

ISU GP NHK Trophy 2017

Ladies

Planned Program Content - Check List**Alaine CHARTRAND - CAN**

SP/SD			Remarks
1	3Lz+3T	Triple Lutz+Triple Toeloop	
2	3Lo	Triple Loop	
3	FSSp	Flying Sit Spin	
4	2A	Double Axel	
5	StSq	Step Sequence	
6	LSp	Layback Spin	
7	CCoSp	Change Foot Spin Combo	
8			
9			
10			

FS/FD			Remarks
1	3Lz+3T	Triple Lutz+Triple Toeloop	
2	3F	Triple Flip	
3	FCCoSp	Flying Change Foot Spin Combo	
4	StSq	Step Sequence	
5	2A+1Lo+3S	Double Axel+Single Loop+Triple Salchow	
6	3Lz	Triple Lutz	
7	3Lo	Triple Loop	
8	3S	Triple Salchow	
9	ChSq	Choreographic Sequence	
10	2A+2Lo	Double Axel+Double Loop	
11	FCSSp	Flying Change Foot Sit Spin	
12	CCoSp	Change Foot Spin Combo	
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Ladies

Planned Program Content - Check List

Carolina KOSTNER - ITA

SP/SD	Remarks
1 3T+3T Triple Toeloop+Triple Toeloop	
2 3Lo Triple Loop	
3 FCSp Flying Camel Spin	
4 2A Double Axel	
5 LSp Layback Spin	
6 StSq Step Sequence	
7 CCoSp Change Foot Spin Combo	
8	
9	
10	

FS/FD	Remarks
1 3F+3T Triple Flip+Triple Toeloop	
2 3F Triple Flip	
3 3Lo Triple Loop	
4 FCSp Flying Camel Spin	
5 FCCoSp Flying Change Foot Spin Combo	
6 3T Triple Toeloop	
7 2A+1Lo+3S Double Axel+Single Loop+Triple Salchow	
8 2A Double Axel	
9 3S+2T Triple Salchow+Double Toeloop	
10 ChSq Choreographic Sequence	
11 StSq Step Sequence	
12 CCoSp Change Foot Spin Combo	
13	
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Ladies

Planned Program Content - Check List

Rika HONGO - JPN

SP/SD			Remarks
1	3F+3T	Triple Flip+Triple Toeloop	
2	LSp	Layback Spin	
3	FCSp	Flying Camel Spin	
4	3Lz	Triple Lutz	
5	2A	Double Axel	
6	StSq	Step Sequence	
7	CCoSp	Change Foot Spin Combo	
8			
9			
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FS/FD			Remarks
1	3F+3T	Triple Flip+Triple Toeloop	
2	3S	Triple Salchow	
3	3Lz	Triple Lutz	
4	StSq	Step Sequence	
5	FCSp	Flying Camel Spin	
6	2A+3T+2T	Double Axel+Triple Toeloop+Double Toeloop	
7	3Lo	Triple Loop	
8	3F+2T	Triple Flip+Double Toeloop	
9	FCCoSp	Flying Change Foot Spin Combo	
10	ChSq	Choreographic Sequence	
11	2A	Double Axel	
12	CCoSp	Change Foot Spin Combo	
13			
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Ladies

Planned Program Content - Check List**Satoko MIYAHARA - JPN**

SP/SD			Remarks
1	3Lz+3T	Triple Lutz+Triple Toeloop	
2	FCSp	Flying Camel Spin	
3	CCoSp	Change Foot Spin Combo	
4	3Lo	Triple Loop	
5	StSq	Step Sequence	
6	2A	Double Axel	
7	LSp	Layback Spin	
8			
9			
10			

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

Yuna SHIRAIWA - JPN

SP/SD			Remarks
1	3Lz+3T	Triple Lutz+Triple Toeloop	
2	FSSp	Flying Sit Spin	
3	LSp	Layback Spin	
4	2A	Double Axel	
5	3F	Triple Flip	
6	StSq	Step Sequence	
7	CCoSp	Change Foot Spin Combo	
8			
9			
10			

FS/FD			Remarks
1	3Lz+3Lo	Triple Lutz+Triple Loop	
2	2A	Double Axel	
3	FSSp	Flying Sit Spin	
4	StSq	Step Sequence	
5	3Lz+3T	Triple Lutz+Triple Toeloop	
6	3S	Triple Salchow	
7	CCoSp	Change Foot Spin Combo	
8	ChSq	Choreographic Sequence	
9	3F	Triple Flip	
10	2A+2T+2Lo	Double Axel+Double Toeloop+Double Loop	
11	LSp	Layback Spin	
12	3Lo	Triple Loop	
13			
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Planned Program Content - Check List**Soyoun PARK - KOR**

SP/SD			Remarks
1	3F+2T	Triple Flip+Double Toeloop	
2	3Lo	Triple Loop	
3	FSSp	Flying Sit Spin	
4	2A	Double Axel	
5	StSq	Step Sequence	
6	LSp	Layback Spin	
7	CCoSp	Change Foot Spin Combo	
8			
9			
10			

FS/FD			Remarks
1	3Lo	Triple Loop	
2	2A+3T	Double Axel+Triple Toeloop	
3	3F	Triple Flip	
4	StSq	Step Sequence	
5	FSSp	Flying Sit Spin	
6	2A	Double Axel	
7	3S+2T+2Lo	Triple Salchow+Double Toeloop+Double Loop	
8	3Lo+2T	Triple Loop+Double Toeloop	
9	3S	Triple Salchow	
10	ChSq	Choreographic Sequence	
11	CCoSp	Change Foot Spin Combo	
12	LSp	Layback Spin	
13			
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Planned Program Content - Check List**Alena LEONOVA - RUS**

SP/SD			Remarks
1	3T+3T	Triple Toeloop+Triple Toeloop	
2	FCSp	Flying Camel Spin	
3	StSq	Step Sequence	
4	3F	Triple Flip	
5	2A	Double Axel	
6	CCoSp	Change Foot Spin Combo	
7	LSp	Layback Spin	
8			
9			
10			

FS/FD			Remarks
1	3T+3T	Triple Toeloop+Triple Toeloop	
2	3Lz	Triple Lutz	
3	2A	Double Axel	
4	FCSp	Flying Camel Spin	
5	CCoSp	Change Foot Spin Combo	
6	ChSq	Choreographic Sequence	
7	3F+2T	Triple Flip+Double Toeloop	
8	3F	Triple Flip	
9	3S+2T+2Lo	Triple Salchow+Double Toeloop+Double Loop	
10	2A	Double Axel	
11	LSp	Layback Spin	
12	StSq	Step Sequence	
13			
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Ladies

Planned Program Content - Check List**Evgenia MEDVEDEVA - RUS**

SP/SD			Remarks
1	FCSp	Flying Camel Spin	
2	StSq	Step Sequence	
3	3F+3T	Triple Flip+Triple Toeloop	
4	3Lo	Triple Loop	
5	2A	Double Axel	
6	CCoSp	Change Foot Spin Combo	
7	LSp	Layback Spin	
8			
9			
10			

FS/FD			Remarks
1	3F+3T	Triple Flip+Triple Toeloop	
2	3Lz	Triple Lutz	
3	FCCoSp	Flying Change Foot Spin Combo	
4	StSq	Step Sequence	
5	3F	Triple Flip	
6	3Lo	Triple Loop	
7	2A+2T+2T	Double Axel+Double Toeloop+Double Toeloop	
8	3S+3T	Triple Salchow+Triple Toeloop	
9	2A	Double Axel	
10	ChSq	Choreographic Sequence	
11	CCoSp	Change Foot Spin Combo	
12	LSp	Layback Spin	
13			
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Planned Program Content - Check List

Polina TSURSKAYA - RUS

SP/SD			Remarks
1	3Lz+3T	Triple Lutz+Triple Toeloop	
2	FCSp	Flying Camel Spin	
3	StSq	Step Sequence	
4	3Lo	Triple Loop	
5	2A	Double Axel	
6	CCoSp	Change Foot Spin Combo	
7	LSp	Layback Spin	
8			
9			
10			

FS/FD			Remarks
1	3Lz+3T	Triple Lutz+Triple Toeloop	
2	3F	Triple Flip	
3	FCCoSp	Flying Change Foot Spin Combo	
4	CCoSp	Change Foot Spin Combo	
5	ChSq	Choreographic Sequence	
6	2A+3T+2T	Double Axel+Triple Toeloop+Double Toeloop	
7	3Lz+2T	Triple Lutz+Double Toeloop	
8	3S	Triple Salchow	
9	3Lo	Triple Loop	
10	2A	Double Axel	
11	StSq	Step Sequence	
12	LSp	Layback Spin	
13			
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Planned Program Content - Check List

Nicole RAJICOVA - SVK

SP/SD			Remarks
1	3Lo+3Lo	Triple Loop+Triple Loop	
2	3Lz	Triple Lutz	
3	FCSp	Flying Camel Spin	
4	LSp	Layback Spin	
5	2A	Double Axel	
6	StSq	Step Sequence	
7	CCoSp	Change Foot Spin Combo	
8			
9			
10			

FS/FD			Remarks
1	2A+1Lo+3S	Double Axel+Single Loop+Triple Salchow	
2	3F	Triple Flip	
3	3Lz+2Lo	Triple Lutz+Double Loop	
4	FCSp	Flying Camel Spin	
5	ChSq	Choreographic Sequence	
6	3Lz	Triple Lutz	
7	3Lo+2Lo	Triple Loop+Double Loop	
8	3Lo	Triple Loop	
9	FCCoSp	Flying Change Foot Spin Combo	
10	3T	Triple Toeloop	
11	StSq	Step Sequence	
12	CCoSp	Change Foot Spin Combo	
13			
14			
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16			
17			
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Planned Program Content - Check List

Mariah BELL - USA

SP/SD			Remarks
1	3Lz+3T	Triple Lutz+Triple Toeloop	
2	CCoSp	Change Foot Spin Combo	
3	FSSp	Flying Sit Spin	
4	3F	Triple Flip	
5	2A	Double Axel	
6	StSq	Step Sequence	
7	LSp	Layback Spin	
8			
9			
10			

FS/FD			Remarks
1	3Lz+3T	Triple Lutz+Triple Toeloop	
2	3Lo	Triple Loop	
3	2A	Double Axel	
4	StSq	Step Sequence	
5	2A+1Lo+3S	Double Axel+Single Loop+Triple Salchow	
6	3Lz	Triple Lutz	
7	3F+2T	Triple Flip+Double Toeloop	
8	ChSq	Choreographic Sequence	
9	FCCoSp	Flying Change Foot Spin Combo	
10	3F	Triple Flip	
11	CCoSp	Change Foot Spin Combo	
12	LSp	Layback Spin	
13			
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17			
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Planned Program Content - Check List

Mirai NAGASU - USA

SP/SD			Remarks
1	3A	Triple Axel	
2	3F+3T	Triple Flip+Triple Toeloop	
3	FCSp	Flying Camel Spin	
4	3Lz	Triple Lutz	
5	CCoSp	Change Foot Spin Combo	
6	StSq	Step Sequence	
7	LSp	Layback Spin	
8			
9			
10			

FS/FD			Remarks
1	3A	Triple Axel	
2	3F+3T	Triple Flip+Triple Toeloop	
3	3S	Triple Salchow	
4	CCoSp	Change Foot Spin Combo	
5	FCSp	Flying Camel Spin	
6	2A+3T+2T	Double Axel+Triple Toeloop+Double Toeloop	
7	3Lz	Triple Lutz	
8	3F+2T	Triple Flip+Double Toeloop	
9	StSq	Step Sequence	
10	ChSq	Choreographic Sequence	
11	3Lo	Triple Loop	
12	LSp	Layback Spin	
13			
14			
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18			