FREE SKATING

Planned Program Content

1 Tugba KARADEMIR **TUR**

Coach: R. Tebby

Music: Ratatouille (soundtrack)

1:	3S+2T+2Lo	Triple Salchow+Double Toeloop+Double Loop	9:	2A	Double Axel
2:	3T	Triple Toeloop	10:	CCoSp	Change Foot Combination Spin
3:	3Lz	Triple Lutz	11:	3S	Triple Salchow
4:	FCSp	Flying Camel Spin	12:	FCCoSp	Fly. Change Foot Comb. Spin
5:	SlSt	Straight Line Step Sequence	13:		
6:	SpSq	Spiral Sequence	14:		
7:	2A+2T	Double Axel+Double Toeloop	15:		
8:	3T+2T	Triple Toeloop+Double Toeloop	16:		

2 Mira LEUNG **CAN**

Coach: Y. Jiang

Music: Pianco Concerto 2 and 3 by Rachmaninov

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

3 Yan LIU **CHN**

Coach: L. Yu

Music: Why Are the Flowers so Red

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

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Planned Program Content

4 Susanna POYKIO **FIN**

Coach: H. Poykio

Music: Selection of Music by Sergei Rachmaninov

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

5 Annette DYTRT **GER**

Coach: M. Huth

Music: The Swan by Camille Saint-Saens

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

6 Kimmie MEISSNER **USA**

Coach: R. Callaghan, T. Eldredge

Music: Concerto Grosso by A. Vivaldi, Adagio

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

FREE SKATING

Planned Program Content

7 Rachael FLATT **USA**

Coach: T. Zakrajsek, B. Calvin

Music: La Mer by Claude Debussy

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

8 Mirai NAGASU **USA**

Coach: C. Wong

Music: Caprice Fantastique, Fairy Tale, Orpheus

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

9 Yukari NAKANO **JPN**

Coach: N. Sato

Music: Giselle by Adolphe Adam

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

FREE SKATING

Planned Program Content

10 Miki ANDO **JPN**

Coach: N. Morozov, Y. Monna

Music: Giselle by Adolphe Adam

1:	3T+3Lo	Triple Toeloop+Triple Loop	9:	2A+2Lo+2Lo	Double Axel+Double Loop+Double Loop
2:	4S	Quad. Salchow	10:	CCoSp	Change Foot Combination Spin
3:	3F	Triple Flip	11:	SlSt	Straight Line Step Sequence
4:	CCSp	Change Foot Camel Spin	12:	FCCoSp	Fly. Change Foot Comb. Spin
5:	SpSq	Spiral Sequence	13:		
6:	3Lz+2Lo	Triple Lutz+Double Loop	14:		
7:	3Lz	Triple Lutz	15:		
8:	3Lo	Triple Loop	16:		

11 Yu-Na KIM **KOR**

Coach: B. Orser

Music: Sheherazade by N. Rimski-Korsakov

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

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

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