- Senior Ladies

Planned Program Content - Check List

As of: 09.12.2008 23:17:17

Joannie ROCHETTE CAN

SP/OD			Remarks
1	2A	Double Axel	
2	3F+3T	Triple Flip+Triple Toeloop	
3	FSSp	Flying Sit Spin	
4	3Lz	Triple Lutz	
5	CCoSp	Change Foot Combination Spin	
6	SlSt	Straight Line Step Sequence	
7	SpSq	Spiral 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	3Lo	Triple Loop	
4	FSSp	Flying Sit Spin	
5	CUSp	Change Foot Upright Spin	
6	3Lz	Triple Lutz	
7	3T+3S+SEQ	Triple Toeloop+Triple Salchow+SEQ	
8	SlSt	Straight Line Step Sequence	
9	SpSq	Spiral Sequence	
10	2A+2A+SEQ	Double Axel+Double Axel+SEQ	
11	3S	Triple Salchow	
12	CCoSp	Change Foot Combination Spin	
13			
14			
15			
16			
17			
18			

- Senior Ladies

Planned Program Content - Check List

As of: 09.12.2008 23:17:17

Carolina KOSTNER ITA

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

FS/FD			Remarks
1	3F+3T	Triple Flip+Triple Toeloop	
2	3Lz+2T+2Lo	Triple Lutz+Double Toeloop+Double Loop	
3	3F	Triple Flip	
4	3Lo	Triple Loop	
5	CCoSp	Change Foot Combination Spin	
6	2A+3T	Double Axel+Triple Toeloop	
7	3S	Triple Salchow	
8	CSSp	Change Foot Sit Spin	
9	SlSt	Straight Line Step Sequence	
10	SpSq	Spiral Sequence	
11	2A	Double Axel	
12	FSSp	Flying Sit Spin	
13			
14			
15			
16			
17			
18			

- Senior Ladies

Planned Program Content - Check List

As of: 09.12.2008 23:17:17

Miki ANDO JPN

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

FS/FD			Remarks
1	3T+3Lo	Triple Toeloop+Triple Loop	
2	3S	Triple Salchow	
3	3F	Triple Flip	
4	CCSp	Change Foot Camel Spin	
5	SpSq	Spiral Sequence	
6	3Lz+2Lo	Triple Lutz+Double Loop	
7	3Lz	Triple Lutz	
8	3Lo	Triple Loop	
9	2A+2Lo+2Lo	Double Axel+Double Loop+Double Loop	
10	CCoSp	Change Foot Combination Spin	
11	SlSt	Straight Line Step Sequence	
12	FCCoSp	Fly. Change Foot Comb. Spin	
13			
14			
15			
16			
17			
18			

- Senior Ladies

Planned Program Content - Check List

As of: 09.12.2008 23:17:17

Mao ASADA JPN

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

FS/FD			Remarks
1	3A	Triple Axel	
2	3A+2T	Triple Axel+Double Toeloop	
3	3F+3T	Triple Flip+Triple Toeloop	
4	FCCoSp	Fly. Change Foot Comb. Spin	
5	SpSq	Spiral Sequence	
6	3S	Triple Salchow	
7	3F+3Lo	Triple Flip+Triple Loop	
8	3Lz	Triple Lutz	
9	2A	Double Axel	
10	FSSp	Flying Sit Spin	
11	SlSt	Straight Line Step Sequence	
12	CCoSp	Change Foot Combination Spin	
13			
14			
15			
16			
17			
18			

- Senior Ladies

Planned Program Content - Check List

As of: 09.12.2008 23:17:17

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	SlSt	Straight Line Step Sequence	
11	3T+2T+2Lo	Triple Toeloop+Double Toeloop+Double Loop	
12	FCSp	Flying Camel Spin	
13			
14			
15			
16			
17			
18			

- Senior Ladies

Planned Program Content - Check List

As of: 09.12.2008 23:17:17

Yu-Na KIM KOR

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	SlSt	Straight Line Step Sequence	
8	CCoSp	Change Foot Combination Spin	
9			
10			

FS/FD			Remarks
1	3F+3T	Triple Flip+Triple Toeloop	
2	3Lo	Triple Loop	
3	3Lz+2T+2Lo	Triple Lutz+Double Toeloop+Double Loop	
4	FSSp	Flying Sit Spin	
5	2A+3T	Double Axel+Triple Toeloop	
6	3Lz	Triple Lutz	
7	SpSq	Spiral Sequence	
8	3S	Triple Salchow	
9	FCoSp	Fly. Combination Spin	
10	SlSt	Straight Line Step Sequence	
11	2A	Double Axel	
12	CCoSp	Change Foot Combination Spin	
13			
14			
15			
16			
17			
18			