

| Nb | Last name | First name | Country / Region | Compulsory 1 | Compulsory 2 | Compulsory 3 | Compulsory 4 | Optional 1 | Optional 2 | Time | | | | | | |
|----|-----------|------------------|------------------|--------------------|--------------|-------------------|------------------|--------------------|-----------------|------|------|------|------|------|------|------|
| | | | | | | | | | | | 1 | 2 | 3 | 4 | O1 | O2 |
| 1 | Stephanie | Langston | Texas | RABBIT | STANDING BOW | STRETCHING | SPINE TWIST | STANDING HEADSTAND | CROW | 3:00 | | | | | | |
| 2 | Karen | Moreno lawyer | Indiana | STANDING HEADSTAND | STANDING BOW | UPWARD STRETCHING | WIDE ANGLE TWIST | SPLITS (WITH FEET) | ONE LEGGED POSE | 3:00 | -1.0 | N | -1.0 | | | |
| 3 | Galina | Nelson | Oregon | STANDING HEADSTAND | STANDING BOW | STRETCHING | SPINE TWIST | ARCHER | HEADSTAND | 3:02 | -0.5 | -0.5 | | | | |
| 4 | Rino | Yajima | Connecticut | STANDING HEADSTAND | STANDING BOW | STANDING SPLIT | SPINE TWIST | SPLITS (WITH FEET) | SPLIT ARM | 2:54 | | -0.5 | | | | |
| 5 | Deirdre | Carlson | Massachusetts | RABBIT | STANDING BOW | STRETCHING | SPINE TWIST | ARCHER | SPLIT ARM | 2:44 | | | | | | -0.5 |
| 6 | Marie | Levesque | Massachusetts | RABBIT | BOW | STRETCHING | SPINE TWIST | ARCHER | STANDING BOW | 2:39 | | | | -1.0 | | N |
| 7 | Lisa | Foerster | Texas | STANDING HEADSTAND | STANDING BOW | STRETCHING | SPINE TWIST | UPWARD STRETCHING | CROW | 2:49 | N | | | | | -1.0 |
| 8 | Caren | LeGrange | Texas | RABBIT | BOW | STRETCHING | SPINE TWIST | ARCHER | SHOULDERSTAND | 2:39 | | | | | | |
| 9 | Becky | Klein | Texas | RABBIT | BOW | UPWARD STRETCHING | SPINE TWIST | FETAL LOTUS | LIFTING LOTUS | 2:28 | | | | | | N |
| 10 | Cindy | Follmer | Texas | RABBIT | BOW | UPWARD STRETCHING | WIDE ANGLE TWIST | ARCHER | CROW | 2:15 | -0.5 | -0.5 | -1.0 | N | N | -1.0 |
| 11 | Mai | Toomey | Maryland | RABBIT | BOW | UPWARD STRETCHING | SPINE TWIST | WIDE ANGLE TWIST | STANDING SPLIT | 3:02 | | | | | | -0.5 |
| 12 | Leslie | O'Neil | Massachusetts | RABBIT | BOW | STRETCHING | SPINE TWIST | STANDING BOW | CROW | 2:37 | -0.5 | | | | -1.0 | |
| 13 | Cori | Crawford Van Oss | Florida | RABBIT | STANDING BOW | UPWARD STRETCHING | SPINE TWIST | SPLIT ARM | TRIANGLE | 2:44 | | | | | | N |
| 14 | Helen | Park | California | RABBIT | STANDING BOW | STANDING SPLIT | SPINE TWIST | UPWARD STRETCHING | CROW | 3:06 | -1.0 | | -0.5 | | | N |
| 15 | Yoko | Jackson | Virginia | RABBIT | STANDING BOW | UPWARD STRETCHING | SPINE TWIST | CROW | ROOT POSE | 2:57 | | | | | | -0.5 |
| 16 | Lisa | Pafe | Virginia | RABBIT | STANDING BOW | UPWARD STRETCHING | SPINE TWIST | ROOT POSE | CROW | 2:48 | -0.5 | | -1.0 | | | -0.5 |
| 17 | Sarah | Gnerre | New Hampshire | STANDING HEADSTAND | STANDING BOW | UPWARD STRETCHING | SPINE TWIST | TIGER | SPLIT ARM | 3:00 | N | | | | N | -0.5 |
| 18 | Mara | Scaramella | Arizona | RABBIT | STANDING BOW | STANDING SPLIT | SPINE TWIST | ARCHER | SHOULDERSTAND | 2:39 | | -1.0 | | | | |
| 19 | Donna | Stallard | Indiana | RABBIT | BOW | UPWARD STRETCHING | SPINE TWIST | PEACOCK | SIDE ANGLE | 2:51 | | | | | | |
| 20 | Nakayama | Nahoko | Virginia | RABBIT | STANDING BOW | STRETCHING | SPINE TWIST | CROW | ROOT POSE | 3:01 | | N | | | | -0.5 |
| 21 | Valerie | Hunt | Washington | STANDING HEADSTAND | STANDING BOW | STANDING SPLIT | SPINE TWIST | CRANE | FLAG POSE | 2:59 | -0.5 | -1.0 | -0.5 | | -1.0 | |
| 22 | Michele | Vennard | California | STANDING HEADSTAND | BOW | UPWARD STRETCHING | FULL SPINE TWIST | CRANE | DANCER | 2:41 | -0.5 | | | | | -0.5 |