**Lake Placid 2023 FISU World University Games**  
Thursday, January 12 - Sunday, January 22, 2023

**Entry deadline:**  
Mon, Dec 12, 2022  
1:00 AM (US/Eastern)

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To download the competition announcement:

[CLICK HERE](#)

[MUSIC & PPC INSTRUCTIONS](#)

[TECHNICAL HANDBOOK](#)

**Entry deadline has expired**

! The chairperson for *Lake Placid 2023 FISU World University Games* has not yet posted a schedule. !  
To inquire about the schedule, or for questions about the competition, please send a message to Amy Fairchild:

860-778-8490  
[Send an email](#)

**Skaters & Parents**

Click here to register and view your competition schedule

**Coaches**

Click here to view your skaters' entries and your competition schedule

**Administrators**

Click here to enter the Administration home page (you must have a valid username and password)

**Click here to enter the site**



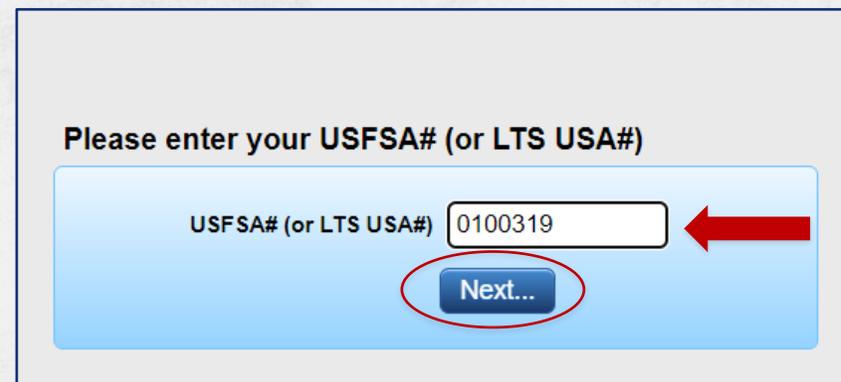
# Navigating EntryEeze

Input the 7-digit number that you used during the account set up process (the USFSA#), click the blue “Next” button.

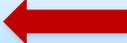
Input the 4-digit PIN that was created during the account setup process, click the blue “Sign me in” button.

If you’ve forgotten your PIN, click the blue “click here” link. You will be prompted to enter your 7-digit USFSA# and the email you provided during the account setup process. An email with the PIN will be sent to you.

If you have lost or forgotten your 7-digit USFSA# number, please contact [amy.fairchild@lakeplacid2023.com](mailto:amy.fairchild@lakeplacid2023.com).



Please enter your USFSA# (or LTS USA#)

USFSA# (or LTS USA#)  



We found your account in this competition. Submit your PIN # to access it:

Please enter your PIN number

PIN  

Forgot your PIN? [click here](#)

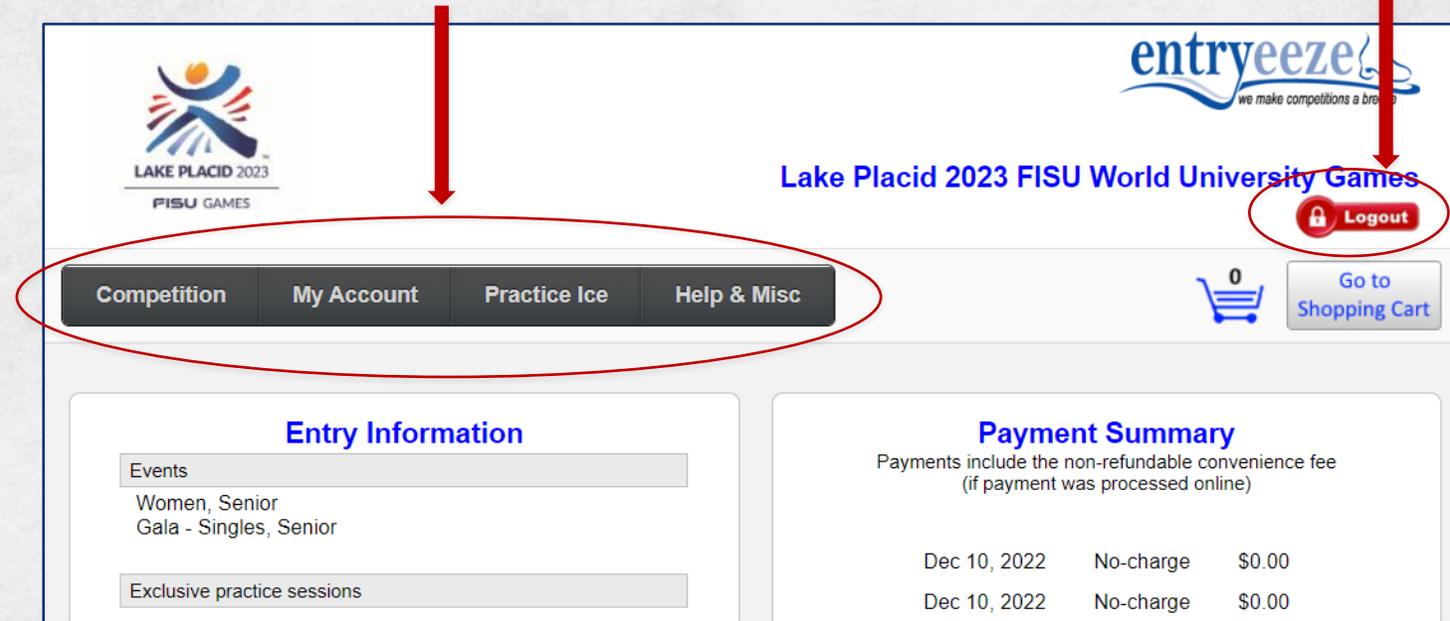
# Navigating EntryEeze

You can exit the website at any time by clicking the red “Logout” button

Main navigation menu

On the “main” screen, the athlete’s event will be listed under “Entry Information”.

Using the Main navigation menu, you can access the athlete’s personal information, music files, and PPCs.



The screenshot displays the EntryEeze website interface. At the top left is the Lake Placid 2023 FISU Games logo. At the top right is the 'entryeeze' logo with the tagline 'we make competitions a breeze'. Below the logos is the text 'Lake Placid 2023 FISU World University Games'. A dark grey navigation bar contains four buttons: 'Competition', 'My Account', 'Practice Ice', and 'Help & Misc'. To the right of the navigation bar is a shopping cart icon with '0' items and a 'Go to Shopping Cart' button. A red 'Logout' button with a lock icon is located in the top right corner. Below the navigation bar are two main content sections: 'Entry Information' and 'Payment Summary'. The 'Entry Information' section lists 'Events' with 'Women, Senior' and 'Gala - Singles, Senior' listed below it, and 'Exclusive practice sessions' listed below that. The 'Payment Summary' section lists 'Payments include the non-refundable convenience fee (if payment was processed online)' and a table with two rows of payment information.

Date	Description	Amount
Dec 10, 2022	No-charge	\$0.00
Dec 10, 2022	No-charge	\$0.00

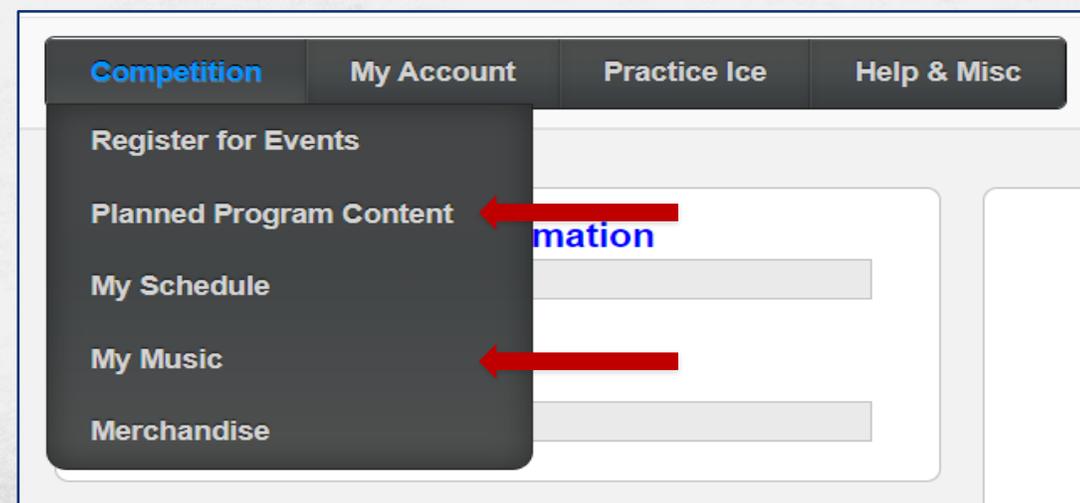
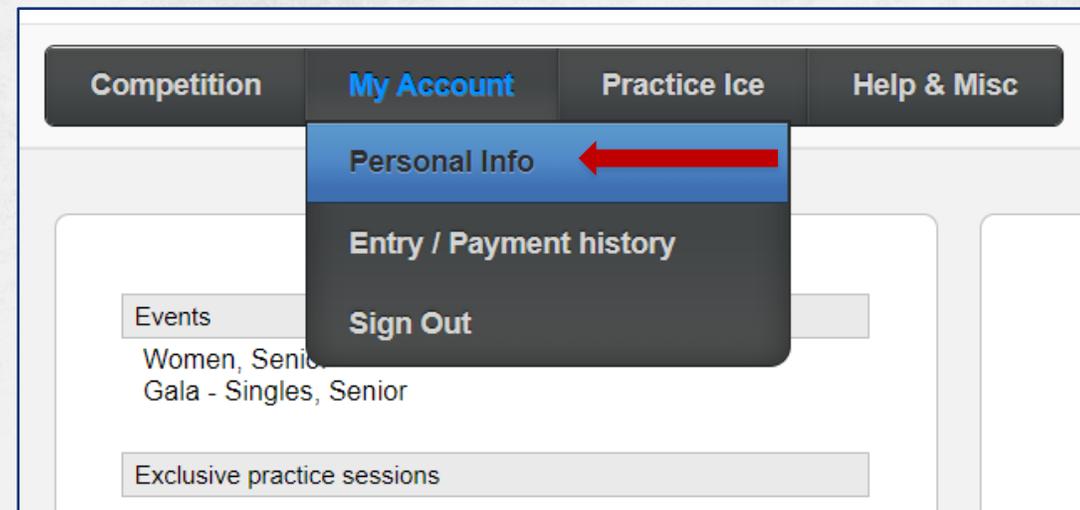
Please note: ALL athletes will have “Gala” under their Entry Information. THIS DOES NOT MEAN THAT THEY ARE PERFORMING IN THE EXHIBITION GALA. THEY WILL BE NOTIFIED AFTER THE COMPLETION OF THEIR EVENT IF THEY HAVE BEEN INVITED TO PERFORM.

# Navigating EntryEeze

If you need to update any of the athlete's personal information, click on "My Account", then click on "Personal Info"

If you need to change any of your planned program elements, click on "Competition", then "Planned Program Content"

To upload a new music file, click "Competition", then "My Music"



# Coaches and Delegation Reps

- A coach or representative from the athlete's delegation may create the account on behalf of one or more athletes within the same delegation
- Please use the USFSA# that was provided to the athlete via email
- Please use emails that will be accessed during the Games as that will be our primary method of communication regarding any music and PPC questions or issues.
- Deadline for uploading music and PPCs is **23:59 26 December, 2022**
- Practice ice will NOT be provided if music and PPCs are not received

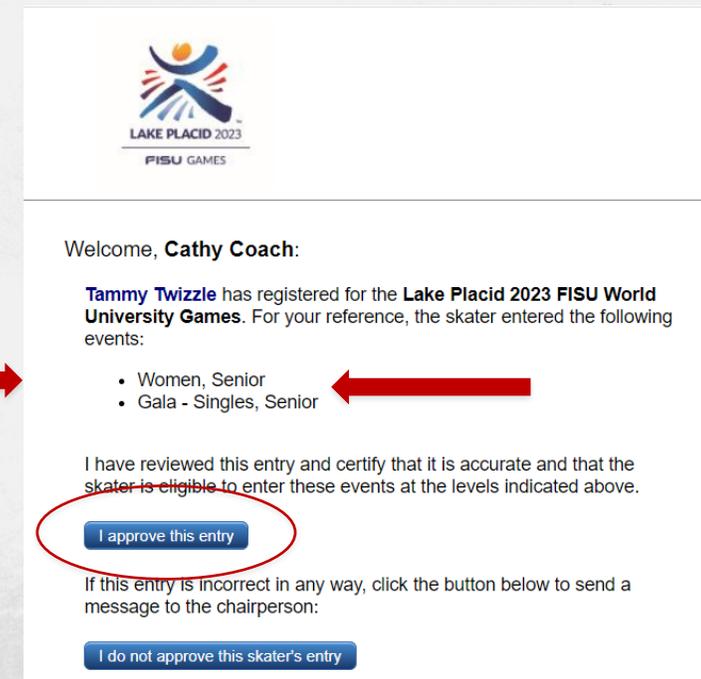
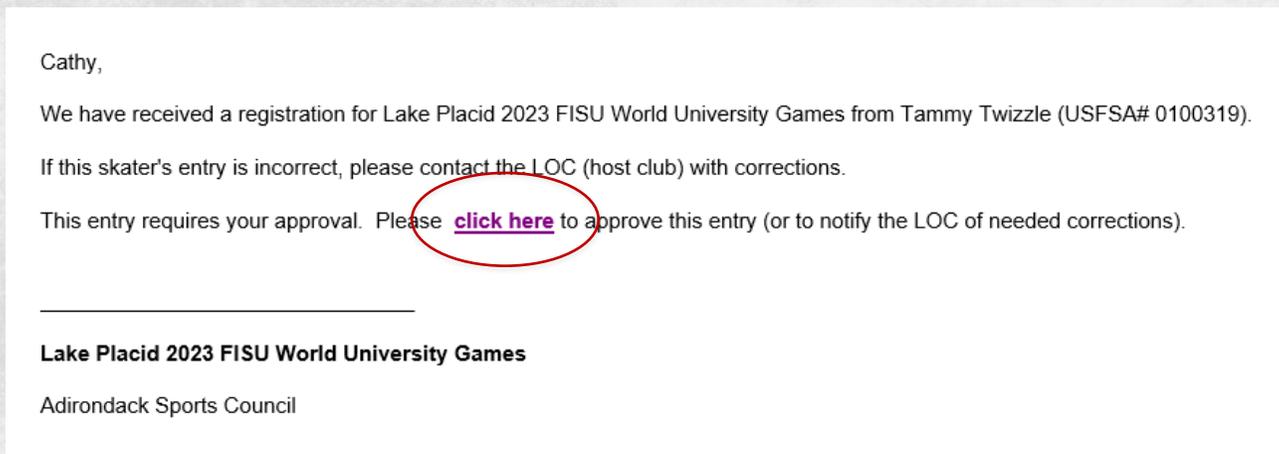


# Coaches and Delegation Reps

For all persons who have been designated as the “primary coach” during the athlete’s account setup process, an email will automatically be sent to the email provided by the athlete.

Within the body of the email, click the “click here” hyperlink. You will be directed to EntryEeze. Please verify that the athlete has listed the correct event AND the Gala. (Reminder: this is not a guarantee that the athlete will be invited to perform in the Gala) Click the blue “I approve this entry”.

If there is a problem with the athlete’s listed event, please contact the FSK Sport Manager at amy.fairchild@lakeplacid2023.com





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# QUESTIONS?

FSK Sport Manager: [amy.fairchild@lakeplacid2023.com](mailto:amy.fairchild@lakeplacid2023.com)

Chief Music Coordinator: [music@lakeplacid2023.com](mailto:music@lakeplacid2023.com)

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