

- Junior Ladies

Planned Program Content - Check List

As of: 05/12/2018 06:57:10

Yelim KIM KOR

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

- Junior Ladies

Planned Program Content - Check List

As of: 05/12/2018 06:57:10

Alena KANY SHEVA RUS

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

- Junior Ladies

Planned Program Content - Check List

As of: 05/12/2018 06:57:10

Alena KOSTORNAIA RUS

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

- Junior Ladies

Planned Program Content - Check List

As of: 05/12/2018 06:57:10

Anna SHCHERBAKOVA RUS

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

- Junior Ladies

Planned Program Content - Check List

As of: 05/12/2018 06:57:10

Anastasia TARAKANOVA RUS

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

- Junior Ladies

Planned Program Content - Check List

As of: 05/12/2018 06:57:10

Alexandra TRUSOVA RUS

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