

- Ladies

Planned Program Content - Check List

As of: 26.11.2008 23:30:43

Cynthia PHANEUF CAN

SP/OD		Remarks
1	2A Double Axel	
2	3Lz+2T Triple Lutz+Double Toeloop	
3	3F Triple Flip	
4	FSSp Flying Sit Spin	
5	SISt Straight Line Step Sequence	
6	SpSq Spiral Sequence	
7	CCoSp Change Foot Combination Spin	
8	LSp Layback Spin	
9		
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FS/FD		Remarks
1	3T+2A+SEQ Triple Toeloop+Double Axel+SEQ	
2	3Lz+2T Triple Lutz+Double Toeloop	
3	3Lo Triple Loop	
4	FSSp Flying Sit Spin	
5	3F Triple Flip	
6	3S Triple Salchow	
7	SpSq Spiral Sequence	
8	3Lz Triple Lutz	
9	SISt Straight Line Step Sequence	
10	3T+2T+2Lo Triple Toeloop+Double Toeloop+Double Loop	
11	CSSp Change Foot Sit Spin	
12	CCoSp Change Foot Combination Spin	
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Planned Program Content - Check List

As of: 26.11.2008 23:30:43

Laura LEPISTO FIN

SP/OD		Remarks
1	3T+3T Triple Toeloop+Triple Toeloop	
2	3Lo Triple Loop	
3	FSSp Flying Sit Spin	
4	LSp Layback Spin	
5	2A Double Axel	
6	SpSq Spiral Sequence	
7	SiSt Straight Line Step Sequence	
8	CCoSp Change Foot Combination Spin	
9		
10		
FS/FD		Remarks
1	2A Double Axel	
2	3T+3T Triple Toeloop+Triple Toeloop	
3	3Lz Triple Lutz	
4	FSSp Flying Sit Spin	
5	3Lo+2T Triple Loop+Double Toeloop	
6	SpSq Spiral Sequence	
7	3Lo Triple Loop	
8	3S Triple Salchow	
9	LSp Layback Spin	
10	3S+2T+2T Triple Salchow+Double Toeloop+Double Toeloop	
11	CiSt Circular Step Sequence	
12	CCoSp Change Foot Combination Spin	
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Planned Program Content - Check List

As of: 26.11.2008 23:30:43

Annette DYTRT GER

SP/OD		Remarks
1	3F+2T Triple Flip+Double Toeloop	
2	3S Triple Salchow	
3	FSSp Flying Sit Spin	
4	SpSq Spiral Sequence	
5	2A Double Axel	
6	LSp Layback Spin	
7	CiSt Circular Step Sequence	
8	CCoSp Change Foot Combination Spin	
9		
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FS/FD		Remarks
1	3F+2T Triple Flip+Double Toeloop	
2	3T+2T Triple Toeloop+Double Toeloop	
3	3Lo Triple Loop	
4	3S+2T Triple Salchow+Double Toeloop	
5	CCoSp Change Foot Combination Spin	
6	3T Triple Toeloop	
7	SpSq Spiral Sequence	
8	3S Triple Salchow	
9	FSSp Flying Sit Spin	
10	CiSt Circular Step Sequence	
11	2A Double Axel	
12	LSp Layback Spin	
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Planned Program Content - Check List

As of: 26.11.2008 23:30:43

Mao ASADA JPN

SP/OD		Remarks
1	3F+3Lo Triple Flip+Triple Loop	
2	3Lz Triple Lutz	
3	SpSq Spiral Sequence	
4	FSSp Flying Sit Spin	
5	2A Double Axel	
6	CiSt Circular Step Sequence	
7	CCoSp Change Foot Combination Spin	
8	LSp Layback Spin	
9		
10		
FS/FD		Remarks
1	3A+2T Triple Axel+Double Toeloop	
2	3A Triple Axel	
3	3F+2Lo+2Lo Triple Flip+Double Loop+Double Loop	
4	FSSp Flying Sit Spin	
5	SpSq Spiral Sequence	
6	3S Triple Salchow	
7	3F+3Lo Triple Flip+Triple Loop	
8	3T Triple Toeloop	
9	2A Double Axel	
10	FCoSp Fly. Combination Spin	
11	SiSt Straight Line Step Sequence	
12	CCoSp Change Foot Combination Spin	
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Planned Program Content - Check List

As of: 26.11.2008 23:30:43

Yukari NAKANO JPN

SP/OD		Remarks
1	3F+2T Triple Flip+Double Toeloop	
2	3Lz Triple Lutz	
3	LSp Layback Spin	
4	SpSq Spiral Sequence	
5	2A Double Axel	
6	CCoSp Change Foot Combination Spin	
7	CiSt Circular Step Sequence	
8	FCSp Flying Camel Spin	
9		
10		
FS/FD		Remarks
1	3A Triple Axel	
2	3F+2T Triple Flip+Double Toeloop	
3	3S+2T Triple Salchow+Double Toeloop	
4	2A Double Axel	
5	CCoSp Change Foot Combination Spin	
6	3Lz Triple Lutz	
7	SpSq Spiral Sequence	
8	3F Triple Flip	
9	FCoSp Fly. Combination Spin	
10	SiSt Straight Line Step Sequence	
11	3T+2T+2Lo Triple Toeloop+Double Toeloop+Double Loop	
12	FCSp Flying Camel Spin	
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Planned Program Content - Check List

As of: 26.11.2008 23:30:43

Akiko SUZUKI JPN

SP/OD		Remarks
1	3Lz+2T Triple Lutz+Double Toeloop	
2	3F Triple Flip	
3	FCSp Flying Camel Spin	
4	SpSq Spiral Sequence	
5	2A Double Axel	
6	CCoSp Change Foot Combination Spin	
7	SiSt Straight Line Step Sequence	
8	LSp Layback Spin	
9		
10		
FS/FD		Remarks
1	3Lz Triple Lutz	
2	2A+3T Double Axel+Triple Toeloop	
3	3Lo Triple Loop	
4	CCoSp Change Foot Combination Spin	
5	SpSq Spiral Sequence	
6	3F Triple Flip	
7	3Lz+2T Triple Lutz+Double Toeloop	
8	3Lo+2A+SEQ Triple Loop+Double Axel+SEQ	
9	3S Triple Salchow	
10	FCSp Flying Camel Spin	
11	SiSt Straight Line Step Sequence	
12	FCoSp Fly. Combination Spin	
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Planned Program Content - Check List

As of: 26.11.2008 23:30:43

Na-Young KIM KOR

SP/OD		Remarks
1	3F Triple Flip	
2	2A Double Axel	
3	3Lz+2T Triple Lutz+Double Toeloop	
4	FSSp Flying Sit Spin	
5	CiSt Circular Step Sequence	
6	CCoSp Change Foot Combination Spin	
7	SpSq Spiral Sequence	
8	LSp Layback Spin	
9		
10		

FS/FD		Remarks
1	3F+2T Triple Flip+Double Toeloop	
2	2A+2A+SEQ Double Axel+Double Axel+SEQ	
3	3Lz+2T+2Lo Triple Lutz+Double Toeloop+Double Loop	
4	3T Triple Toeloop	
5	LSp Layback Spin	
6	3S Triple Salchow	
7	SpSq Spiral Sequence	
8	3F Triple Flip	
9	3Lz Triple Lutz	
10	FSSp Flying Sit Spin	
11	CiSt Circular Step Sequence	
12	CCoSp Change Foot Combination Spin	
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Planned Program Content - Check List

As of: 26.11.2008 23:30:43

Katarina GERBOLDT RUS

SP/OD		Remarks
1	2A Double Axel	
2	3F+2T Triple Flip+Double Toeloop	
3	3Lo Triple Loop	
4	FCSp Flying Camel Spin	
5	SpSq Spiral Sequence	
6	LSp Layback Spin	
7	CiSt Circular Step Sequence	
8	CCoSp Change Foot Combination Spin	
9		
10		

FS/FD		Remarks
1	2A Double Axel	
2	3Lz Triple Lutz	
3	3T+2T+2Lo Triple Toeloop+Double Toeloop+Double Loop	
4	3F+2T Triple Flip+Double Toeloop	
5	FCSp Flying Camel Spin	
6	3F Triple Flip	
7	3Lo Triple Loop	
8	SpSq Spiral Sequence	
9	3S+2A+SEQ Triple Salchow+Double Axel+SEQ	
10	LSp Layback Spin	
11	CiSt Circular Step Sequence	
12	CCoSp Change Foot Combination Spin	
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Planned Program Content - Check List

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Katrina HACKER USA

SP/OD		Remarks
1	3T+2T Triple Toeloop+Double Toeloop	
2	3Lo Triple Loop	
3	FSSp Flying Sit Spin	
4	2A Double Axel	
5	LSp Layback Spin	
6	SISt Straight Line Step Sequence	
7	SpSq Spiral Sequence	
8	CCoSp Change Foot Combination Spin	
9		
10		
FS/FD		Remarks
1	3T+2T+2Lo Triple Toeloop+Double Toeloop+Double Loop	
2	3S+2Lo Triple Salchow+Double Loop	
3	3Lo Triple Loop	
4	FSSp Flying Sit Spin	
5	3T Triple Toeloop	
6	SpSq Spiral Sequence	
7	3S Triple Salchow	
8	FCoSp Fly. Combination Spin	
9	CiSt Circular Step Sequence	
10	2A+2T Double Axel+Double Toeloop	
11	2A Double Axel	
12	CCoSp Change Foot Combination Spin	
13		
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Planned Program Content - Check List

As of: 26.11.2008 23:30:43

Mirai NAGASU USA

SP/OD		Remarks
1	3Lz+2T Triple Lutz+Double Toeloop	
2	3F Triple Flip	
3	FSSp Flying Sit Spin	
4	2A Double Axel	
5	SpSq Spiral Sequence	
6	LSp Layback Spin	
7	CiSt Circular Step Sequence	
8	CCoSp Change Foot Combination Spin	
9		
10		

FS/FD		Remarks
1	3Lz+2T Triple Lutz+Double Toeloop	
2	3F Triple Flip	
3	2A Double Axel	
4	LSp Layback Spin	
5	FSSp Flying Sit Spin	
6	SpSq Spiral Sequence	
7	3F+2T+2Lo Triple Flip+Double Toeloop+Double Loop	
8	3Lz Triple Lutz	
9	3Lo+2Lo Triple Loop+Double Loop	
10	3S Triple Salchow	
11	SiSt Straight Line Step Sequence	
12	CCoSp Change Foot Combination Spin	
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Planned Program Content - Check List

As of: 26.11.2008 23:30:43

Ashley WAGNER USA

SP/OD		Remarks
1	3F+2Lo Triple Flip+Double Loop	
2	3Lz Triple Lutz	
3	LSp Layback Spin	
4	SISt Straight Line Step Sequence	
5	FSSp Flying Sit Spin	
6	SpSq Spiral Sequence	
7	2A Double Axel	
8	CCoSp Change Foot Combination Spin	
9		
10		

FS/FD		Remarks
1	3Lz Triple Lutz	
2	3S Triple Salchow	
3	3Lo Triple Loop	
4	FSSp Flying Sit Spin	
5	3F+2Lo+2Lo Triple Flip+Double Loop+Double Loop	
6	FCCoSp Fly. Change Foot Comb. Spin	
7	SpSq Spiral Sequence	
8	3Lo+2Lo Triple Loop+Double Loop	
9	3F+2A+SEQ Triple Flip+Double Axel+SEQ	
10	3T Triple Toeloop	
11	SISt Straight Line Step Sequence	
12	CCoSp Change Foot Combination Spin	
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Planned Program Content - Check List

As of: 26.11.2008 23:30:43

Anastasia GIMAZETDINOVA UZB

SP/OD		Remarks
1	2A Double Axel	
2	3Lz+2T Triple Lutz+Double Toeloop	
3	3S Triple Salchow	
4	FSSp Flying Sit Spin	
5	CCSp Change Foot Camel Spin	
6	SISl Straight Line Step Sequence	
7	SpSq Spiral Sequence	
8	LSp Layback Spin	
9		
10		

FS/FD		Remarks
1	2A Double Axel	
2	3Lz Triple Lutz	
3	3F Triple Flip	
4	3T+2T+2Lo Triple Toeloop+Double Toeloop+Double Loop	
5	3S+2T Triple Salchow+Double Toeloop	
6	FSSp Flying Sit Spin	
7	3T+2T Triple Toeloop+Double Toeloop	
8	SpSq Spiral Sequence	
9	LSp Layback Spin	
10	SISl Straight Line Step Sequence	
11	3S Triple Salchow	
12	CCoSp Change Foot Combination Spin	
13		
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