

FREE SKATING

Planned Program Content

1 Ming XU		CHN	
Coach:	L. Yu		
Music:	Warsaw Concerto by Richard Addinsell		

1: 3A+3T	Triple Axel+Triple Toeloop	9: 2A	Double Axel
2: 3Lz	Triple Lutz	10: 3S	Triple Salchow
3: 3S+2T+2Lo	Triple Salchow+Double Toeloop+Double Loop	11: CCoSp	Change Foot Combination Spin
4: FSSp	Flying Sit Spin	12: S1St	Straight Line Step Sequence
5: CiSt	Circular Step Sequence	13: CSSp	Change Foot Sit Spin
6: 3Lo+2T	Triple Loop+Double Toeloop	14:	
7: 2A	Double Axel	15:	
8: 3Lo	Triple Loop	16:	

2 Jeremy TEN		CAN	
Coach:	J. McLeod, N. Wilson, V. Kraatz		
Music:	August Rush (soundtrack)		

1: 3A	Triple Axel	9: FSSp	Flying Sit Spin
2: 3Lz+3T	Triple Lutz+Triple Toeloop	10: S1St	Straight Line Step Sequence
3: 3F	Triple Flip	11: 3S	Triple Salchow
4: CSSp	Change Foot Sit Spin	12: 2A	Double Axel
5: CiSt	Circular Step Sequence	13: CCoSp	Change Foot Combination Spin
6: 3Lo+2T	Triple Loop+Double Toeloop	14:	
7: 3Lz	Triple Lutz	15:	
8: 3F+2T+2Lo	Triple Flip+Double Toeloop+Double Loop	16:	

3 Song GAO		CHN	
Coach:	Z. Xu		
Music:	Romeo and Juliet performed by E. Marton		

1: 3A+3T	Triple Axel+Triple Toeloop	9: CiSt	Circular Step Sequence
2: 3F+2T	Triple Flip+Double Toeloop	10: 2A	Double Axel
3: 3Lz	Triple Lutz	11: 3T	Triple Toeloop
4: FSSp	Flying Sit Spin	12: S1St	Straight Line Step Sequence
5: 3Lo	Triple Loop	13: CCoSp	Change Foot Combination Spin
6: 3S	Triple Salchow	14:	
7: CSSp	Change Foot Sit Spin	15:	
8: 3Lz+2T+2Lo	Triple Lutz+Double Toeloop+Double Loop	16:	

4 Jialiang WU		CHN	
Coach:	L. Yu		
Music:	Standing the Storm by William Joseph		

1: 4Lz	Quad. Lutz	9: CiSt	Circular Step Sequence
2: 3A+2T	Triple Axel+Double Toeloop	10: FSSp	Flying Sit Spin
3: 3S	Triple Salchow	11: S1St	Straight Line Step Sequence
4: CSSp	Change Foot Sit Spin	12: 3Lz+2T+2T	Triple Lutz+Double Toeloop+Double Toeloop
5: 3Lo	Triple Loop	13: CCoSp	Change Foot Combination Spin
6: 3A	Triple Axel	14:	
7: 3Lz	Triple Lutz	15:	
8: 3F+3T	Triple Flip+Triple Toeloop	16:	

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5 Kensuke NAKANIWA	JPN
Coach: M. Ishihara, H. Nagakubo	
Music: Braveheart (soundtrack) by James Horner	

1: 4T	Quad. Toeloop	9: 3Lz	Triple Lutz
2: 3A+2T	Triple Axel+Double Toeloop	10: FSSp	Flying Sit Spin
3: 3A	Triple Axel	11: 3F	Triple Flip
4: CSSp	Change Foot Sit Spin	12: SISt	Straight Line Step Sequence
5: CiSt	Circular Step Sequence	13: CCoSp	Change Foot Combination Spin
6: 3Lo	Triple Loop	14:	
7: 3Lz+3T	Triple Lutz+Triple Toeloop	15:	
8: 3S	Triple Salchow	16:	

6 Kristoffer BERTSSON	SWE
Coach: A. Dohany	
Music: Axel F, Moments in Love, Take On Me	

1: 3Lz+3T+2Lo	Triple Lutz+Triple Toeloop+Double Loop	9: 3Lo	Triple Loop
2: 3A+2T	Triple Axel+Double Toeloop	10: CSSp	Change Foot Sit Spin
3: 3F	Triple Flip	11: 2A	Double Axel
4: FSSp	Flying Sit Spin	12: CiSt	Circular Step Sequence
5: SISt	Straight Line Step Sequence	13: CCoSp	Change Foot Combination Spin
6: 2A	Double Axel	14:	
7: 3A	Triple Axel	15:	
8: 3S+3T	Triple Salchow+Triple Toeloop	16:	

7 Artem BORODULIN	RUS
Coach: E. Buianova	
Music: Tango Medley	

1: 3A	Triple Axel	9: 3S	Triple Salchow
2: 3Lz+3T	Triple Lutz+Triple Toeloop	10: FSSp	Flying Sit Spin
3: 3F+2T+2Lo	Triple Flip+Double Toeloop+Double Loop	11: SISt	Straight Line Step Sequence
4: FCSp	Flying Camel Spin	12: 2A+2T	Double Axel+Double Toeloop
5: CiSt	Circular Step Sequence	13: CCoSp	Change Foot Combination Spin
6: 3F	Triple Flip	14:	
7: 3Lz	Triple Lutz	15:	
8: 3Lo	Triple Loop	16:	

8 Tomas VERNER	CZE
Coach: V. Koprivova, M. Huth	
Music: Tango Medley	

1: 4T	Quad. Toeloop	9: 3Lz	Triple Lutz
2: 3Lz+2T	Triple Lutz+Double Toeloop	10: 3F+2T+2Lo	Triple Flip+Double Toeloop+Double Loop
3: 3A	Triple Axel	11: CSSp	Change Foot Sit Spin
4: 3S	Triple Salchow	12: CiSt	Circular Step Sequence
5: SISt	Straight Line Step Sequence	13: CCoSp	Change Foot Combination Spin
6: FSSp	Flying Sit Spin	14:	
7: 3A+2T	Triple Axel+Double Toeloop	15:	
8: 3Lo	Triple Loop	16:	

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9 Stephen CARRIERE	USA
Coach: P. Johansson, M. Mitchell	
Music: Firebird by Igor Stravinski	

1: 3A+2T	Triple Axel+Double Toeloop	9: FSSp	Flying Sit Spin
2: 3T+2T+2T	Triple Toeloop+Double Toeloop+Double Toeloop	10: 3Lz+2T	Triple Lutz+Double Toeloop
3: 3Lz	Triple Lutz	11: SISSt	Straight Line Step Sequence
4: SeSt	Serpentine Step Sequence	12: 3S	Triple Salchow
5: CSSp	Change Foot Sit Spin	13: CCoSp	Change Foot Combination Spin
6: 3F	Triple Flip	14:	
7: 3A	Triple Axel	15:	
8: 3Lo	Triple Loop	16:	

10 Vaughn CHIPEUR	CAN
Coach: S. Davis	
Music: Broken Sorrow, First Impressions, Tachan	

1: 3A+2T	Triple Axel+Double Toeloop	9: 3S	Triple Salchow
2: 3Lz+3T	Triple Lutz+Triple Toeloop	10: 3Lz+2T+2T	Triple Lutz+Double Toeloop+Double Toeloop
3: 3F	Triple Flip	11: FCCoSp	Fly. Change Foot Comb. Spin
4: CSSp	Change Foot Sit Spin	12: SISSt	Straight Line Step Sequence
5: 3A	Triple Axel	13: FSSp	Flying Sit Spin
6: 3Lo	Triple Loop	14:	
7: CiSt	Circular Step Sequence	15:	
8: 2A	Double Axel	16:	

11 Jeremy ABBOTT	USA
Coach: T. Zakrajsek, B. Calvin	
Music: Eight Seasons by G. Kremer, K. Baltica	

1: 3Lz	Triple Lutz	9: 3Lz+2T+2Lo	Triple Lutz+Double Toeloop+Double Loop
2: 3F	Triple Flip	10: 3Lo	Triple Loop
3: FSSp	Flying Sit Spin	11: SISSt	Straight Line Step Sequence
4: 3A	Triple Axel	12: 2A+2T	Double Axel+Double Toeloop
5: 3S	Triple Salchow	13: CCoSp	Change Foot Combination Spin
6: CSSp	Change Foot Sit Spin	14:	
7: 3A+3T	Triple Axel+Triple Toeloop	15:	
8: CiSt	Circular Step Sequence	16:	

Please Note:

The Planned Program is listed as announced by the skaters/teams and observed during the practice sessions.

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