

- Ladies

Planned Program Content - Check List

As of: 31/10/2018 23:20:21

**Loena HENDRICKX BEL**

| SP/SD |  | Remarks |
|-------|--|---------|
| 1     | 3Lz+3T Triple Lutz+Triple Toeloop                |         |
| 2     | FSSp Fly. Sit Spin                               |         |
| 3     | CCoSp Change Foot Combination Spin               |         |
| 4     | 2A Double Axel                                   |         |
| 5     | 3F Triple Flip                                   |         |
| 6     | StSq Step Sequence                               |         |
| 7     | LSp Layback Spin                                 |         |
| 8     |  |         |
| 9     |  |         |
| 10    |  |         |
| FS/FD |  | Remarks |
| 1     | 3Lz+3T Triple Lutz+Triple Toeloop                |         |
| 2     | 3F Triple Flip                                   |         |
| 3     | 2A Double Axel                                   |         |
| 4     | 3Lz Triple Lutz                                  |         |
| 5     | CCoSp Change Foot Combination Spin               |         |
| 6     | StSq Step Sequence                               |         |
| 7     | 3F+2T+2Lo Triple Flip+Double Toeloop+Double Loop |         |
| 8     | 2A+2Lo Double Axel+Double Loop                   |         |
| 9     | 3S Triple Salchow                                |         |
| 10    | LSp Layback Spin                                 |         |
| 11    | ChSq Choreo Sequence                             |         |
| 12    | FCCoSp Fly. Change Foot Comb. Spin               |         |
| 13    |  |         |
| 14    |  |         |
| 15    |  |         |
| 16    |  |         |
| 17    |  |         |
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As of: 31/10/2018 23:20:21

**Viveca LINDFORS FIN**

| SP/SD |  | Remarks |
|-------|--|---------|
| 1     | 3Lz+3T Triple Lutz+Triple Toeloop                |         |
| 2     | 3F Triple Flip                                   |         |
| 3     | FCSp Fly. Camel Spin                             |         |
| 4     | StSq Step Sequence                               |         |
| 5     | 2A Double Axel                                   |         |
| 6     | CCoSp Change Foot Combination Spin               |         |
| 7     | LSp Layback Spin                                 |         |
| 8     |  |         |
| 9     |  |         |
| 10    |  |         |
| FS/FD |  | Remarks |
| 1     | 3Lz+3T Triple Lutz+Triple Toeloop                |         |
| 2     | 3Lo Triple Loop                                  |         |
| 3     | 3F Triple Flip                                   |         |
| 4     | FCSp Fly. Camel Spin                             |         |
| 5     | ChSq Choreo Sequence                             |         |
| 6     | 3Lz+3T Triple Lutz+Triple Toeloop                |         |
| 7     | 2A Double Axel                                   |         |
| 8     | StSq Step Sequence                               |         |
| 9     | 3S Triple Salchow                                |         |
| 10    | 2A+2T+2Lo Double Axel+Double Toeloop+Double Loop |         |
| 11    | LSp Layback Spin                                 |         |
| 12    | CCoSp Change Foot Combination Spin               |         |
| 13    |  |         |
| 14    |  |         |
| 15    |  |         |
| 16    |  |         |
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As of: 31/10/2018 23:20:21

**Emmi PELTONEN FIN**

| SP/SD |   | Remarks |
|-------|---|---------|
| 1     | 3T+3T Triple Toeloop+Triple Toeloop               |         |
| 2     | 3Lo Triple Loop                                   |         |
| 3     | FSSp Fly. Sit Spin                                |         |
| 4     | LSp Layback Spin                                  |         |
| 5     | 2A Double Axel                                    |         |
| 6     | StSq Step Sequence                                |         |
| 7     | CCoSp Change Foot Combination Spin                |         |
| 8     |   |         |
| 9     |   |         |
| 10    |   |         |
| FS/FD |   | Remarks |
| 1     | 3T+3T Triple Toeloop+Triple Toeloop               |         |
| 2     | 3Lz Triple Lutz                                   |         |
| 3     | 3Lo+2T Triple Loop+Double Toeloop                 |         |
| 4     | 2A+1Eu+3S Double Axel+Single Euler+Triple Salchow |         |
| 5     | FSSp Fly. Sit Spin                                |         |
| 6     | 3F Triple Flip                                    |         |
| 7     | 3Lo Triple Loop                                   |         |
| 8     | 2A Double Axel                                    |         |
| 9     | StSq Step Sequence                                |         |
| 10    | CCoSp Change Foot Combination Spin                |         |
| 11    | ChSq Choreo Sequence                              |         |
| 12    | LSp Layback Spin                                  |         |
| 13    |   |         |
| 14    |   |         |
| 15    |   |         |
| 16    |   |         |
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**Rika HONGO JPN**

| SP/SD |  | Remarks |
|-------|--|---------|
| 1     | 3T+3T Triple Toeloop+Triple Toeloop              |         |
| 2     | FCSp Fly. Camel Spin                             |         |
| 3     | 3F Triple Flip                                   |         |
| 4     | LSp Layback Spin                                 |         |
| 5     | 2A Double Axel                                   |         |
| 6     | CCoSp Change Foot Combination Spin               |         |
| 7     | StSq Step Sequence                               |         |
| 8     |  |         |
| 9     |  |         |
| 10    |  |         |
| FS/FD |  | Remarks |
| 1     | 3F+2T Triple Flip+Double Toeloop                 |         |
| 2     | 3F Triple Flip                                   |         |
| 3     | 3Lz Triple Lutz                                  |         |
| 4     | FCSp Fly. Camel Spin                             |         |
| 5     | StSq Step Sequence                               |         |
| 6     | 2A+2T+2Lo Double Axel+Double Toeloop+Double Loop |         |
| 7     | FCCoSp Fly. Change Foot Comb. Spin               |         |
| 8     | 3S+2Lo Triple Salchow+Double Loop                |         |
| 9     | 3S Triple Salchow                                |         |
| 10    | 3T Triple Toeloop                                |         |
| 11    | CCoSp Change Foot Combination Spin               |         |
| 12    | ChSq Choreo Sequence                             |         |
| 13    |  |         |
| 14    |  |         |
| 15    |  |         |
| 16    |  |         |
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**Kaori SAKAMOTO JPN**

| SP/SD |  | Remarks |
|-------|--|---------|
| 1     | 3F+3T Triple Flip+Triple Toeloop                   |         |
| 2     | 2A Double Axel                                     |         |
| 3     | CCoSp Change Foot Combination Spin                 |         |
| 4     | StSq Step Sequence                                 |         |
| 5     | 3Lo Triple Loop                                    |         |
| 6     | FCSp Fly. Camel Spin                               |         |
| 7     | LSp Layback Spin                                   |         |
| 8     |  |         |
| 9     |  |         |
| 10    |  |         |
| FS/FD |  | Remarks |
| 1     | 3F+3T Triple Flip+Triple Toeloop                   |         |
| 2     | 2A Double Axel                                     |         |
| 3     | 3Lz Triple Lutz                                    |         |
| 4     | FSSp Fly. Sit Spin                                 |         |
| 5     | StSq Step Sequence                                 |         |
| 6     | 3S Triple Salchow                                  |         |
| 7     | 2A+3T+2T Double Axel+Triple Toeloop+Double Toeloop |         |
| 8     | 3F+2T Triple Flip+Double Toeloop                   |         |
| 9     | CCoSp Change Foot Combination Spin                 |         |
| 10    | ChSq Choreo Sequence                               |         |
| 11    | 3Lo Triple Loop                                    |         |
| 12    | FCCoSp Fly. Change Foot Comb. Spin                 |         |
| 13    |  |         |
| 14    |  |         |
| 15    |  |         |
| 16    |  |         |
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Yuna SHIRAIWA JPN

| SP/SD |   | Remarks |
|-------|---|---------|
| 1     | 3Lz+3T Triple Lutz+Triple Toeloop                   |         |
| 2     | LSp Layback Spin                                    |         |
| 3     | CCoSp Change Foot Combination Spin                  |         |
| 4     | 2A Double Axel                                      |         |
| 5     | StSq Step Sequence                                  |         |
| 6     | 3Lo Triple Loop                                     |         |
| 7     | FSSp Fly. Sit Spin                                  |         |
| 8     |   |         |
| 9     |   |         |
| 10    |   |         |
| FS/FD |   | Remarks |
| 1     | 3Lz+3T Triple Lutz+Triple Toeloop                   |         |
| 2     | 2A Double Axel                                      |         |
| 3     | FSSp Fly. Sit Spin                                  |         |
| 4     | StSq Step Sequence                                  |         |
| 5     | 3F Triple Flip                                      |         |
| 6     | 2A Double Axel                                      |         |
| 7     | FCSp Fly. Camel Spin                                |         |
| 8     | ChSq Choreo Sequence                                |         |
| 9     | 3Lz+3T Triple Lutz+Triple Toeloop                   |         |
| 10    | 3S+2T+2Lo Triple Salchow+Double Toeloop+Double Loop |         |
| 11    | CCoSp Change Foot Combination Spin                  |         |
| 12    | 3Lo Triple Loop                                     |         |
| 13    |   |         |
| 14    |   |         |
| 15    |   |         |
| 16    |   |         |
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**Hanul KIM KOR**

| SP/SD |  | Remarks |
|-------|--|---------|
| 1     | 3Lz+3T Triple Lutz+Triple Toeloop                |         |
| 2     | CCoSp Change Foot Combination Spin               |         |
| 3     | FSSp Fly. Sit Spin                               |         |
| 4     | 3Lo Triple Loop                                  |         |
| 5     | 2A Double Axel                                   |         |
| 6     | StSq Step Sequence                               |         |
| 7     | LSp Layback Spin                                 |         |
| 8     |  |         |
| 9     |  |         |
| 10    |  |         |
| FS/FD |  | Remarks |
| 1     | 3Lz+3T Triple Lutz+Triple Toeloop                |         |
| 2     | 3Lo+2T Triple Loop+Double Toeloop                |         |
| 3     | 3F Triple Flip                                   |         |
| 4     | StSq Step Sequence                               |         |
| 5     | 3Lo Triple Loop                                  |         |
| 6     | 3Lz Triple Lutz                                  |         |
| 7     | 2A Double Axel                                   |         |
| 8     | 2A+2T+2Lo Double Axel+Double Toeloop+Double Loop |         |
| 9     | LSp Layback Spin                                 |         |
| 10    | ChSq Choreo Sequence                             |         |
| 11    | CCoSp Change Foot Combination Spin               |         |
| 12    | FSSp Fly. Sit Spin                               |         |
| 13    |  |         |
| 14    |  |         |
| 15    |  |         |
| 16    |  |         |
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**Stanislava KONSTANTINOVA RUS**

| SP/SD |           |   | Remarks |
|-------|-----------|---|---------|
| 1     | 3Lz+3T    | Triple Lutz+Triple Toeloop              |         |
| 2     | LSp       | Layback Spin                            |         |
| 3     | FCSp      | Fly. Camel Spin                         |         |
| 4     | 2A        | Double Axel                             |         |
| 5     | 3F        | Triple Flip                             |         |
| 6     | CCoSp     | Change Foot Combination Spin            |         |
| 7     | StSq      | Step Sequence                           |         |
| 8     |           |   |         |
| 9     |           |   |         |
| 10    |           |   |         |
| FS/FD |           |   | Remarks |
| 1     | 3Lz+3T    | Triple Lutz+Triple Toeloop              |         |
| 2     | 3Lo       | Triple Loop                             |         |
| 3     | 2A        | Double Axel                             |         |
| 4     | LSp       | Layback Spin                            |         |
| 5     | StSq      | Step Sequence                           |         |
| 6     | 2A        | Double Axel                             |         |
| 7     | 3F+1Eu+3S | Triple Flip+Single Euler+Triple Salchow |         |
| 8     | 3Lz       | Triple Lutz                             |         |
| 9     | CCoSp     | Change Foot Combination Spin            |         |
| 10    | 3F+2T     | Triple Flip+Double Toeloop              |         |
| 11    | ChSq      | Choreo Sequence                         |         |
| 12    | FCSp      | Fly. Camel Spin                         |         |
| 13    |           |   |         |
| 14    |           |   |         |
| 15    |           |   |         |
| 16    |           |   |         |
| 17    |           |   |         |
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As of: 31/10/2018 23:20:21

**Daria PANENKOVA RUS**

| SP/SD |   | Remarks |
|-------|---|---------|
| 1     | FCSp Fly. Camel Spin                                |         |
| 2     | 3F Triple Flip                                      |         |
| 3     | 2A Double Axel                                      |         |
| 4     | 3Lz+3T Triple Lutz+Triple Toeloop                   |         |
| 5     | CCoSp Change Foot Combination Spin                  |         |
| 6     | StSq Step Sequence                                  |         |
| 7     | LSp Layback Spin                                    |         |
| 8     |   |         |
| 9     |   |         |
| 10    |   |         |
| FS/FD |   | Remarks |
| 1     | 2A Double Axel                                      |         |
| 2     | 3Lz+3T Triple Lutz+Triple Toeloop                   |         |
| 3     | 3S Triple Salchow                                   |         |
| 4     | 2A Double Axel                                      |         |
| 5     | StSq Step Sequence                                  |         |
| 6     | 3Lz+3T+2T Triple Lutz+Triple Toeloop+Double Toeloop |         |
| 7     | 3F+2T Triple Flip+Double Toeloop                    |         |
| 8     | FSSp Fly. Sit Spin                                  |         |
| 9     | 3Lo Triple Loop                                     |         |
| 10    | ChSq Choreo Sequence                                |         |
| 11    | CCoSp Change Foot Combination Spin                  |         |
| 12    | FCCoSp Fly. Change Foot Comb. Spin                  |         |
| 13    |   |         |
| 14    |   |         |
| 15    |   |         |
| 16    |   |         |
| 17    |   |         |
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**Alina ZAGITOVA RUS**

| SP/SD |  | Remarks |
|-------|--|---------|
| 1     | 3Lz+3Lo Triple Lutz+Triple Loop                  |         |
| 2     | FCSp Fly. Camel Spin                             |         |
| 3     | StSq Step Sequence                               |         |
| 4     | 2A Double Axel                                   |         |
| 5     | LSp Layback Spin                                 |         |
| 6     | 3F Triple Flip                                   |         |
| 7     | CCoSp Change Foot Combination Spin               |         |
| 8     |  |         |
| 9     |  |         |
| 10    |  |         |
| FS/FD |  | Remarks |
| 1     | 2A Double Axel                                   |         |
| 2     | 3Lz+3Lo Triple Lutz+Triple Loop                  |         |
| 3     | 3S Triple Salchow                                |         |
| 4     | 2A Double Axel                                   |         |
| 5     | FCSp Fly. Camel Spin                             |         |
| 6     | ChSq Choreo Sequence                             |         |
| 7     | 3Lz+3T Triple Lutz+Triple Toeloop                |         |
| 8     | 3F+2T+2Lo Triple Flip+Double Toeloop+Double Loop |         |
| 9     | 3F Triple Flip                                   |         |
| 10    | FCCoSp Fly. Change Foot Comb. Spin               |         |
| 11    | StSq Step Sequence                               |         |
| 12    | CCoSp Change Foot Combination Spin               |         |
| 13    |  |         |
| 14    |  |         |
| 15    |  |         |
| 16    |  |         |
| 17    |  |         |
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As of: 31/10/2018 23:20:21

**Angela WANG USA**

| SP/SD |  | Remarks |
|-------|--|---------|
| 1     | 3F+3T Triple Flip+Triple Toeloop                   |         |
| 2     | 3Lo Triple Loop                                    |         |
| 3     | FCSp Fly. Camel Spin                               |         |
| 4     | StSq Step Sequence                                 |         |
| 5     | 2A Double Axel                                     |         |
| 6     | CCoSp Change Foot Combination Spin                 |         |
| 7     | LSp Layback Spin                                   |         |
| 8     |  |         |
| 9     |  |         |
| 10    |  |         |
| FS/FD |  | Remarks |
| 1     | 3F+3T Triple Flip+Triple Toeloop                   |         |
| 2     | 3Lz+2T Triple Lutz+Double Toeloop                  |         |
| 3     | 2A+3T+2T Double Axel+Triple Toeloop+Double Toeloop |         |
| 4     | 2A Double Axel                                     |         |
| 5     | FCCoSp Fly. Change Foot Comb. Spin                 |         |
| 6     | ChSq Choreo Sequence                               |         |
| 7     | CCoSp Change Foot Combination Spin                 |         |
| 8     | 3Lz Triple Lutz                                    |         |
| 9     | 3Lo Triple Loop                                    |         |
| 10    | 3S Triple Salchow                                  |         |
| 11    | StSq Step Sequence                                 |         |
| 12    | FCSp Fly. Camel Spin                               |         |
| 13    |  |         |
| 14    |  |         |
| 15    |  |         |
| 16    |  |         |
| 17    |  |         |
| 18    |  |         |