



Nepean Winter Skate 2019

January 25 to January 27, 2019

Nepean Sportsplex

Gold Women - Free Program

Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
1	Madison McAllister	March-Kanata SC,ON	19.24	13.02	0.00	0.00	32.26

#	Executed Element	Base							JREF				Score		
		Value	GOE	J1	J2	J3	J4								
1	2Lo	1.70	0.06	0	1	0	1	-	-	-	-	0	-	-	1.76
2	SSp3	2.10	0.42	2	2	2	2	-	-	-	-	2	-	-	2.52
3	1A+SEQ+2S*	0.88	-0.07	0	-1	0	-1	-	-	-	-	-1	-	-	0.81
4	ChSq1	3.00	0.00	0	0	0	0	-	-	-	-	0	-	-	3.00
5	FCSpB	1.60	0.00	-1	0	0	0	-	-	-	-	0	-	-	1.60
6	2Lz+2T	3.40	0.07	0	1	1	0	-	-	-	-	0	-	-	3.47
7	2F	1.80	-0.90	-5	-5	-5	-5	-	-	-	-	-5	-	-	0.90
8	2F+1T	2.20	0.00	0	0	0	0	-	-	-	-	-1	-	-	2.20
9	CCoSp1	2.00	-0.07	0	0	-1	0	-	-	-	-	-1	-	-	1.93
10	2Lz	2.10	-1.05	-5	-5	-5	-5	-	-	-	-	-5	-	-	1.05

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		3.50	3.00	4.50	3.25	-	-	-	-	-	3.50	-	-	3.42
Transitions	0.75		3.25	2.75	4.50	3.00	-	-	-	-	-	3.25	-	-	2.38
Performance	1.00		3.25	2.50	4.75	3.00	-	-	-	-	-	3.50	-	-	3.25
Composition	0.50		3.00	2.75	4.75	3.25	-	-	-	-	-	3.25	-	-	1.59
Interpretation of the Music	0.75		3.00	2.25	4.75	3.00	-	-	-	-	-	3.50	-	-	2.38
															13.02

0.00



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2	Courtney LaPalm	Stirling FSC,ON	18.00	13.19	0.00	0.00	31.19

#	Executed Element	Base							JREF					Score		
		Value	GOE	J1	J2	J3	J4									
1	2S+2T<<	1.70	-0.56	-5	-4	-4	-4	-	-	-	-	-	-5	-	-	1.14
2	2Lo	1.70	0.06	0	2	0	1	-	-	-	-	-	0	-	-	1.76
3	2T	1.30	0.00	0	1	0	0	-	-	-	-	-	0	-	-	1.30
4	FCCoSp3 (V)	2.25	-0.45	-2	0	-3	-2	-	-	-	-	-	-2	-	-	1.80
5	2Lz<	1.58	-0.79	-5	-5	-5	-5	-	-	-	-	-	-5	-	-	0.79
6	ChSq1	3.00	0.17	0	2	0	1	-	-	-	-	-	0	-	-	3.17
7	1A+1Eu<+2S	2.78	-0.52	-5	-4	-3	-3	-	-	-	-	-	-5	-	-	2.26
8	FSSp2	2.30	0.00	0	0	0	0	-	-	-	-	-	-1	-	-	2.30
9	1A+1Lo	1.60	0.00	0	0	0	0	-	-	-	-	-	0	-	-	1.60
10	CCoSp2 (V)	1.88	0.00	1	0	0	0	-	-	-	-	-	0	-	-	1.88
11	.	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00

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
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 REP - repeated jump restriction
 S - (Pattern Dance Type Step Seq.) separation
 V - spin requirement not met

Program Component	Factor	3.00	3.50	4.00	3.00	-	-	-	-	-	3.25	-	-	Score
Skating Skills	1.00	3.00	3.50	4.00	3.00	-	-	-	-	-	3.25	-	-	3.25
Transitions	0.75	3.00	3.25	3.75	2.75	-	-	-	-	-	3.00	-	-	2.31
Performance	1.00	3.25	3.25	3.75	2.75	-	-	-	-	-	3.50	-	-	3.33
Composition	0.50	3.25	3.50	4.00	3.00	-	-	-	-	-	3.25	-	-	1.67
Interpretation of the Music	0.75	3.50	3.50	3.75	2.75	-	-	-	-	-	3.50	-	-	2.63
														13.19

0.00



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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
3	Melody Russell	Glen Cairn SC,ON	17.72	12.85	0.00	0.00	30.57

#	Executed Element	Base							JREF							Score	
		Value	GOE	J1	J2	J3	J4										
1	2Lz<<	0.60	-0.30	-5	-5	-5	-5	-	-	-	-	-	-	-5	-	-	0.30
2	2S	1.30	0.00	0	0	0	0	-	-	-	-	-	-	-2	-	-	1.30
3	FSSp2	2.30	0.00	-1	0	0	0	-	-	-	-	-	-	0	-	-	2.30
4	1F	0.50	0.00	0	0	0	0	-	-	-	-	-	-	0	-	-	0.50
5	ChSq1	3.00	0.50	0	1	1	1	-	-	-	-	-	-	1	-	-	3.50
6	2Lz+2T<	3.08	-0.91	-4	-5	-4	-4	-	-	-	-	-	-	-5	-	-	2.17
7	1F+REP	0.35	-0.07	0	-2	-2	0	-	-	-	-	-	-	-3	-	-	0.28
8	FCCoSp3	3.00	-0.20	0	-1	-1	-1	-	-	-	-	-	-	0	-	-	2.80
9	1A*+2T	1.30	0.00	0	0	0	0	-	-	-	-	-	-	0	-	-	1.30
10	CCoSp4	3.50	-0.23	0	0	-2	-1	-	-	-	-	-	-	-1	-	-	3.27
17.72																	

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 ! - (Key Points Dance) incomplete
 < - (Key Points Dance) interruption
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 V - spin requirement not met

Program Component	Factor																
Skating Skills	1.00		3.50	3.25	3.75	3.00	-	-	-	-	-	-	3.50	-	-		3.42
Transitions	0.75		3.00	2.50	3.25	2.75	-	-	-	-	-	-	3.00	-	-		2.19
Performance	1.00		3.00	3.00	3.50	3.00	-	-	-	-	-	-	3.50	-	-		3.17
Composition	0.50		3.25	2.75	3.50	3.00	-	-	-	-	-	-	3.75	-	-		1.63
Interpretation of the Music	0.75		3.25	2.50	3.25	3.25	-	-	-	-	-	-	3.50	-	-		2.44
12.85																	

0.00



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4	Rylee Dennis	Skate Brockville/,ON	15.33	12.41	0.00	0.00	27.74

#	Executed Element	Base							JREF	Score				
		Value	GOE	J1	J2	J3	J4							
1	FSSp3	2.60	0.17	0	1	1	1	-	-	-	0	-	-	2.77
2	2Lz	2.10	-1.05	-5	-5	-5	-5	-	-	-	-5	-	-	1.05
3	1A	1.10	0.04	0	1	0	0	-	-	-	1	-	-	1.14
4	2F+1Eu<+2S	3.10	-0.78	-5	-4	-3	-4	-	-	-	-5	-	-	2.32
5	CCoSp2	2.50	-0.25	-2	-1	-1	-1	-	-	-	-1	-	-	2.25
6	2S	1.30	-0.48	-3	-4	-3	-4	-	-	-	-4	-	-	0.82
7	2F !	1.80	-0.24	-1	-1	-1	-2	-	-	-	-2	-	-	1.56
8	2Lz+REP	1.47	-1.05	-5	-5	-5	-5	-	-	-	-5	-	-	0.42
9	ChSq1	3.00	0.00	0	0	0	0	-	-	-	-1	-	-	3.00
													15.33	

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REP - repeated jump restriction

S - (Pattern Dance Type Step Seq.) separation

V - spin requirement not met

Program Component	Factor	3.00	3.50	4.25	3.25	-	-	-	-	-	3.25	-	-	3.33
Skating Skills	1.00													
Transitions	0.75	2.75	3.00	4.25	2.75	-	-	-	-	-	3.00	-	-	2.19
Performance	1.00	2.75	2.50	4.25	2.75	-	-	-	-	-	3.25	-	-	2.92
Composition	0.50	2.75	3.00	4.50	3.00	-	-	-	-	-	3.50	-	-	1.59
Interpretation of the Music	0.75	3.00	2.50	4.50	3.25	-	-	-	-	-	3.25	-	-	2.38
														12.41

0.00



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5	Kristyn VanHoof	Morrisburg & Dist,ON	14.80	10.85	0.00	1.00	24.65

# Executed Element	Base							JREF							Score
	Value	GOE	J1	J2	J3	J4									
1 2F	1.80	-0.90	-5	-5	-5	-5	-	-	-	-	-	-5	-	-	0.90
2 1Lo	0.50	-0.20	-3	-3	-5	-5	-	-	-	-	-	-4	-	-	0.30
3 2Lz	2.10	-1.05	-5	-5	-5	-5	-	-	-	-	-	-5	-	-	1.05
4 FSSp1	2.00	-0.13	-3	0	0	0	-	-	-	-	-	-2	-	-	1.87
5 ChSq1	3.00	0.00	0	1	0	0	-	-	-	-	-	0	-	-	3.00
6 CCoSp1	2.00	0.07	0	0	1	1	-	-	-	-	-	0	-	-	2.07
7 1F+2T	1.80	-0.17	-2	0	0	-2	-	-	-	-	-	-2	-	-	1.63
8 2S	1.30	-0.65	-5	-5	-5	-5	-	-	-	-	-	-5	-	-	0.65
9 1A+1T	1.50	-0.04	0	0	0	-1	-	-	-	-	-	-1	-	-	1.46
10 FCCoSp1	2.00	-0.13	0	0	-1	-1	-	-	-	-	-	-1	-	-	1.87

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 V - spin requirement not met

Program Component	Factor														
Skating Skills	1.00		2.75	2.75	3.25	2.75	-	-	-	-	-	3.00	-	-	2.83
Transitions	0.75		2.50	2.50	3.25	2.75	-	-	-	-	-	2.50	-	-	1.94
Performance	1.00		2.75	2.25	3.00	2.50	-	-	-	-	-	2.50	-	-	2.58
Composition	0.50		3.00	2.50	3.25	2.75	-	-	-	-	-	3.25	-	-	1.50
Interpretation of the Music	0.75		2.75	2.25	3.00	2.50	-	-	-	-	-	2.75	-	-	2.00
															10.85

2 Time Violation(s) factor (0.5) 1.00