



# Nepean Winter Skate 2019

January 25 to January 27, 2019

Nepean Sportsplex

Gold Triathlon Women - Free Skate

Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
1	Melody Russell	Glen Cairn SC,ON	20.74	12.27	0.00	0.00	33.01

# Executed Element	Base							JREF							Score	
	Value	GOE	J1	J2	J3	J4										
1 2Lz	2.10	-1.05	-5	-4	-5	-5	-	-	-	-	-	-	-5	-	-	1.05
2 2S+2T+2Lo	4.30	-0.34	-2	-2	-2	-2	-	-	-	-	-	-	-2	-	-	3.96
3 FSSp3	2.60	0.43	2	0	1	2	-	-	-	-	-	-	2	-	-	3.03
4 1F	0.50	0.00	0	-1	0	0	-	-	-	-	-	-	0	-	-	0.50
5 ChSq1	3.00	0.50	1	1	0	1	-	-	-	-	-	-	1	-	-	3.50
6 1Lz	0.60	0.00	0	-1	0	0	-	-	-	-	-	-	0	-	-	0.60
7 2F+1T	2.20	-0.30	-1	-2	-2	-2	-	-	-	-	-	-	0	-	-	1.90
8 FCCoSp2	2.50	-0.25	0	-2	-2	-1	-	-	-	-	-	-	0	-	-	2.25
9 1A+2Lo<<	1.60	-0.55	-5	-5	-4	-5	-	-	-	-	-	-	-5	-	-	1.05
10 CCoSp3	3.00	-0.10	-2	1	0	2	-	-	-	-	-	-	-2	-	-	2.90

x - credit for second half, base value multiplied by 1.1      \* - invalid element, scored as zero      e - jump take-off (Flip/Lutz) with edge  
 ! - (singles & pairs) jump take-off (Flip/Lutz) with slight edge      ! - (Key Points Dance) incomplete      REP - repeated jump restriction  
 < - underrotated jump      < - (Key Points Dance) interruption      S - (Pattern Dance Type Step Seq. ) separation  
 << - (singles & pairs) downgraded jump      << - (Key Points Dance) interruption      V - spin requirement not met

Program Component	Factor															
Skating Skills	1.00		3.25	3.00	3.25	3.50	-	-	-	-	-	3.00	-	-		3.17
Transitions	0.75		3.00	2.75	2.75	3.25	-	-	-	-	-	3.25	-	-		2.25
Performance	1.00		3.25	2.75	2.50	3.50	-	-	-	-	-	3.00	-	-		3.00
Composition	0.50		3.25	3.00	3.00	3.25	-	-	-	-	-	3.00	-	-		1.54
Interpretation of the Music	0.75		3.00	3.00	2.75	3.25	-	-	-	-	-	3.25	-	-		2.31

12.27

0.00



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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
2	Holly Quinn	Renfrew SC,ON	20.86	11.45	0.00	0.00	32.31

#	Executed Element	Base							JREF							Score
		Value	GOE	J1	J2	J3	J4									
1	1Lz+2T	1.90	-0.09	0	-2	-1	-1	-	-	-	-	-	0	-	-	1.81
2	2S+2Lo	3.00	-0.17	0	-1	-2	0	-	-	-	-	-	-2	-	-	2.83
3	FCSp1	1.90	0.13	1	0	0	1	-	-	-	-	-	1	-	-	2.03
4	2F+2T+1Lo	3.60	-0.36	-2	-2	-3	-1	-	-	-	-	-	-2	-	-	3.24
5	FCCoSp2	2.50	-0.17	-1	-1	0	1	-	-	-	-	-	-1	-	-	2.33
6	2Lz	2.10	-0.84	-4	-3	-5	-4	-	-	-	-	-	-4	-	-	1.26
7	ChSq1	3.00	-0.17	0	0	-1	1	-	-	-	-	-	-1	-	-	2.83
8	1A	1.10	0.07	2	1	0	1	-	-	-	-	-	0	-	-	1.17
9	2F	1.80	0.06	1	0	0	2	-	-	-	-	-	-1	-	-	1.86
10	CCoSp1 (V)	1.50	0.00	0	0	0	0	-	-	-	-	-	0	-	-	1.50

x - credit for second half, base value multiplied by 1.1  
 ! - (singles & pairs) jump take-off (Flip/Lutz) with slight edge  
 < - underrotated jump  
 << - (singles & pairs) downgraded jump  
 \* - invalid element, scored as zero  
 ! - (Key Points Dance) incomplete  
 < - (Key Points Dance) interruption  
 << - (Key Points Dance) interruption  
 e - jump take-off (Flip/Lutz) with edge  
 REP - repeated jump restriction  
 S - (Pattern Dance Type Step Seq. ) separation  
 V - spin requirement not met

Program Component	Factor															
Skating Skills	1.00		3.00	3.00	3.25	3.00	-	-	-	-	-	3.25	-	-		3.08
Transitions	0.75		2.50	2.50	3.00	3.00	-	-	-	-	-	2.75	-	-		2.06
Performance	1.00		2.25	2.75	3.00	2.75	-	-	-	-	-	3.00	-	-		2.83
Composition	0.50		2.50	2.50	3.25	3.00	-	-	-	-	-	3.00	-	-		1.42
Interpretation of the Music	0.75		2.25	2.50	3.00	3.25	-	-	-	-	-	2.75	-	-		2.06

0.00



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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
3	Courtney LaPalm	Stirling FSC,ON	19.14	12.29	0.00	0.00	31.43

#	Executed Element	Base							JREF						Score	
		Value	GOE	J1	J2	J3	J4									
1	2S+2T	2.60	0.13	2	2	0	1	-	-	-	-	-	0	-	-	2.73
2	2Lo	1.70	-0.85	-5	-4	-5	-5	-	-	-	-	-	-5	-	-	0.85
3	2T	1.30	-0.30	-2	-2	-3	-3	-	-	-	-	-	-2	-	-	1.00
4	FCCoSp2	2.50	0.08	0	0	0	1	-	-	-	-	-	1	-	-	2.58
5	2Lz<<	0.60	-0.30	-5	-5	-5	-5	-	-	-	-	-	-3	-	-	0.30
6	ChSq1	3.00	0.17	1	1	0	0	-	-	-	-	-	0	-	-	3.17
7	1A+1Eu<+2S<	2.46	-0.55	-5	-5	-5	-5	-	-	-	-	-	-4	-	-	1.91
8	FSSp1	2.00	0.00	0	-1	0	0	-	-	-	-	-	0	-	-	2.00
9	1A+1Lo	1.60	0.00	1	0	0	0	-	-	-	-	-	0	-	-	1.60
10	CCoSp3	3.00	0.00	-1	0	1	0	-	-	-	-	-	0	-	-	3.00

x - credit for second half, base value multiplied by 1.1      \* - invalid element, scored as zero      e - jump take-off (Flip/Lutz) with edge  
 ! - (singles & pairs) jump take-off (Flip/Lutz) with slight edge      ! - (Key Points Dance) incomplete      REP - repeated jump restriction  
 < - underrotated jump      < - (Key Points Dance) interruption      S - (Pattern Dance Type Step Seq. ) separation  
 << - (singles & pairs) downgraded jump      << - (Key Points Dance) interruption      V - spin requirement not met

Program Component	Factor															
Skating Skills	1.00		3.25	3.25	3.50	3.25	-	-	-	-	-	3.00	-	-		3.25
Transitions	0.75		3.00	2.75	3.00	3.50	-	-	-	-	-	3.00	-	-		2.25
Performance	1.00		3.00	3.00	2.75	3.25	-	-	-	-	-	3.00	-	-		3.00
Composition	0.50		3.25	2.75	3.25	3.25	-	-	-	-	-	2.75	-	-		1.54
Interpretation of the Music	0.75		3.00	3.00	3.00	3.50	-	-	-	-	-	3.00	-	-		2.25
																12.29

0.00



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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
4	Kristyn VanHoof	Morrisburg & Dist,ON	19.08	10.88	0.00	0.00	29.96

#	Executed Element		Base						JREF	Score							
			Value	GOE	J1	J2	J3	J4									
1	1F+2T	!	1.80	-0.09	-1	-1	-1	0	-	-	-	-	-	0	-	-	1.71
2	2Lo+2Lo		3.40	-0.34	-2	-3	-2	-2	-	-	-	-	-	-2	-	-	3.06
3	2Lz<	!	1.58	-0.79	-5	-5	-5	-5	-	-	-	-	-	-5	-	-	0.79
4	FSSp1		2.00	0.00	1	0	0	0	-	-	-	-	-	0	-	-	2.00
5	ChSq1		3.00	0.00	0	0	1	0	-	-	-	-	-	0	-	-	3.00
6	CCoSp3		3.00	0.00	0	0	0	0	-	-	-	-	-	0	-	-	3.00
7	2F<		1.35	-0.68	-5	-5	-5	-5	-	-	-	-	-	-5	-	-	0.67
8	2S+2T		2.60	-0.65	-5	-5	-5	-5	-	-	-	-	-	-5	-	-	1.95
9	1A		1.10	0.00	0	0	0	0	-	-	-	-	-	-1	-	-	1.10
10	FCCoSp1		2.00	-0.20	-1	-2	-1	-1	-	-	-	-	-	0	-	-	1.80
			19.08														

x - credit for second half, base value multiplied by 1.1      \* - invalid element, scored as zero      e - jump take-off (Flip/Lutz) with edge  
 ! - (singles & pairs) jump take-off (Flip/Lutz) with slight edge      ! - (Key Points Dance) incomplete      REP - repeated jump restriction  
 < - underrotated jump      < - (Key Points Dance) interruption      S - (Pattern Dance Type Step Seq. ) separation  
 << - (singles & pairs) downgraded jump      << - (Key Points Dance) interruption      V - spin requirement not met

Program Component	Factor																
Skating Skills	1.00		2.75	3.00	3.00	3.00	-	-	-	-	-	-	3.00	-	-		3.00
Transitions	0.75		2.25	2.75	2.50	2.75	-	-	-	-	-	-	2.50	-	-		1.94
Performance	1.00		2.25	2.75	2.50	2.50	-	-	-	-	-	-	2.50	-	-		2.50
Composition	0.50		2.50	2.75	2.75	3.00	-	-	-	-	-	-	2.75	-	-		1.38
Interpretation of the Music	0.75		2.25	2.75	2.75	2.75	-	-	-	-	-	-	2.75	-	-		2.06
			10.88														

0.00



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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
5	Vanessa Barraco	Windsor FSC,ON	17.95	11.71	0.00	0.00	29.66

#	Executed Element	Base							JREF	Score	
		Value	GOE	J1	J2	J3	J4				
1	2Lo	1.70	0.00	0	0	0	0	-	-	0	1.70
2	2Lz<<+1T	1.00	-0.18	-4	-3	-3	-3	-	-	-3	0.82
3	2F+1T	2.20	-0.18	-1	-1	-1	-1	-	-	0	2.02
4	2S<+2Lo<<+1Lo	1.98	-0.42	-4	-4	-5	-5	-	-	-4	1.56
5	FCCoSp3	3.00	-0.20	-1	-1	0	0	-	-	-1	2.80
6	2F<<	0.50	-0.20	-4	-4	-4	-4	-	-	-3	0.30
7	FSSpB	1.70	-0.45	-2	-3	-3	-3	-	-	-2	1.25
8	ChSq1	3.00	0.50	1	1	1	1	-	-	0	3.50
9	1A	1.10	0.00	0	0	0	0	-	-	0	1.10
10	CCoSp3	3.00	-0.10	0	-1	0	0	-	-	-1	2.90
											17.95

x - credit for second half, base value multiplied by 1.1  
 ! - (singles & pairs) jump take-off (Flip/Lutz) with slight edge  
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 e - jump take-off (Flip/Lutz) with edge  
 REP - repeated jump restriction  
 S - (Pattern Dance Type Step Seq. ) separation  
 V - spin requirement not met

Program Component	Factor	3.00	3.25	3.25	2.75	-	-	-	-	-	3.00	-	-	Score
Skating Skills	1.00													3.08
Transitions	0.75													2.06
Performance	1.00													2.92
Composition	0.50													1.46
Interpretation of the Music	0.75													2.19
														11.71

0.00



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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
6	Grace Jewett	Thunder Bay FSC, ON	14.96	10.20	0.00	0.00	25.16

#	Executed Element	Base						JREF						Score		
		Value	GOE	J1	J2	J3	J4									
1	1A	1.10	0.11	1	1	1	0	-	-	-	-	-	2	-	-	1.21
2	CSSp2	2.30	0.08	0	1	0	1	-	-	-	-	-	0	-	-	2.38
3	2S	1.30	0.00	0	0	0	0	-	-	-	-	-	0	-	-	1.30
4	2F<+2T<<	1.75	-0.59	-4	-4	-5	-5	-	-	-	-	-	-4	-	-	1.16
5	2Lz<<+1Lo	1.10	-0.20	-3	-4	-4	-3	-	-	-	-	-	-2	-	-	0.90
6	2Lo	1.70	-0.34	-2	-2	-3	-2	-	-	-	-	-	-2	-	-	1.36
7	FCSpB	1.60	-0.05	0	0	0	-2	-	-	-	-	-	-1	-	-	1.55
8	2Lz<	1.58	-0.63	-3	-4	-5	-4	-	-	-	-	-	-4	-	-	0.95
9	ChSq1	3.00	0.00	1	-1	0	0	-	-	-	-	-	0	-	-	3.00
10	FCCoSpB (V)	1.28	-0.13	-1	0	-2	-2	-	-	-	-	-	0	-	-	1.15

x - credit for second half, base value multiplied by 1.1      \* - invalid element, scored as zero      e - jump take-off (Flip/Lutz) with edge  
 ! - (singles & pairs) jump take-off (Flip/Lutz) with slight edge      ! - (Key Points Dance) incomplete      REP - repeated jump restriction  
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 << - (singles & pairs) downgraded jump      << - (Key Points Dance) interruption      V - spin requirement not met

Program Component	Factor															
Skating Skills	1.00		2.50	3.00	3.00	2.00	-	-	-	-	-	2.50	-	-		2.67
Transitions	0.75		2.50	3.00	3.00	2.25	-	-	-	-	-	2.25	-	-		1.94
Performance	1.00		2.25	3.25	2.75	2.00	-	-	-	-	-	2.25	-	-		2.42
Composition	0.50		2.50	2.75	3.00	2.25	-	-	-	-	-	2.50	-	-		1.29
Interpretation of the Music	0.75		2.25	3.00	2.50	2.25	-	-	-	-	-	2.75	-	-		1.88
																10.20

0.00



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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
7	Mya Prusky	Chapleau FSC,ON	11.53	9.18	0.00	0.00	20.71

#	Executed Element	Base							JREF			Score		
		Value	GOE	J1	J2	J3	J4							
1	1A+1Lo	1.60	0.00	0	0	0	0	-	-	-	0	-	-	1.60
2	2T<	0.98	-0.49	-5	-5	-5	-5	-	-	-	-5	-	-	0.49
3	CCoSp1	2.00	0.00	0	0	0	0	-	-	-	0	-	-	2.00
4	ChSq1	3.00	-0.17	-5	1	0	0	-	-	-	-1	-	-	2.83
5	2S	1.30	-0.65	-5	-5	-5	-5	-	-	-	-5	-	-	0.65
6	1A	1.10	-0.55	-5	-5	-5	-5	-	-	-	0	-	-	0.55
7	FCSpB	1.60	-0.32	-2	-3	0	-2	-	-	-	-2	-	-	1.28
8	2Lo<<	0.50	-0.23	-4	-5	-5	-5	-	-	-	-4	-	-	0.27
9	2F<<	0.50	-0.23	-4	-5	-5	-5	-	-	-	-4	-	-	0.27
10	FCCoSpB	1.70	-0.11	0	-1	-1	0	-	-	-	-2	-	-	1.59
													11.53	

x - credit for second half, base value multiplied by 1.1  
 ! - (singles & pairs) jump take-off (Flip/Lutz) with slight edge  
 < - underrotated jump  
 << - (singles & pairs) downgraded jump  
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 ! - (Key Points Dance) incomplete  
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 e - jump take-off (Flip/Lutz) with edge  
 REP - repeated jump restriction  
 S - (Pattern Dance Type Step Seq. ) separation  
 V - spin requirement not met

Program Component	Factor													
Skating Skills	1.00		2.75	2.75	2.00	2.25	-	-	-	-	2.50	-	-	2.50
Transitions	0.75		2.50	2.75	2.50	2.25	-	-	-	-	2.00	-	-	1.82
Performance	1.00		2.25	2.50	2.00	1.75	-	-	-	-	2.25	-	-	2.17
Composition	0.50		2.25	2.75	2.25	2.25	-	-	-	-	2.25	-	-	1.13
Interpretation of the Music	0.75		2.25	2.75	2.00	2.00	-	-	-	-	2.00	-	-	1.56
														9.18

0.00



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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
8	Brianna Ryan	Ontario Russell S,ON	11.20	9.12	0.00	0.00	20.32

#	Executed Element	Base						JREF						Score		
		Value	GOE	J1	J2	J3	J4									
1	1A	1.10	0.11	2	1	0	0	-	-	-	-	-	2	-	-	1.21
2	2S+2T<<	1.70	-0.43	-3	-4	-4	-3	-	-	-	-	-	-3	-	-	1.27
3	CCoSpB (V)	1.28	0.00	0	0	0	0	-	-	-	-	-	0	-	-	1.28
4	1Lz	0.60	-0.10	-2	-2	-3	-1	-	-	-	-	-	-1	-	-	0.50
5	ChSq1	3.00	-0.33	-1	-1	0	0	-	-	-	-	-	-1	-	-	2.67
6	2S+2T<<	1.70	-0.65	-5	-5	-5	-5	-	-	-	-	-	-5	-	-	1.05
7	FCSpB	1.60	-0.21	-1	-3	-1	-1	-	-	-	-	-	-2	-	-	1.39
8	2Lz<	1.58	-0.47	-3	-4	-3	-3	-	-	-	-	-	-3	-	-	1.11
9	FCCoSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
10	2F<	1.35	-0.63	-4	-5	-5	-5	-	-	-	-	-	-4	-	-	0.72

x - credit for second half, base value multiplied by 1.1  
 ! - (singles & pairs) jump take-off (Flip/Lutz) with slight edge  
 < - underrotated jump  
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 \* - invalid element, scored as zero  
 ! - (Key Points Dance) incomplete  
 < - (Key Points Dance) interruption  
 << - (Key Points Dance) interruption  
 e - jump take-off (Flip/Lutz) with edge  
 REP - repeated jump restriction  
 S - (Pattern Dance Type Step Seq. ) separation  
 V - spin requirement not met

Program Component	Factor															
Skating Skills	1.00		2.25	2.50	2.50	2.25	-	-	-	-	-	2.50	-	-		2.42
Transitions	0.75		2.25	2.25	2.50	2.00	-	-	-	-	-	2.25	-	-		1.69
Performance	1.00		2.00	2.25	2.25	1.75	-	-	-	-	-	2.50	-	-		2.17
Composition	0.50		2.25	2.50	2.75	2.25	-	-	-	-	-	2.50	-	-		1.21
Interpretation of the Music	0.75		2.00	2.25	2.25	2.00	-	-	-	-	-	2.25	-	-		1.63
																9.12

0.00