

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Anastasiya GALUSTYAN - ARM

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

FS/FD			Remarks
1	3T+3T	Triple Toeloop+Triple Toeloop	
2	3F	Triple Flip	
3	3S	Triple Salchow	
4	3Lz	Triple Lutz	
5	CCoSp	Change Foot Spin Combo	
6	2A+3T	Double Axel+Triple Toeloop	
7	3F+2T+2Lo	Triple Flip+Double Toeloop+Double Loop	
8	2A	Double Axel	
9	ChSq	Choreographic Sequence	
10	LSp	Layback Spin	
11	StSq	Step Sequence	
12	FCCoSp	Flying Change Foot Spin Combo	
13			
14			
15			
16			

54430

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Kailani CRAINE - AUS

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

FS/FD			Remarks
1	3F+2T	Triple Flip+Double Toeloop	
2	3F	Triple Flip	
3	3Lo+1Eu+3S	Triple Loop+Single Euler+Triple Salchow	
4	2A	Double Axel	
5	FCCoSp	Flying Change Foot Spin Combo	
6	3Lz	Triple Lutz	
7	3Lo	Triple Loop	
8	ChSq	Choreographic Sequence	
9	2A+2T	Double Axel+Double Toeloop	
10	CCoSp	Change Foot Spin Combo	
11	StSq	Step Sequence	
12	LSp	Layback Spin	
13			
14			
15			
16			

14029

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Sophia SCHALLER - AUT

SP/RD			Remarks
1	3T+3T	Triple Toeloop+Triple Toeloop	
2	3S	Triple Salchow	
3	FCSp	Flying Camel Spin	
4	2A	Double Axel	
5	StSq	Step Sequence	
6	SSp	Sit Spin	
7	CCoSp	Change Foot Spin Combo	
8			

FS/FD			Remarks
1	3Lo	Triple Loop	
2	3T+2T	Triple Toeloop+Double Toeloop	
3	3S	Triple Salchow	
4	FCCoSp	Flying Change Foot Spin Combo	
5	3S+2T	Triple Salchow+Double Toeloop	
6	3T	Triple Toeloop	
7	2A+1T+2Lo	Double Axel+Single Toeloop+Double Loop	
8	CCSp	Change Foot Camel Spin	
9	StSq	Step Sequence	
10	2A	Double Axel	
11	CCoSp	Change Foot Spin Combo	
12	ChSq	Choreographic Sequence	
13			
14			
15			
16			

101138

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Ekaterina RYABOVA - AZE

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

FS/FD			Remarks
1	3Lz+3T	Triple Lutz+Triple Toeloop	
2	3Lo	Triple Loop	
3	CCoSp	Change Foot Spin Combo	
4	3S	Triple Salchow	
5	StSq	Step Sequence	
6	2A+3T	Double Axel+Triple Toeloop	
7	2A+2T+2Lo	Double Axel+Double Toeloop+Double Loop	
8	3Lz	Triple Lutz	
9	3F	Triple Flip	
10	FCCoSp	Flying Change Foot Spin Combo	
11	ChSq	Choreographic Sequence	
12	LSp	Layback Spin	
13			
14			
15			
16			

106045

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Loena HENDRICKX - BEL

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

FS/FD			Remarks
1	3Lz+3T	Triple Lutz+Triple Toeloop	
2	3F	Triple Flip	
3	2A	Double Axel	
4	3Lz	Triple Lutz	
5	CCoSp	Change Foot Spin Combo	
6	StSq	Step Sequence	
7	3F+2T+2Lo	Triple Flip+Double Toeloop+Double Loop	
8	2A+2Lo	Double Axel+Double Loop	
9	3S	Triple Salchow	
10	LSp	Layback Spin	
11	ChSq	Choreographic Sequence	
12	FCCoSp	Flying Change Foot Spin Combo	
13			
14			
15			
16			

14747

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Isadora WILLIAMS - BRA

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

FS/FD			Remarks
1	3Lz+2T	Triple Lutz+Double Toeloop	
2	2A+1Eu+2S	Double Axel+Single Euler+Double Salchow	
3	3F	Triple Flip	
4	LSp	Layback Spin	
5	StSq	Step Sequence	
6	3Lo	Triple Loop	
7	3Lz	Triple Lutz	
8	ChSq	Choreographic Sequence	
9	3S+2T	Triple Salchow+Double Toeloop	
10	2A	Double Axel	
11	CCoSp	Change Foot Spin Combo	
12	FSSp	Flying Sit Spin	
13			
14			
15			
16			

12577

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Alexandra FEIGIN - BUL

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

FS/FD			Remarks
1	2A+3T	Double Axel+Triple Toeloop	
2	3Lz	Triple Lutz	
3	3F	Triple Flip	
4	StSq	Step Sequence	
5	2A+3T	Double Axel+Triple Toeloop	
6	CCoSp	Change Foot Spin Combo	
7	3Lo+2T+2Lo	Triple Loop+Double Toeloop+Double Loop	
8	3Lo	Triple Loop	
9	3S	Triple Salchow	
10	FCCoSp	Flying Change Foot Spin Combo	
11	ChSq	Choreographic Sequence	
12	SSp	Sit Spin	
13			
14			
15			
16			

34916

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Alaine CHARTRAND - CAN

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

FS/FD	Remarks
1 3Lz+3T Triple Lutz+Triple Toeloop	
2 3F Triple Flip	
3 2A Double Axel	
4 FCCoSp Flying Change Foot Spin Combo	
5 StSq Step Sequence	
6 3Lo Triple Loop	
7 2A+1Eu+3S Double Axel+Single Euler+Triple Salchow	
8 3Lz Triple Lutz	
9 3S+2T Triple Salchow+Double Toeloop	
10 ChSq Choreographic Sequence	
11 FCSSp Flying Change Foot Sit Spin	
12 CCoSp Change Foot Spin Combo	
13	
14	
15	
16	

13270



## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Aurora COTOP - CAN

SP/RD	Remarks
1 3T+3T Triple Toeloop+Triple Toeloop	
2 3S Triple Salchow	
3 FSSp Flying Sit Spin	
4 LSp Layback Spin	
5 2A Double Axel	
6 StSq Step Sequence	
7 CCoSp Change Foot Spin Combo	
8	

FS/FD	Remarks
1 3F Triple Flip	
2 3T+2T Triple Toeloop+Double Toeloop	
3 3Lo+2T Triple Loop+Double Toeloop	
4 LSp Layback Spin	
5 2A+1Eu+3S Double Axel+Single Euler+Triple Salchow	
6 3S Triple Salchow	
7 3T Triple Toeloop	
8 FSSp Flying Sit Spin	
9 ChSq Choreographic Sequence	
10 2A Double Axel	
11 StSq Step Sequence	
12 CCoSp Change Foot Spin Combo	
13	
14	
15	
16	

100975

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Gabrielle DALEMAN - CAN

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

FS/FD			Remarks
1	3Lz+3T	Triple Lutz+Triple Toeloop	
2	3F	Triple Flip	
3	3Lo	Triple Loop	
4	2A	Double Axel	
5	FCSp	Flying Camel Spin	
6	StSq	Step Sequence	
7	2A+3T	Double Axel+Triple Toeloop	
8	3Lz	Triple Lutz	
9	3S+2T+2T	Triple Salchow+Double Toeloop+Double Toeloop	
10	FCCoSp	Flying Change Foot Spin Combo	
11	ChSq	Choreographic Sequence	
12	CCoSp	Change Foot Spin Combo	
13			
14			
15			
16			

54166

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Hongyi CHEN - CHN

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

FS/FD			Remarks
1	2A+3T+2T	Double Axel+Triple Toeloop+Double Toeloop	
2	2A+3T	Double Axel+Triple Toeloop	
3	3Lz	Triple Lutz	
4	3Lo	Triple Loop	
5	LSp	Layback Spin	
6	StSq	Step Sequence	
7	3F+2T	Triple Flip+Double Toeloop	
8	2A	Double Axel	
9	CCoSp	Change Foot Spin Combo	
10	3S	Triple Salchow	
11	ChSq	Choreographic Sequence	
12	FCCoSp	Flying Change Foot Spin Combo	
13			
14			
15			
16			

102558

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Eliska BREZINOVA - CZE

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

FS/FD			Remarks
1	3Lz+2T	Triple Lutz+Double Toeloop	
2	3F	Triple Flip	
3	3T	Triple Toeloop	
4	FCSSp	Flying Change Foot Sit Spin	
5	3T+2T+2Lo	Triple Toeloop+Double Toeloop+Double Loop	
6	StSq	Step Sequence	
7	3Lz	Triple Lutz	
8	3S	Triple Salchow	
9	CCoSp	Change Foot Spin Combo	
10	2A+2A	Double Axel+Double Axel	
11	ChSq	Choreographic Sequence	
12	FCCoSp	Flying Change Foot Spin Combo	
13			
14			
15			
16			

12118

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Pernille SORENSEN - DEN

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

FS/FD			Remarks
1	3Lz+2T	Triple Lutz+Double Toeloop	
2	3Lo	Triple Loop	
3	3S	Triple Salchow	
4	StSq	Step Sequence	
5	FSSp	Flying Sit Spin	
6	LSp	Layback Spin	
7	2A+1Eu+3S	Double Axel+Single Euler+Triple Salchow	
8	3T+2T	Triple Toeloop+Double Toeloop	
9	3T	Triple Toeloop	
10	2A	Double Axel	
11	ChSq	Choreographic Sequence	
12	CCoSp	Change Foot Spin Combo	
13			
14			
15			
16			

13676

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Eva Lotta KIIBUS - EST

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

FS/FD			Remarks
1	2A+3T	Double Axel+Triple Toeloop	
2	3F	Triple Flip	
3	2A+1Eu+3S	Double Axel+Single Euler+Triple Salchow	
4	3F+2T	Triple Flip+Double Toeloop	
5	3Lo	Triple Loop	
6	FCCoSp	Flying Change Foot Spin Combo	
7	StSq	Step Sequence	
8	3T	Triple Toeloop	
9	2Lz	Double Lutz	
10	ChSq	Choreographic Sequence	
11	CCoSp	Change Foot Spin Combo	
12	LSp	Layback Spin	
13			
14			
15			
16			

102060

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Emmi PELTONEN - FIN

SP/RD			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	StSq	Step Sequence	
7	CCoSp	Change Foot Spin Combo	
8			

FS/FD			Remarks
1	3T+3T	Triple Toeloop+Triple Toeloop	
2	3Lz	Triple Lutz	
3	3S	Triple Salchow	
4	2A+2T+2Lo	Double Axel+Double Toeloop+Double Loop	
5	FSSp	Flying Sit Spin	
6	3Lo+2T	Triple Loop+Double Toeloop	
7	3Lo	Triple Loop	
8	2A	Double Axel	
9	StSq	Step Sequence	
10	CCoSp	Change Foot Spin Combo	
11	ChSq	Choreographic Sequence	
12	LSp	Layback Spin	
13			
14			
15			
16			

14671

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Laurine LECAVELIER - FRA

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

FS/FD			Remarks
1	3Lz+3T	Triple Lutz+Triple Toeloop	
2	2A+3T	Double Axel+Triple Toeloop	
3	3F	Triple Flip	
4	CCoSp	Change Foot Spin Combo	
5	StSq	Step Sequence	
6	FCSp	Flying Camel Spin	
7	3S	Triple Salchow	
8	2A+1Eu+2S	Double Axel+Single Euler+Double Salchow	
9	3Lz	Triple Lutz	
10	ChSq	Choreographic Sequence	
11	3Lo	Triple Loop	
12	LSp	Layback Spin	
13			
14			
15			
16			

12525



## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Nicole SCHOTT - GER

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

FS/FD			Remarks
1	3F+2T	Triple Flip+Double Toeloop	
2	3T+3T	Triple Toeloop+Triple Toeloop	
3	2A	Double Axel	
4	3S+2T+2Lo	Triple Salchow+Double Toeloop+Double Loop	
5	3F	Triple Flip	
6	FCSp	Flying Camel Spin	
7	CCoSp	Change Foot Spin Combo	
8	3Lo	Triple Loop	
9	2A	Double Axel	
10	StSq	Step Sequence	
11	ChSq	Choreographic Sequence	
12	LSp	Layback Spin	
13			
14			
15			
16			

11603

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Natasha MCKAY - GBR

SP/RD			Remarks
1	3Lo+2T	Triple Loop+Double Toeloop	
2	3S	Triple Salchow	
3	2A	Double Axel	
4	CSp	Camel Spin	
5	StSq	Step Sequence	
6	CCoSp	Change Foot Spin Combo	
7	FSSp	Flying Sit Spin	
8			

FS/FD			Remarks
1	3Lo+2T	Triple Loop+Double Toeloop	
2	3Lo	Triple Loop	
3	2A	Double Axel	
4	StSq	Step Sequence	
5	CSp	Camel Spin	
6	3S+2T+2Lo	Triple Salchow+Double Toeloop+Double Loop	
7	3S	Triple Salchow	
8	2A	Double Axel	
9	2Lz+2Lo	Double Lutz+Double Loop	
10	FSSp	Flying Sit Spin	
11	ChSq	Choreographic Sequence	
12	CCoSp	Change Foot Spin Combo	
13			
14			
15			
16			

10137

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Yi Christy LEUNG - HKG

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

FS/FD			Remarks
1	3Lz+3T	Triple Lutz+Triple Toeloop	
2	3F	Triple Flip	
3	3Lo	Triple Loop	
4	2A	Double Axel	
5	FCSp	Flying Camel Spin	
6	LSp	Layback Spin	
7	2A+1Lo+3S	Double Axel+Single Loop+Triple Salchow	
8	3Lz	Triple Lutz	
9	3F+2T	Triple Flip+Double Toeloop	
10	StSq	Step Sequence	
11	ChSq	Choreographic Sequence	
12	CCoSp	Change Foot Spin Combo	
13			
14			
15			
16			

100945

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Ivett TOTH - HUN

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

FS/FD			Remarks
1	3S	Triple Salchow	
2	3Lz	Triple Lutz	
3	3Lo	Triple Loop	
4	LSp	Layback Spin	
5	ChSq	Choreographic Sequence	
6	2A	Double Axel	
7	3Lz+2T	Triple Lutz+Double Toeloop	
8	3T+1Eu+3S	Triple Toeloop+Single Euler+Triple Salchow	
9	2A+2T	Double Axel+Double Toeloop	
10	FCCoSp	Flying Change Foot Spin Combo	
11	StSq	Step Sequence	
12	CCoSp	Change Foot Spin Combo	
13			
14			
15			
16			

54361

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Marina PIREDDA - ITA

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

FS/FD			Remarks
1	2A+1Eu+3S	Double Axel+Single Euler+Triple Salchow	
2	3Lz+2T	Triple Lutz+Double Toeloop	
3	3F	Triple Flip	
4	3S	Triple Salchow	
5	LSp	Layback Spin	
6	3Lz	Triple Lutz	
7	ChSq	Choreographic Sequence	
8	2A+3T	Double Axel+Triple Toeloop	
9	2Lz	Double Lutz	
10	FCCoSp	Flying Change Foot Spin Combo	
11	StSq	Step Sequence	
12	CCoSp	Change Foot Spin Combo	
13			
14			
15			
16			

102523

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Roberta RODEGHIERO - ITA

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

FS/FD	Remarks
1 3Lz Triple Lutz	
2 3F+2T Triple Flip+Double Toeloop	
3 3F Triple Flip	
4 2A Double Axel	
5 ChSq Choreographic Sequence	
6 LSp Layback Spin	
7 StSq Step Sequence	
8 3T+2A+SEQ Triple Toeloop+Double Axel+SEQ	
9 3S Triple Salchow	
10 3T+2T Triple Toeloop+Double Toeloop	
11 FCCoSp Flying Change Foot Spin Combo	
12 CCoSp Change Foot Spin Combo	
13	
14	
15	
16	

8959

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Rika KIHIRA - JPN

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

FS/FD			Remarks
1	3A+3T	Triple Axel+Triple Toeloop	
2	3A	Triple Axel	
3	3Lo	Triple Loop	
4	CCoSp	Change Foot Spin Combo	
5	StSq	Step Sequence	
6	3Lz+2T	Triple Lutz+Double Toeloop	
7	3F	Triple Flip	
8	LSp	Layback Spin	
9	3Lz+2T+2Lo	Triple Lutz+Double Toeloop+Double Loop	
10	FSSp	Flying Sit Spin	
11	ChSq	Choreographic Sequence	
12	3S	Triple Salchow	
13			
14			
15			
16			

54891

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Satoko MIYAHARA - JPN

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

FS/FD			Remarks
1	3S	Triple Salchow	
2	3Lz+3T	Triple Lutz+Triple Toeloop	
3	CCoSp	Change Foot Spin Combo	
4	3Lo	Triple Loop	
5	FCSp	Flying Camel Spin	
6	StSq	Step Sequence	
7	3Lz	Triple Lutz	
8	2A+3T	Double Axel+Triple Toeloop	
9	ChSq	Choreographic Sequence	
10	3F+2T+2Lo	Triple Flip+Double Toeloop+Double Loop	
11	2A	Double Axel	
12	LSp	Layback Spin	
13			
14			
15			
16			

12461



## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Kaori SAKAMOTO - JPN

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

FS/FD			Remarks
1	3F+3T	Triple Flip+Triple Toeloop	
2	2A	Double Axel	
3	3Lz	Triple Lutz	
4	FSSp	Flying Sit Spin	
5	StSq	Step Sequence	
6	3S	Triple Salchow	
7	2A+3T+2T	Double Axel+Triple Toeloop+Double Toeloop	
8	3F+2T	Triple Flip+Double Toeloop	
9	CCoSp	Change Foot Spin Combo	
10	ChSq	Choreographic Sequence	
11	3Lo	Triple Loop	
12	FCCoSp	Flying Change Foot Spin Combo	
13			
14			
15			
16			

14151

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Elizabet TURSUNBAEVA - KAZ

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

FS/FD	Remarks
1 4S Quad. Salchow	
2 3Lz Triple Lutz	
3 3F Triple Flip	
4 3Lo Triple Loop	
5 FCSp Flying Camel Spin	
6 ChSq Choreographic Sequence	
7 3S+3T Triple Salchow+Triple Toeloop	
8 2A+3T Double Axel+Triple Toeloop	
9 2A+1Eu+3S Double Axel+Single Euler+Triple Salchow	
10 CCoSp Change Foot Spin Combo	
11 StSq Step Sequence	
12 FCCoSp Flying Change Foot Spin Combo	
13	
14	
15	
16	

34443

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Elzbieta KROPA - LTU

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

FS/FD			Remarks
1	3T+2T	Triple Toeloop+Double Toeloop	
2	3F+2T	Triple Flip+Double Toeloop	
3	3F	Triple Flip	
4	3Lo	Triple Loop	
5	FSSp	Flying Sit Spin	
6	3T	Triple Toeloop	
7	2A+1Eu+2S	Double Axel+Single Euler+Double Salchow	
8	ChSq	Choreographic Sequence	
9	2A	Double Axel	
10	CCoSp	Change Foot Spin Combo	
11	StSq	Step Sequence	
12	LSp	Layback Spin	
13			
14			
15			
16			

14079

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Kyarha VAN TIEL - NED

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

FS/FD	Remarks
1 3F Triple Flip	
2 3Lz+2T Triple Lutz+Double Toeloop	
3 3S Triple Salchow	
4 3F+2T Triple Flip+Double Toeloop	
5 FCSSp Flying Change Foot Sit Spin	
6 ChSq Choreographic Sequence	
7 2A+1A Double Axel+Single Axel	
8 3Lz Triple Lutz	
9 2A Double Axel	
10 CCoSp Change Foot Spin Combo	
11 StSq Step Sequence	
12 FCCoSp Flying Change Foot Spin Combo	
13	
14	
15	
16	

34661

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Eunsoo LIM - KOR

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

FS/FD			Remarks
1	3Lz+3T	Triple Lutz+Triple Toeloop	
2	3Lo	Triple Loop	
3	2A+3T	Double Axel+Triple Toeloop	
4	CCoSp	Change Foot Spin Combo	
5	ChSq	Choreographic Sequence	
6	3Lz	Triple Lutz	
7	3S+2T+2Lo	Triple Salchow+Double Toeloop+Double Loop	
8	3F	Triple Flip	
9	2A	Double Axel	
10	LSp	Layback Spin	
11	StSq	Step Sequence	
12	FCSp	Flying Camel Spin	
13			
14			
15			
16			

54723

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Julia SAUTER - ROU

SP/RD	Remarks
1 3Lo Triple Loop	
2 2A Double Axel	
3 FSSp Flying Sit Spin	
4 3T+2T Triple Toeloop+Double Toeloop	
5 CSp Camel Spin	
6 StSq Step Sequence	
7 CCoSp Change Foot Spin Combo	
8	

FS/FD	Remarks
1 2A Double Axel	
2 3Lo+2T Triple Loop+Double Toeloop	
3 3T+2T+2Lo Triple Toeloop+Double Toeloop+Double Loop	
4 3Lo Triple Loop	
5 FSSp Flying Sit Spin	
6 StSq Step Sequence	
7 3S Triple Salchow	
8 2A+2Lo Double Axel+Double Loop	
9 FCCoSp Flying Change Foot Spin Combo	
10 3T Triple Toeloop	
11 ChSq Choreographic Sequence	
12 CCoSp Change Foot Spin Combo	
13	
14	
15	
16	

13021

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Evgenia MEDVEDEVA - RUS

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

FS/FD	Remarks
1 3Lz Triple Lutz	
2 3S+3Lo Triple Salchow+Triple Loop	
3 3F+2T+2T Triple Flip+Double Toeloop+Double Toeloop	
4 FCSp Flying Camel Spin	
5 ChSq Choreographic Sequence	
6 3Lo Triple Loop	
7 2A+3T Double Axel+Triple Toeloop	
8 3F Triple Flip	
9 2A Double Axel	
10 FCCSp Flying Change Foot Camel Spin	
11 StSq Step Sequence	
12 CCoSp Change Foot Spin Combo	
13	
14	
15	
16	

14068

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Sofia SAMODUROVA - RUS

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

FS/FD			Remarks
1	3F+3T	Triple Flip+Triple Toeloop	
2	3Lz	Triple Lutz	
3	3Lo	Triple Loop	
4	StSq	Step Sequence	
5	FSSp	Flying Sit Spin	
6	3S	Triple Salchow	
7	2A+3T	Double Axel+Triple Toeloop	
8	3F	Triple Flip	
9	2A+2T+2Lo	Double Axel+Double Toeloop+Double Loop	
10	ChSq	Choreographic Sequence	
11	LSp	Layback Spin	
12	CCoSp	Change Foot Spin Combo	
13			
14			
15			
16			

101139



## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Alina ZAGITOVA - RUS

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

FS/FD	Remarks
1 2A Double Axel	
2 3Lz+3T Triple Lutz+Triple Toeloop	
3 3S Triple Salchow	
4 2A Double Axel	
5 FCSp Flying Camel Spin	
6 ChSq Choreographic Sequence	
7 3Lz+3Lo Triple Lutz+Triple Loop	
8 3F+2T+2Lo Triple Flip+Double Toeloop+Double Loop	
9 3F Triple Flip	
10 CCoSp Change Foot Spin Combo	
11 StSq Step Sequence	
12 FCCoSp Flying Change Foot Spin Combo	
13	
14	
15	
16	

101053

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Nicole RAJICOVA - SVK

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

FS/FD			Remarks
1	3Lz+2Lo	Triple Lutz+Double Loop	
2	3Lz	Triple Lutz	
3	3Lo+2T+2Lo	Triple Loop+Double Toeloop+Double Loop	
4	FCSp	Flying Camel Spin	
5	ChSq	Choreographic Sequence	
6	3Lo	Triple Loop	
7	3T+2T	Triple Toeloop+Double Toeloop	
8	2A	Double Axel	
9	FCCoSp	Flying Change Foot Spin Combo	
10	StSq	Step Sequence	
11	2A	Double Axel	
12	CCoSp	Change Foot Spin Combo	
13			
14			
15			
16			

13894

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Dasa GRM - SLO

SP/RD	Remarks
1 3F Triple Flip	
2 3T+3T Triple Toeloop+Triple Toeloop	
3 CSp Camel Spin	
4 2A Double Axel	
5 FSSp Flying Sit Spin	
6 StSq Step Sequence	
7 CCoSp Change Foot Spin Combo	
8	

FS/FD	Remarks
1 3Lz Triple Lutz	
2 3F+2T Triple Flip+Double Toeloop	
3 3F Triple Flip	
4 3T+1Eu+3S Triple Toeloop+Single Euler+Triple Salchow	
5 FCCoSp Flying Change Foot Spin Combo	
6 2A+2T Double Axel+Double Toeloop	
7 2A Double Axel	
8 3T Triple Toeloop	
9 CCoSp Change Foot Spin Combo	
10 ChSq Choreographic Sequence	
11 StSq Step Sequence	
12 FSSp Flying Sit Spin	
13	
14	
15	
16	

7367

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Valentina MATOS - ESP

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

FS/FD	Remarks
1 3Lo+2T Triple Loop+Double Toeloop	
2 3F Triple Flip	
3 3Lo Triple Loop	
4 LSp Layback Spin	
5 2A+1Eu+2S Double Axel+Single Euler+Double Salchow	
6 StSq Step Sequence	
7 FCCoSp Flying Change Foot Spin Combo	
8 3T+2T Triple Toeloop+Double Toeloop	
9 3T Triple Toeloop	
10 ChSq Choreographic Sequence	
11 2A Double Axel	
12 CCoSp Change Foot Spin Combo	
13	
14	
15	
16	

35268

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Anita OSTLUND - SWE

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

FS/FD			Remarks
1	3Lz	Triple Lutz	
2	3Lo	Triple Loop	
3	2F+3T	Double Flip+Triple Toeloop	
4	FSSp	Flying Sit Spin	
5	StSq	Step Sequence	
6	3Lo+2T	Triple Loop+Double Toeloop	
7	3S	Triple Salchow	
8	2A+3T+2T	Double Axel+Triple Toeloop+Double Toeloop	
9	ChSq	Choreographic Sequence	
10	2A	Double Axel	
11	LSp	Layback Spin	
12	CCoSp	Change Foot Spin Combo	
13			
14			
15			
16			

14929

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Alexia PAGANINI - SUI

SP/RD			Remarks
1	3Lz+3T	Triple Lutz+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			

FS/FD			Remarks
1	3Lz	Triple Lutz	
2	3T+1Eu+3S	Triple Toeloop+Single Euler+Triple Salchow	
3	3Lo+2T	Triple Loop+Double Toeloop	
4	2A	Double Axel	
5	FCCoSp	Flying Change Foot Spin Combo	
6	ChSq	Choreographic Sequence	
7	3Lo	Triple Loop	
8	3T+2T	Triple Toeloop+Double Toeloop	
9	2A	Double Axel	
10	FLSp	Flying Layback Spin	
11	StSq	Step Sequence	
12	CCoSp	Change Foot Spin Combo	
13			
14			
15			
16			

35472

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Mariah BELL - USA

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

FS/FD			Remarks
1	2A+3T	Double Axel+Triple Toeloop	
2	3Lo	Triple Loop	
3	CCoSp	Change Foot Spin Combo	
4	3F+2T	Triple Flip+Double Toeloop	
5	FCCoSp	Flying Change Foot Spin Combo	
6	StSq	Step Sequence	
7	2A	Double Axel	
8	3Lz+2T+2Lo	Triple Lutz+Double Toeloop+Double Loop	
9	3F	Triple Flip	
10	3Lz	Triple Lutz	
11	ChSq	Choreographic Sequence	
12	LSp	Layback Spin	
13			
14			
15			
16			

54128

## World Championships 2019

Ladies

### Planned Program Content - Check List

#### Bradie TENNELL - USA

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

FS/FD			Remarks
1	2A	Double Axel	
2	3Lz+3T	Triple Lutz+Triple Toeloop	
3	3F	Triple Flip	
4	2A	Double Axel	
5	LSp	Layback Spin	
6	StSq	Step Sequence	
7	3Lz+3T	Triple Lutz+Triple Toeloop	
8	3Lo+2T+2Lo	Triple Loop+Double Toeloop+Double Loop	
9	3S	Triple Salchow	
10	ChSq	Choreographic Sequence	
11	FCCoSp	Flying Change Foot Spin Combo	
12	CCoSp	Change Foot Spin Combo	
13			
14			
15			
16			

34592