

PLEASE VERIFY / UPDATE / CONFIRM

ISU GP NHK Trophy 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	FSSp	Flying Sit Spin	
4	3Lz	Triple Lutz	
5	CCoSp	Change Foot Combo Spin	
6	StSq	Step Sequence	
7	LSp	Layback Spin	
8			

FS/FD			Remarks
1	3F	Triple Flip	
2	3Lz+2T	Triple Lutz+Double Toeloop	
3	2A+1Eu+3S	Double Axel+Single Euler+Triple Salchow	
4	3Lo	Triple Loop	
5	CCoSp	Change Foot Combo Spin	
6	3Lz	Triple Lutz	
7	3Lo+2T	Triple Loop+Double Toeloop	
8	ChSq	Choreographic Sequence	
9	2A	Double Axel	
10	FCCoSp	Flying Change Foot Combo Spin	
11	StSq	Step Sequence	
12	LSp	Layback Spin	
13			
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ISU GP NHK Trophy 2019

Ladies

Planned Program Content - Check List

Mae Berenice MEITE - FRA

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

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

FS/FD			Remarks
1	4S	Quad. Salchow	
2	3A+2T	Triple Axel+Double Toeloop	
3	3Lz	Triple Lutz	
4	FCSp	Flying Camel Spin	
5	3A	Triple Axel	
6	StSq	Step Sequence	
7	3Lz+3T	Triple Lutz+Triple Toeloop	
8	3F+1Eu+3S	Triple Flip+Single Euler+Triple Salchow	
9	CCoSp	Change Foot Combo Spin	
10	ChSq	Choreographic Sequence	
11	3Lo	Triple Loop	
12	LSp	Layback Spin	
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ISU GP NHK Trophy 2019

Ladies

Planned Program Content - Check List

Mako YAMASHITA - JPN

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

FS/FD			Remarks
1	3F	Triple Flip	
2	2A	Double Axel	
3	3Lo	Triple Loop	
4	2A	Double Axel	
5	FCSp	Flying Camel Spin	
6	ChSq	Choreographic Sequence	
7	3Lz+3T+2T	Triple Lutz+Triple Toeloop+Double Toeloop	
8	3Lz+3T	Triple Lutz+Triple Toeloop	
9	SSp	Sit Spin	
10	StSq	Step Sequence	
11	3S+2T	Triple Salchow+Double Toeloop	
12	CCoSp	Change Foot Combo Spin	
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ISU GP NHK Trophy 2019

Ladies

Planned Program Content - Check List

Yuhana YOKOI - JPN

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

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

FS/FD			Remarks
1	3Lz+3T	Triple Lutz+Triple Toeloop	
2	3Lo	Triple Loop	
3	2A+3T	Double Axel+Triple Toeloop	
4	3Lz	Triple Lutz	
5	FCSp	Flying Camel Spin	
6	3S	Triple Salchow	
7	3F+2T+2Lo	Triple Flip+Double Toeloop+Double Loop	
8	CCoSp	Change Foot Combo Spin	
9	ChSq	Choreographic Sequence	
10	2A	Double Axel	
11	StSq	Step Sequence	
12	LSp	Layback Spin	
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ISU GP NHK Trophy 2019

Ladies

Planned Program Content - Check List

Alena KOSTORNAIA - RUS

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

FS/FD			Remarks
1	3A+2T	Triple Axel+Double Toeloop	
2	3A	Triple Axel	
3	2A	Double Axel	
4	3Lo	Triple Loop	
5	FCCoSp	Flying Change Foot Combo Spin	
6	StSq	Step Sequence	
7	3F+3T	Triple Flip+Triple Toeloop	
8	3F+1Eu+3S	Triple Flip+Single Euler+Triple Salchow	
9	3Lz	Triple Lutz	
10	CCoSp	Change Foot Combo Spin	
11	ChSq	Choreographic Sequence	
12	LSp	Layback Spin	
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ISU GP NHK Trophy 2019

Ladies

Planned Program Content - Check List

Sofia SAMODUROVA - RUS

SP/RD			Remarks
1	3F+3T	Triple Flip+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 Combo Spin	
8			

FS/FD			Remarks
1	3F+3T	Triple Flip+Triple Toeloop	
2	3Lz	Triple Lutz	
3	3Lo	Triple Loop	
4	FSSp	Flying Sit Spin	
5	StSq	Step Sequence	
6	3F	Triple Flip	
7	2A+3T	Double Axel+Triple Toeloop	
8	3S+2T+2Lo	Triple Salchow+Double Toeloop+Double Loop	
9	ChSq	Choreographic Sequence	
10	2A	Double Axel	
11	LSp	Layback Spin	
12	CCoSp	Change Foot Combo Spin	
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ISU GP NHK Trophy 2019

Ladies

Planned Program Content - Check List

Alina ZAGITOVA - RUS

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

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

Planned Program Content - Check List

Starr ANDREWS - USA

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

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

Planned Program Content - Check List

Karen CHEN - USA

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

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

Planned Program Content - Check List

Megan WESSENBERG - USA

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

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

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