



July 1, 2011 - June 30, 2012

as of July 25, 2011

## 2011-2012 Skate Canada Scale of Values (SOV) Synchronized Skating

Block		minus3	minus2	minus1	base	plus1	plus2	plus3
B1	Block Level 1	-1.5	-1	-0.5	2.5	0.5	1	1.5
B2	Block Level 2	-1.5	-1	-0.5	3	0.5	1	1.5
B3	Block Level 3	-2	-1.4	-0.7	4	0.7	1.4	2
B4	Block Level 4	-3	-2	-1	5.2	1	2	3
<b>Circle</b>								
C1	Circle Level 1	-1.5	-1	-0.5	2.5	0.5	1	1.5
C2	Circle Level 2	-1.5	-1	-0.5	3	0.5	1	1.5
C3	Circle Level 3	-2	-1.4	-0.7	4	0.7	1.4	2
C4	Circle Level 4	-3	-2	-1	5.2	1	2	3
<b>Intersection</b>								
I1+pi	Intersection Level 1	-1	-0.6	-0.3	1.3	0.3	0.6	1
I1+pi1	Intersection Level 2	-1	-0.6	-0.3	1.7	0.3	0.6	1
I1+pi2	Intersection Level 3	-1	-0.6	-0.3	2	0.3	0.6	1
I1+pi3	Intersection Level 4	-1	-0.6	-0.3	2.5	0.3	0.6	1
I2+pi	Intersection Level 2	-1	-0.6	-0.3	1.7	0.3	0.6	1
I2+pi1	Intersection Level 3	-1	-0.6	-0.3	2	0.3	0.6	1
I2+pi2	Intersection Level 4	-1	-0.6	-0.3	2.5	0.3	0.6	1
I2+pi3	Intersection Level 5	-1.5	-1	-0.5	3	0.5	1	1.5
I3+pi	Intersection Level 3	-1	-0.6	-0.3	2	0.3	0.6	1
I3+pi1	Intersection Level 4	-1	-0.6	-0.3	2.5	0.3	0.6	1
I3+pi2	Intersection Level 5	-1.5	-1	-0.5	3	0.5	1	1.5
I3+pi3	Intersection Level 6	-2	-1.4	-0.7	4	0.7	1.4	2
I4+pi	Intersection Level 4	-1	-0.6	-0.3	2.5	0.3	0.6	1
I4+pi1	Intersection Level 5	-1.5	-1	-0.5	3	0.5	1	1.5
I4+pi2	Intersection Level 6	-2	-1.4	-0.7	4	0.7	1.4	2
I4+pi3	Intersection Level 7	-3	-2	-1	5.2	1	2	3
<b>Line</b>								
L1	Line Level 1	-1	-0.6	-0.3	2.5	0.3	0.6	1
L2	Line Level 2	-1.5	-1	-0.5	3	0.5	1	1.5
L3	Line Level 3	-2	-1.4	-0.7	4	0.7	1.4	2
L4	Line Level 4	-3	-2	-1	5.2	1	2	3



MF1+fm3+fm+fm3	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF1+fm3+fm1+fm	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF1+fm3+fm1+fm1	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF1+fm3+fm1+fm2	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF1+fm3+fm1+fm3	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF1+fm3+fm2+fm	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF1+fm3+fm2+fm1	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF1+fm3+fm2+fm2	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF1+fm3+fm2+fm3	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF1+fm3+fm3+fm	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF1+fm3+fm3+fm1	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF1+fm3+fm3+fm2	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF1+fm3+fm3+fm3	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
<b>Moves in the Field - MF2</b>								
MF2+fm+fm+fm	Moves in the Field 1	-0.3	-0.2	-0.1	1	0.1	0.2	0.3
MF2+fm+fm+fm1	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF2+fm+fm+fm2	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF2+fm+fm+fm3	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF2+fm+fm1+fm	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF2+fm+fm1+fm1	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF2+fm+fm1+fm2	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF2+fm+fm1+fm3	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm+fm2+fm	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF2+fm+fm2+fm1	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF2+fm+fm2+fm2	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm+fm2+fm3	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm+fm3+fm	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF2+fm+fm3+fm1	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm+fm3+fm2	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm+fm3+fm3	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF2+fm1+fm+fm	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF2+fm1+fm+fm1	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF2+fm1+fm+fm2	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF2+fm1+fm+fm3	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm1+fm1+fm	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF2+fm1+fm1+fm1	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm1+fm1+fm2	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm1+fm1+fm3	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm1+fm2+fm	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF2+fm1+fm2+fm1	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm1+fm2+fm2	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF2+fm1+fm2+fm3	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF2+fm1+fm3+fm	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm1+fm3+fm1	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm1+fm3+fm2	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF2+fm1+fm3+fm3	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF2+fm2+fm+fm	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF2+fm2+fm+fm1	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF2+fm2+fm+fm2	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm2+fm+fm3	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm2+fm1+fm	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF2+fm2+fm1+fm1	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6

MF2+fm2+fm1+fm2	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF2+fm2+fm1+fm3	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF2+fm2+fm2+fm	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm2+fm2+fm1	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF2+fm2+fm2+fm2	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF2+fm2+fm2+fm3	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF2+fm2+fm3+fm	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm2+fm3+fm1	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF2+fm2+fm3+fm2	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF2+fm2+fm3+fm3	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF2+fm3+fm+fm	Moves in the Field 3	-0.3	-0.2	-0.1	1.4	0.1	0.2	0.3
MF2+fm3+fm+fm1	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm3+fm+fm2	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm3+fm+fm3	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF2+fm3+fm1+fm	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm3+fm1+fm1	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm3+fm1+fm2	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF2+fm3+fm1+fm3	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF2+fm3+fm2+fm	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF2+fm3+fm2+fm1	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF2+fm3+fm2+fm2	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF2+fm3+fm2+fm3	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF2+fm3+fm3+fm	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF2+fm3+fm3+fm1	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF2+fm3+fm3+fm2	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF2+fm3+fm3+fm3	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
<b>Moves in the Field - MF3</b>								
MF3+fm+fm+fm	Moves in the Field 1	-0.3	-0.2	-0.1	1	0.1	0.2	0.3
MF3+fm+fm+fm1	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF3+fm+fm+fm2	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF3+fm+fm+fm3	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF3+fm+fm1+fm	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF3+fm+fm1+fm1	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF3+fm+fm1+fm2	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF3+fm+fm1+fm3	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm+fm2+fm	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF3+fm+fm2+fm1	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF3+fm+fm2+fm2	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm+fm2+fm3	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm+fm3+fm	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF3+fm+fm3+fm1	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm+fm3+fm2	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm+fm3+fm3	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF3+fm1+fm+fm	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF3+fm1+fm+fm1	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF3+fm1+fm+fm2	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF3+fm1+fm+fm3	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm1+fm1+fm	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF3+fm1+fm1+fm1	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm1+fm1+fm2	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm1+fm1+fm3	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm1+fm2+fm	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6

MF3+fm1+fm2+fm1	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm1+fm2+fm2	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF3+fm1+fm2+fm3	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF3+fm1+fm3+fm	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm1+fm3+fm1	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm1+fm3+fm2	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF3+fm1+fm3+fm3	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF3+fm2+fm+fm	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF3+fm2+fm+fm1	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF3+fm2+fm+fm2	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm2+fm+fm3	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm2+fm1+fm	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF3+fm2+fm1+fm1	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm2+fm1+fm2	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF3+fm2+fm1+fm3	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF3+fm2+fm2+fm	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm2+fm2+fm1	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF3+fm2+fm2+fm2	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF3+fm2+fm2+fm3	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF3+fm2+fm3+fm	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm2+fm3+fm1	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF3+fm2+fm3+fm2	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF3+fm2+fm3+fm3	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF3+fm3+fm+fm	Moves in the Field 4	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
MF3+fm3+fm+fm1	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm3+fm+fm2	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm3+fm+fm3	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF3+fm3+fm1+fm	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm3+fm1+fm1	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm3+fm1+fm2	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF3+fm3+fm1+fm3	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF3+fm3+fm2+fm	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF3+fm3+fm2+fm1	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF3+fm3+fm2+fm2	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF3+fm3+fm2+fm3	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF3+fm3+fm3+fm	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF3+fm3+fm3+fm1	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF3+fm3+fm3+fm2	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF3+fm3+fm3+fm3	Moves in the Field 8	-2	-1.4	-0.7	4	0.7	1.4	2
<b>Moves in the Field - MF4</b>								
MF4+fm+fm+fm	Moves in the Field 1	-0.3	-0.2	-0.1	1	0.1	0.2	0.3
MF4+fm+fm+fm1	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF4+fm+fm+fm2	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF4+fm+fm+fm3	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF4+fm+fm1+fm	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF4+fm+fm1+fm1	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF4+fm+fm1+fm2	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF4+fm+fm1+fm3	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm+fm2+fm	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF4+fm+fm2+fm1	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF4+fm+fm2+fm2	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm+fm2+fm3	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1

MF4+fm+fm3+fm	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF4+fm+fm3+fm1	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm+fm3+fm2	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm+fm3+fm3	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF4+fm1+fm+fm	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF4+fm1+fm+fm1	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF4+fm1+fm+fm2	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF4+fm1+fm+fm3	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm1+fm1+fm	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF4+fm1+fm1+fm1	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm1+fm1+fm2	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm1+fm1+fm3	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm1+fm2+fm	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF4+fm1+fm2+fm1	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm1+fm2+fm2	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF4+fm1+fm2+fm3	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF4+fm1+fm3+fm	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm1+fm3+fm1	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm1+fm3+fm2	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF4+fm1+fm3+fm3	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF4+fm2+fm+fm	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF4+fm2+fm+fm1	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF4+fm2+fm+fm2	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm2+fm+fm3	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm2+fm1+fm	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF4+fm2+fm1+fm1	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm2+fm1+fm2	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF4+fm2+fm1+fm3	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF4+fm2+fm2+fm	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm2+fm2+fm1	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF4+fm2+fm2+fm2	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF4+fm2+fm2+fm3	Moves in the Field 8	-2	-1.4	-0.7	4	0.7	1.4	2
MF4+fm2+fm3+fm	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm2+fm3+fm1	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF4+fm2+fm3+fm2	Moves in the Field 8	-2	-1.4	-0.7	4	0.7	1.4	2
MF4+fm2+fm3+fm3	Moves in the Field 8	-2	-1.4	-0.7	4	0.7	1.4	2
MF4+fm3+fm+fm	Moves in the Field 5	-1	-0.6	-0.3	2	0.3	0.6	1
MF4+fm3+fm+fm1	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm3+fm+fm2	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm3+fm+fm3	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF4+fm3+fm1+fm	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm3+fm1+fm1	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm3+fm1+fm2	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF4+fm3+fm1+fm3	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF4+fm3+fm2+fm	Moves in the Field 6	-1	-0.6	-0.3	2.5	0.3	0.6	1
MF4+fm3+fm2+fm1	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF4+fm3+fm2+fm2	Moves in the Field 8	-2	-1.4	-0.7	4	0.7	1.4	2
MF4+fm3+fm2+fm3	Moves in the Field 8	-2	-1.4	-0.7	4	0.7	1.4	2
MF4+fm3+fm3+fm	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF4+fm3+fm3+fm1	Moves in the Field 7	-1.5	-1	-0.5	3	0.5	1	1.5
MF4+fm3+fm3+fm2	Moves in the Field 8	-2	-1.4	-0.7	4	0.7	1.4	2
MF4+fm3+fm3+fm3	Moves in the Field 9	-3	-2	-1	5.2	1	2	3

<b>Moves in Isolation</b>								
MI1+fe1	Moves in Isolation 2	-1	-0.6	-0.3	1.6	0.3	0.6	1
MI1+fe2	Moves in Isolation 3	-1	-0.6	-0.3	2	0.3	0.6	1
MI1+fe3	Moves in Isolation 4	-1	-0.6	-0.3	2.5	0.3	0.6	1
MI1+fm1	Moves in Isolation 1	-0.6	-0.4	-0.2	1.2	0.2	0.4	0.6
MI1+fm2	Moves in Isolation 2	-1	-0.6	-0.3	1.6	0.3	0.6	1
MI1+fm3	Moves in Isolation 3	-1	-0.6	-0.3	2	0.3	0.6	1
MI2+fe1	Moves in Isolation 3	-1	-0.6	-0.3	2	0.3	0.6	1
MI2+fe2	Moves in Isolation 4	-1	-0.6	-0.3	2.5	0.3	0.6	1
MI2+fe3	Moves in Isolation 5	-1.5	-1	-0.5	3	0.5	1	1.5
MI2+fm1	Moves in Isolation 2	-1	-0.6	-0.3	1.6	0.3	0.6	1
MI2+fm2	Moves in Isolation 3	-1	-0.6	-0.3	2	0.3	0.6	1
MI2+fm3	Moves in Isolation 4	-1	-0.6	-0.3	2.5	0.3	0.6	1
MI3+fe1	Moves in Isolation 4	-1	-0.6	-0.3	2.5	0.3	0.6	1
MI3+fe2	Moves in Isolation 5	-1.5	-1	-0.5	3	0.5	1	1.5
MI3+fe3	Moves in Isolation 6	-2	-1.4	-0.7	4	0.7	1.4	2
MI3+fm1	Moves in Isolation 3	-1	-0.6	-0.3	2	0.3	0.6	1
MI3+fm2	Moves in Isolation 4	-1	-0.6	-0.3	2.5	0.3	0.6	1
MI3+fm3	Moves in Isolation 5	-1.5	-1	-0.5	3	0.5	1	1.5
MI4+fe1	Moves in Isolation 4	-1.5	-1	-0.5	3	0.5	1	1.5
MI4+fe2	Moves in Isolation 5	-2	-1.4	-0.7	4	0.7	1.4	2
MI4+fe3	Moves in Isolation 6	-3	-2	-1	5.2	1	2	3
<b>No Hold Step Sequence</b>								
NHSS+s1	No Hold Step 1	-0.3	-0.2	-0.1	1.2	0.1	0.2	0.3
NHSS+s2	No Hold Step 2	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
NHSS+s3	No Hold Step 3	-1	-0.6	-0.3	2	0.3	0.6	1
NHSS+s4	No Hold Step 4	-1	-0.6	-0.3	2.5	0.3	0.6	1
NHSS1	No Hold 1 Step Sequence No Call	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
NHSS1+s1	No Hold 1 Step Sequence 1	-1	-0.6	-0.3	1.9	0.3	0.6	1
NHSS1+s2	No Hold 1 Step Sequence 2	-1.5	-1	-0.5	2.3	0.5	1	1.5
NHSS1+s3	No Hold 1 Step Sequence 3	-2	-1.4	-0.7	2.8	0.7	1.4	2
NHSS1+s4	No Hold 1 Step Sequence 4	-2	-1.4	-0.7	3.5	0.7	1.4	2
NHSS2	No Hold 2 Step Sequence No Call	-1	-0.6	-0.3	1.9	0.3	0.6	1
NHSS2+s1	No Hold 2 Step Sequence 1	-1.5	-1	-0.5	2.3	0.5	1	1.5
NHSS2+s2	No Hold 2 Step Sequence 2	-2	-1.4	-0.7	2.8	0.7	1.4	2
NHSS2+s3	No Hold 2 Step Sequence 3	-2	-1.4	-0.7	3.5	0.7	1.4	2
NHSS2+s4	No Hold 2 Step Sequence 4	-3	-2	-1	4.2	1	2	3
NHSS3	No Hold 3 Step Sequence No Call	-1.5	-1	-0.5	2.3	0.5	1	1.5
NHSS3+s1	No Hold 3 Step Sequence 1	-2	-1.4	-0.7	2.8	0.7	1.4	2
NHSS3+s2	No Hold 3 Step Sequence 2	-2	-1.4	-0.7	3.5	0.7	1.4	2
NHSS3+s3	No Hold 3 Step Sequence 3	-3	-2	-1	4.2	1	2	3
NHSS3+s4	No Hold 3 Step Sequence 4	-3	-2	-1	5.2	1	2	3
<b>Pair Element</b>								
PE1	Pair Element 1	-1	-0.6	-0.3	2.5	0.3	0.6	1
PE2	Pair Element 2	-1.5	-1	-0.5	3	0.5	1	1.5
PE3	Pair Element 3	-2	-1.4	-0.7	4	0.7	1.4	2

<b>Spin Element</b>								
Sp1	Spin Level 1	-1	-0.6	-0.3	2.5	0.3	0.6	1
Sp2	Spin Level 2	-1.5	-1	-0.5	3	0.5	1	1.5
Sp3	Spin Level 3	-2	-1.4	-0.7	4	0.7	1.4	2
<b>Spiral Element</b>								
SE1	Spiral Element 1	-1	-0.6	-0.3	1.2	0.3	0.6	1
SE2	Spiral Element 2	-1.5	-1	-0.5	1.7	0.5	1	1.5
SE3	Spiral Element 3	-2	-1.4	-0.7	2.2	0.7	1.4	2
<b>Circle Step Sequence</b>								
CSS1	Circle Step Sequence Level 1	-0.3	-0.2	-0.1	1.2	0.1	0.2	0.3
CSS2	Circle Step Sequence Level 2	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
CSS3	Circle Step Sequence Level 3	-1	-0.6	-0.3	2	0.3	0.6	1
CSS4	Circle Step Sequence Level 4	-1	-0.6	-0.3	2.5	0.3	0.6	1
<b>Block Step Sequence</b>								
BSS1	Block Step Sequence Level 1	-0.3	-0.2	-0.1	1.2	0.1	0.2	0.3
BSS2	Block Step Sequence Level 2	-0.6	-0.4	-0.2	1.6	0.2	0.4	0.6
BSS3	Block Step Sequence Level 3	-1	-0.6	-0.3	2	0.3	0.6	1
BSS4	Block Step Sequence Level 4	-1	-0.6	-0.3	2.5	0.3	0.6	1
<b>Wheel</b>								
W1	Wheel Level 1	-1	-0.6	-0.3	2.5	0.3	0.6	1
W2	Wheel Level 2	-1.5	-1	-0.5	3	0.5	1	1.5
W3	Wheel Level 3	-2	-1.4	-0.7	4	0.7	1.4	2
W4	Wheel Level 4	-3	-2	-1	5.2	1	2	3