

- Ladies

Planned Program Content - Check List

As of: 24.03.2010 06:12:42

**Cheltzie LEE AUS**

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

As of: 24.03.2010 06:12:42

**Kerstin FRANK AUT**

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

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

As of: 24.03.2010 06:12:42

Isabelle PIEMAN BEL

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

As of: 24.03.2010 06:12:42

**Sonia RADEVA BUL**

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

As of: 24.03.2010 06:12:42

**Cynthia PHANEUF CAN**

SP/OD		Remarks
1	2A Double Axel	
2	3Lz+2T Triple Lutz+Double Toeloop	
3	3T Triple Toeloop	
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		
10		

FS/FD		Remarks
1	3T+2A+SEQ Triple Toeloop+Double Axel+SEQ	
2	3Lz Triple Lutz	
3	3Lo+2T Triple Loop+Double Toeloop	
4	3Lo Triple Loop	
5	FSSp Flying Sit Spin	
6	3S Triple Salchow	
7	SpSq Spiral Sequence	
8	2A Double Axel	
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

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**Myriane SAMSON CAN**

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

As of: 24.03.2010 06:12:42

**Yan LIU CHN**

SP/OD		Remarks
1	3S+2T Triple Salchow+Double Toeloop	
2	3Lo Triple Loop	
3	SpSq Spiral Sequence	
4	2A Double Axel	
5	FCSp Flying Camel Spin	
6	LSp Layback Spin	
7	SiSt Straight Line Step Sequence	
8	CCoSp Change Foot Combination Spin	
9		
10		
FS/FD		Remarks
1	3Lz Triple Lutz	
2	3T Triple Toeloop	
3	3Lo+2A+SEQ Triple Loop+Double Axel+SEQ	
4	LSp Layback Spin	
5	SpSq Spiral Sequence	
6	3S+2T+2Lo Triple Salchow+Double Toeloop+Double Loop	
7	3T+2A+SEQ Triple Toeloop+Double Axel+SEQ	
8	2A Double Axel	
9	FCSp Flying Camel Spin	
10	SiSt Straight Line Step Sequence	
11	3S Triple Salchow	
12	CCoSp Change Foot Combination Spin	
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As of: 24.03.2010 06:12:42

**Crystal KIANG TPE**

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

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

As of: 24.03.2010 06:12:42

**Mirna LIBRIC CRO**

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

FS/FD		Remarks
1	3T+2T+2T Triple Toeloop+Double Toeloop+Double Toeloop	
2	2A+2A+SEQ Double Axel+Double Axel+SEQ	
3	3S Triple Salchow	
4	CCoSp Change Foot Combination Spin	
5	CUSp Change Foot Upright Spin	
6	3T+2T Triple Toeloop+Double Toeloop	
7	SpSq Spiral Sequence	
8	2A Double Axel	
9	SISt Straight Line Step Sequence	
10	2A Double Axel	
11	3S Triple Salchow	
12	FCoSp Fly. Combination Spin	
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**Martina BOCEK CZE**

SP/OD		Remarks
1	3S Triple Salchow	
2	2A Double Axel	
3	3Lo+2T Triple Loop+Double Toeloop	
4	FSSp Flying Sit Spin	
5	SpSq Spiral Sequence	
6	LSp Layback Spin	
7	SiSt Straight Line Step Sequence	
8	CCoSp Change Foot Combination Spin	
9		
10		

FS/FD		Remarks
1	3S Triple Salchow	
2	2A Double Axel	
3	3Lo+2T Triple Loop+Double Toeloop	
4	3Lo Triple Loop	
5	FSSp Flying Sit Spin	
6	2A+2T Double Axel+Double Toeloop	
7	SpSq Spiral Sequence	
8	CCoSp Change Foot Combination Spin	
9	2A Double Axel	
10	2Lo+2Lo+2Lo Double Loop+Double Loop+Double Loop	
11	FCCoSp Fly. Change Foot Comb. Spin	
12	SiSt Straight Line Step Sequence	
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**Karina JOHNSON DEN**

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

FS/FD		Remarks
1	2A Double Axel	
2	3S+2T Triple Salchow+Double Toeloop	
3	3Lz Triple Lutz	
4	3T Triple Toeloop	
5	CCoSp Change Foot Combination Spin	
6	3S Triple Salchow	
7	2A+2Lo Double Axel+Double Loop	
8	SpSq Spiral Sequence	
9	LSp Layback Spin	
10	SISl Straight Line Step Sequence	
11	2A+2T Double Axel+Double Toeloop	
12	FCoSp Fly. Combination Spin	
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**Elena GLEBOVA EST**

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

FS/FD		Remarks
1	3Lo Triple Loop	
2	2A Double Axel	
3	3S+2T+2T Triple Salchow+Double Toeloop+Double Toeloop	
4	SpSq Spiral Sequence	
5	3T+3T Triple Toeloop+Triple Toeloop	
6	CUSp Change Foot Upright Spin	
7	3S Triple Salchow	
8	2A Double Axel	
9	2A+2T Double Axel+Double Toeloop	
10	FSSp Flying Sit Spin	
11	SISt Straight Line Step Sequence	
12	CCoSp Change Foot Combination Spin	
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**Kiira KORPI FIN**

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

FS/FD		Remarks
1	3Lz+2T Triple Lutz+Double Toeloop	
2	3S+2A+SEQ Triple Salchow+Double Axel+SEQ	
3	3F Triple Flip	
4	FCoSp Fly. Combination Spin	
5	3Lo Triple Loop	
6	SpSq Spiral Sequence	
7	3Lo+2T+2Lo Triple Loop+Double Toeloop+Double Loop	
8	2A Double Axel	
9	FSSp Flying Sit Spin	
10	SiSt Straight Line Step Sequence	
11	2A Double Axel	
12	CCoSp Change Foot Combination Spin	
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Laura LEPISTÖ 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	3T+3T Triple Toeloop+Triple Toeloop	
2	3Lz Triple Lutz	
3	3Lo+2T Triple Loop+Double Toeloop	
4	FSSp Flying Sit Spin	
5	LSp Layback Spin	
6	2A Double Axel	
7	3Lo Triple Loop	
8	SpSq Spiral Sequence	
9	2A Double Axel	
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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**Gwendoline DIDIER FRA**

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

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

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**Elene GEDEVANISHVILI GEO**

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

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

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**Sarah HECKEN GER**

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

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

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**Jenna MCCORKELL GBR**

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

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

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

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

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

FS/FD		Remarks
1	2A+2T+2Lo Double Axel+Double Toeloop+Double Loop	
2	3T Triple Toeloop	
3	3S Triple Salchow	
4	FCSp Flying Camel Spin	
5	SpSq Spiral Sequence	
6	2Lo Double Loop	
7	LSp Layback Spin	
8	2Lz+2Lo Double Lutz+Double Loop	
9	2A Double Axel	
10	SiSt Straight Line Step Sequence	
11	2A+2T Double Axel+Double Toeloop	
12	CCoSp Change Foot Combination Spin	
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**Julia SEBESTYEN HUN**

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	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+2T+2Lo Triple Lutz+Double Toeloop+Double Loop	
3	3F Triple Flip	
4	3S Triple Salchow	
5	FCSp Flying Camel Spin	
6	3Lz Triple Lutz	
7	SiSt Straight Line Step Sequence	
8	2A+2A+SEQ Double Axel+Double Axel+SEQ	
9	FCoSp Fly. Combination Spin	
10	SpSq Spiral Sequence	
11	3T+2T Triple Toeloop+Double Toeloop	
12	CCoSp Change Foot Combination Spin	
13		
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Yoniko Eva WASHINGTON IND

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

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

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

FS/FD		Remarks
1	2Lz+2Lo+2T                Double Lutz+Double Loop+Double Toeloop	
2	2A                              Double Axel	
3	CCoSp                        Change Foot Combination Spin	
4	FSSp                         Flying Sit Spin	
5	SpSq                         Spiral Sequence	
6	2F+2Lo                      Double Flip+Double Loop	
7	2A                              Double Axel	
8	2Lo                            Double Loop	
9	FCSSp                       Fly. Change Foot Sit Spin	
10	2Lz                            Double Lutz	
11	SiSt                          Straight Line Step Sequence	
12	2F                              Double Flip	
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**Tamar KATZ ISR**

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

FS/FD		Remarks
1	3Lz+2Lo Triple Lutz+Double Loop	
2	3F Triple Flip	
3	2A+2T Double Axel+Double Toeloop	
4	FCoSp Fly. Combination Spin	
5	3Lz Triple Lutz	
6	3Lo Triple Loop	
7	SpSq Spiral Sequence	
8	2A+2Lo Double Axel+Double Loop	
9	2A Double Axel	
10	SiSt Straight Line Step Sequence	
11	CCoSp Change Foot Combination Spin	
12	FSSp Flying Sit Spin	
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- Ladies

Planned Program Content - Check List

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**Carolina KOSTNER ITA**

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

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

As of: 24.03.2010 06:12:42

**Miki ANDO JPN**

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

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

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**Mao ASADA JPN**

SP/OD		Remarks
1	3A+2T Triple Axel+Double Toeloop	
2	3F Triple Flip	
3	LSp Layback Spin	
4	SpSq Spiral Sequence	
5	2A Double Axel	
6	FSSp Flying Sit Spin	
7	SiSt Straight Line Step Sequence	
8	CCoSp Change Foot Combination Spin	
9		
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FS/FD		Remarks
1	3A Triple Axel	
2	3A+2T Triple Axel+Double Toeloop	
3	3F+2Lo Triple Flip+Double Loop	
4	FSSp Flying Sit Spin	
5	SpSq Spiral Sequence	
6	3Lo Triple Loop	
7	3F+2Lo+2Lo Triple Flip+Double Loop+Double 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: 24.03.2010 06:12:42

**Akiko SUZUKI JPN**

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

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**Zanna PUGACA LAT**

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

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

As of: 24.03.2010 06:12:42

**Beatrice ROZINSKAITE LTU**

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

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

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**Fleur MAXWELL LUX**

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

As of: 24.03.2010 06:12:42

**Ana Cecilia CANTU MEX**

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

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**Sonja MUGOSA MNE**

SP/OD	Remarks
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FS/FD	Remarks
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Planned Program Content - Check List

As of: 24.03.2010 06:12:42

**Manouk GIJSMAN NED**

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

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

As of: 24.03.2010 06:12:42

Lauren KO PHI

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

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

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**Victoria MUNIZ PUR**

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

FS/FD		Remarks
1	3Lo+2T Triple Loop+Double Toeloop	
2	3F Triple Flip	
3	3Lz Triple Lutz	
4	3Lo Triple Loop	
5	SpSq Spiral Sequence	
6	3T+2T Triple Toeloop+Double Toeloop	
7	FSSp Flying Sit Spin	
8	SiSt Straight Line Step Sequence	
9	CCoSp Change Foot Combination Spin	
10	2A+2T+2T Double Axel+Double Toeloop+Double Toeloop	
11	2A Double Axel	
12	FCCoSp Fly. Change Foot Comb. Spin	
13		
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Planned Program Content - Check List

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**Yu-Na KIM KOR**

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

Planned Program Content - Check List

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**Min-Jung KWAK KOR**

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

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**Sabina PAQUIER ROU**

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

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

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**Alena LEONOVA RUS**

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

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**Ksenia MAKAROVA RUS**

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

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

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**Marina SEEH SRB**

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

FS/FD		Remarks
1	2A Double Axel	
2	2A Double Axel	
3	3S Triple Salchow	
4	FCCoSp Fly. Change Foot Comb. Spin	
5	2A Double Axel	
6	2Lz+2T Double Lutz+Double Toeloop	
7	FSSp Flying Sit Spin	
8	2Lo+2Lo+2Lo Double Loop+Double Loop+Double Loop	
9	2F+2T Double Flip+Double Toeloop	
10	SpSq Spiral Sequence	
11	CiSt Circular Step Sequence	
12	CCoSp Change Foot Combination Spin	
13		
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Planned Program Content - Check List

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Ivana REITMAYEROVA SVK

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

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

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**Teodora POSTIC SLO**

SP/OD		Remarks
1	3Lo+2T Triple Loop+Double Toeloop	
2	3S Triple Salchow	
3	2A Double Axel	
4	FSSp Flying Sit Spin	
5	SpSq Spiral Sequence	
6	CCoSp Change Foot Combination Spin	
7	SiSt Straight Line Step Sequence	
8	LSp Layback Spin	
9		
10		

FS/FD		Remarks
1	3Lo+2T Triple Loop+Double Toeloop	
2	3T+2T+2T Triple Toeloop+Double Toeloop+Double Toeloop	
3	3S+2A+SEQ Triple Salchow+Double Axel+SEQ	
4	CCoSp Change Foot Combination Spin	
5	3T Triple Toeloop	
6	2A Double Axel	
7	SpSq Spiral Sequence	
8	2A Double Axel	
9	CSSp Change Foot Sit Spin	
10	3S Triple Salchow	
11	St Steps	
12	FSSp Flying Sit Spin	
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**Abigail PIETERSEN RSA**

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

FS/FD		Remarks
1	2A Double Axel	
2	3S Triple Salchow	
3	CCSp Change Foot Camel Spin	
4	SpSq Spiral Sequence	
5	3Lo Triple Loop	
6	FCCoSp Fly. Change Foot Comb. Spin	
7	2A Double Axel	
8	2F+2T+2Lo Double Flip+Double Toeloop+Double Loop	
9	SISt Straight Line Step Sequence	
10	2Lz+2Lo Double Lutz+Double Loop	
11	2A Double Axel	
12	FCSp Flying Camel Spin	
13		
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**Sonia LAFUENTE ESP**

SP/OD		Remarks
1	3Lo+2T Triple Loop+Double Toeloop	
2	3T Triple Toeloop	
3	2A Double Axel	
4	LSp Layback Spin	
5	SpSq Spiral Sequence	
6	FSSp Flying Sit Spin	
7	SiSt Straight Line Step Sequence	
8	CCoSp Change Foot Combination Spin	
9		
10		
FS/FD		Remarks
1	3F Triple Flip	
2	3Lo+2T Triple Loop+Double Toeloop	
3	2A Double Axel	
4	2A+2T Double Axel+Double Toeloop	
5	CUSp Change Foot Upright Spin	
6	SiSt Straight Line Step Sequence	
7	3T+2T+2Lo Triple Toeloop+Double Toeloop+Double Loop	
8	3Lo Triple Loop	
9	SpSq Spiral Sequence	
10	FSSp Flying Sit Spin	
11	3T Triple Toeloop	
12	CCoSp Change Foot Combination Spin	
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**Viktorija HELGESSON SWE**

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

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**Bettina HEIM SUI**

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

Planned Program Content - Check List

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**Sarah MEIER SUI**

SP/OD		Remarks
1	3Lz+2T Triple Lutz+Double Toeloop	
2	3S Triple Salchow	
3	CCoSp Change Foot Combination Spin	
4	SpSq Spiral Sequence	
5	2A Double Axel	
6	FCSp Flying Camel Spin	
7	SISt Straight Line Step Sequence	
8	LSp Layback Spin	
9		
10		
FS/FD		Remarks
1	3Lz+2T+2Lo Triple Lutz+Double Toeloop+Double Loop	
2	3F Triple Flip	
3	2A+2T Double Axel+Double Toeloop	
4	CCoSp Change Foot Combination Spin	
5	3Lz Triple Lutz	
6	3S Triple Salchow	
7	SpSq Spiral Sequence	
8	3S+2T Triple Salchow+Double Toeloop	
9	SISt Straight Line Step Sequence	
10	2A Double Axel	
11	FCSp Flying Camel Spin	
12	LSp Layback Spin	
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**Charissa TANSOMBOON THA**

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

FS/FD		Remarks
1	FCSp Flying Camel Spin	
2	2Lz+2Lo Double Lutz+Double Loop	
3	SpSq Spiral Sequence	
4	2A+2T Double Axel+Double Toeloop	
5	2A Double Axel	
6	CCoSp Change Foot Combination Spin	
7	2F+2Lo Double Flip+Double Loop	
8	SISL Straight Line Step Sequence	
9	2Lz Double Lutz	
10	2F Double Flip	
11	2Lo Double Loop	
12	FCCoSp Fly. Change Foot Comb. Spin	
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- Ladies

Planned Program Content - Check List

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**Tugba KARADEMIR TUR**

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

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

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**Irina MOVCHAN UKR**

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

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**Rachael FLATT USA**

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

FS/FD		Remarks
1	2A Double Axel	
2	3F+3T Triple Flip+Triple Toeloop	
3	3Lz Triple Lutz	
4	FCSp Flying Camel Spin	
5	CUSp Change Foot Upright Spin	
6	3Lo Triple Loop	
7	3Lz+2T Triple Lutz+Double Toeloop	
8	SpSq Spiral Sequence	
9	3F+2T+2Lo Triple Flip+Double Toeloop+Double Loop	
10	3S Triple Salchow	
11	CiSt Circular Step Sequence	
12	FCCoSp Fly. Change Foot Comb. Spin	
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- Ladies

Planned Program Content - Check List

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**Mirai NAGASU USA**

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

Planned Program Content - Check List

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**Anastasia GIMAZETDINOVA UZB**

SP/OD		Remarks
1	2A Double Axel	
2	3T+2T Triple Toeloop+Double Toeloop	
3	3S Triple Salchow	
4	CCoSp Change Foot Combination Spin	
5	SpSq Spiral Sequence	
6	FCSp Flying Camel Spin	
7	LSp Layback Spin	
8	SISt Straight Line Step Sequence	
9		
10		

FS/FD		Remarks
1	3Lz Triple Lutz	
2	3T+2T Triple Toeloop+Double Toeloop	
3	3S Triple Salchow	
4	2A Double Axel	
5	FCSp Flying Camel Spin	
6	3T Triple Toeloop	
7	3S+2T+2T Triple Salchow+Double Toeloop+Double Toeloop	
8	2A+2A+SEQ Double Axel+Double Axel+SEQ	
9	SpSq Spiral Sequence	
10	CiSt Circular Step Sequence	
11	CCoSp Change Foot Combination Spin	
12	LSp Layback Spin	
13		
14		
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