



Lake Superior Figure Skating Club Super Series

January 10 2020 to January 12 2020

John Rhodes Community Centre

STAR 5 Women (O13 Group 1) - Free Program

Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
1	Emily Coutu	Lake Superior FSC,ON	10.97	7.21	0.00	0.20	17.98

# Executed Element	Base					JREF										Score	
	Value	GOE	J1	J2													
1 1A+1Lo	1.60	0.07	1	1	-	-	-	-	-	-	-	-	-	0	-	-	1.67
2 2F<	1.44	-0.72	-5	-5	-	-	-	-	-	-	-	-	-	-5	-	-	0.72
3 FCSpB	1.60	0.11	0	1	-	-	-	-	-	-	-	-	1	-	-	1.71	
4 2S	1.30	0.00	0	0	-	-	-	-	-	-	-	-	0	-	-	1.30	
5 1Lz+1T	1.00	0.00	0	0	-	-	-	-	-	-	-	-	0	-	-	1.00	
6 SpSqB	1.50	0.05	0	0	-	-	-	-	-	-	-	-	1	-	-	1.55	
7 1A	1.10	0.11	1	1	-	-	-	-	-	-	-	-	1	-	-	1.21	
8 CCoSpB	1.70	0.11	0	1	-	-	-	-	-	-	-	-	1	-	-	1.81	
10.97																	

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 attention ! - (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
 EL - Extended Lift F - Fall in Element

Program Component	Factor																
Skating Skills	1.00		2.00	2.25	-	-	-	-	-	-	-	-	2.25	-	-		2.17
Transitions	0.75		1.75	2.00	-	-	-	-	-	-	-	-	1.75	-	-		1.37
Performance	1.00		2.00	2.50	-	-	-	-	-	-	-	-	2.00	-	-		2.17
Composition	0.00		-	-	-	-	-	-	-	-	-	-	-	-	-		0.00
Interpretation of the Music	0.75		1.75	2.25	-	-	-	-	-	-	-	-	2.00	-	-		1.50
7.21																	

1 Fall(s) factor (0.2) 0.20



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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
2	Vanessa Major	Sudbury SC,ON	10.14	6.12	0.00	0.40	15.86

# Executed Element	Base				JREF										Score		
	Value	GOE	J1	J2													
1 2S	1.30	0.04	0	0	-	-	-	-	-	-	-	-	-	1	-	-	1.34
2 1A+1T	1.50	-0.11	-1	-1	-	-	-	-	-	-	-	-	-	-1	-	-	1.39
3 FCSpB	1.60	-0.11	0	-1	-	-	-	-	-	-	-	-	-	-1	-	-	1.49
4 1Lz+1Lo	1.10	0.04	0	1	-	-	-	-	-	-	-	-	-	1	-	-	1.14
5 SpSqB	1.50	0.20	1	2	-	-	-	-	-	-	-	-	-	1	-	-	1.70
6 2Lo	1.70	-0.85	-5	-5	-	-	-	-	-	-	-	-	-	-5	-	-	0.85
7 1A	1.10	-0.51	-5	-5	-	-	-	-	-	-	-	-	-	-4	-	-	0.59
8 CCoSpB	1.70	-0.06	-1	0	-	-	-	-	-	-	-	-	-	0	-	-	1.64
10.14																	

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 ! - (singles & pairs) jump take-off (Flip/Lutz) with attention ! - (Key Points Dance) incomplete REP - repeated jump restriction
 < - underrotated jump < - (Key Points Dance) interruption S - (Pattern Dance Type Step Seq.) separation
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 EL - Extended Lift F - Fall in Element

Program Component	Factor																
Skating Skills	1.00		1.75	1.50	-	-	-	-	-	-	-	-	2.00	-	-		1.75
Transitions	0.75		1.75	1.50	-	-	-	-	-	-	-	-	2.25	-	-		1.37
Performance	1.00		1.50	1.50	-	-	-	-	-	-	-	-	2.25	-	-		1.75
Composition	0.00		-	-	-	-	-	-	-	-	-	-	-	-	-		0.00
Interpretation of the Music	0.75		1.50	1.25	-	-	-	-	-	-	-	-	2.25	-	-		1.25
6.12																	

2 Fall(s) factor (0.2) 0.40



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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
3	Sophie Caza	Sudbury SC,ON	9.47	5.50	0.00	0.00	14.97

# Executed Element	Base				JREF										Score		
	Value	GOE	J1	J2													
1 1A+1T	1.50	0.00	0	0	-	-	-	-	-	-	-	-	-	0	-	-	1.50
2 2T	1.30	-0.04	0	0	-	-	-	-	-	-	-	-	-	-1	-	-	1.26
3 CCoSpB	1.70	0.11	0	1	-	-	-	-	-	-	-	-	-	1	-	-	1.81
4 1Lz+1Lo	1.10	0.00	0	0	-	-	-	-	-	-	-	-	-	0	-	-	1.10
5 SpSqB	1.50	-0.10	-1	-1	-	-	-	-	-	-	-	-	-	0	-	-	1.40
6 2S	1.30	-0.04	-1	0	-	-	-	-	-	-	-	-	-	0	-	-	1.26
7 1A	1.10	0.04	0	0	-	-	-	-	-	-	-	-	-	1	-	-	1.14
8 FCSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00

9.47

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 EL - Extended Lift F - Fall in Element

Program Component	Factor											Score				
Skating Skills	1.00	1.50	1.25	-	-	-	-	-	-	-	-	-	1.75	-	-	1.50
Transitions	0.75	1.75	1.75	-	-	-	-	-	-	-	-	-	1.50	-	-	1.25
Performance	1.00	1.50	1.50	-	-	-	-	-	-	-	-	-	1.50	-	-	1.50
Composition	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
Interpretation of the Music	0.75	1.75	1.75	-	-	-	-	-	-	-	-	-	1.50	-	-	1.25

5.50

0.00



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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
4	Katelyn De Poli	Walden FSC,ON	7.95	5.73	0.00	0.00	13.68

# Executed Element	Base					JREF	Score
	Value	GOE	J1	J2			
1 1A+1T	1.50	-0.07	-1	0	-	-1	1.43
2 2S	1.30	-0.09	0	-1	-	-1	1.21
3 SSpB	1.10	0.00	0	0	-	0	1.10
4 1F+1Lo	1.00	0.00	0	0	-	0	1.00
5 SpSqB	1.50	0.05	0	0	-	1	1.55
6 1Lz	0.60	0.00	0	0	-	0	0.60
7 1A	1.10	-0.04	-1	0	-	0	1.06
8 CCoSp	0.00	-	-	-	-	-	0.00

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Program Component	Factor															
Skating Skills	1.00		1.50	1.50	-	-	-	-	-	-	-	2.00	-	-		1.67
Transitions	0.75		1.50	2.00	-	-	-	-	-	-	-	1.75	-	-		1.31
Performance	1.00		1.50	1.50	-	-	-	-	-	-	-	1.50	-	-		1.50
Composition	0.00		-	-	-	-	-	-	-	-	-	-	-	-		0.00
Interpretation of the Music	0.75		1.75	1.75	-	-	-	-	-	-	-	1.50	-	-		1.25
																5.73

0.00



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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
5	Alexandra Florek	Marathon FSC,ON	8.15	4.76	0.00	0.00	12.91

# Executed Element	Base														Score		
	Value	GOE	J1	J2	JREF												
1 1Lo	0.50	0.00	0	0	-	-	-	-	-	-	-	-	-	0	-	-	0.50
2 1A+1Lo	1.60	-0.07	-1	-1	-	-	-	-	-	-	-	-	-	0	-	-	1.53
3 CCoSpB	1.70	0.06	0	0	-	-	-	-	-	-	-	-	1	-	-	1.76	
4 2S<<	0.40	-0.20	-5	-5	-	-	-	-	-	-	-	-	-5	-	-	0.20	
5 FCSpB	1.60	-0.27	-1	-4	-	-	-	-	-	-	-	-	0	-	-	1.33	
6 1F	0.50	0.02	0	1	-	-	-	-	-	-	-	-	0	-	-	0.52	
7 SpSqB	1.50	0.15	1	1	-	-	-	-	-	-	-	-	1	-	-	1.65	
8 1A	1.10	-0.44	-5	-4	-	-	-	-	-	-	-	-	-3	-	-	0.66	
8.15																	

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Program Component	Factor											Score			
Skating Skills	1.00	1.50	1.50	-	-	-	-	-	-	-	-	1.50	-	-	1.50
Transitions	0.75	1.50	1.50	-	-	-	-	-	-	-	-	1.25	-	-	1.07
Performance	1.00	1.25	1.25	-	-	-	-	-	-	-	-	1.25	-	-	1.25
Composition	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
Interpretation of the Music	0.75	1.25	1.25	-	-	-	-	-	-	-	-	1.25	-	-	0.94
4.76															

0.00



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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
6	Marie Costa	Schreiber Terrace,ON	6.68	4.76	0.00	0.00	11.44

# Executed Element	Base					JREF										Score	
	Value	GOE	J1	J2													
1 1A<	0.88	-0.29	-4	-3	-	-	-	-	-	-	-	-	-	-3	-	-	0.59
2 1F	0.50	0.00	0	0	-	-	-	-	-	-	-	-	0	-	-	0.50	
3 CoSpB	1.50	-0.20	-1	-1	-	-	-	-	-	-	-	-	-2	-	-	1.30	
4 SpSqB	1.50	0.00	0	0	-	-	-	-	-	-	-	-	0	-	-	1.50	
5 1Lo+1Lo	1.00	0.00	0	0	-	-	-	-	-	-	-	-	0	-	-	1.00	
6 1S	0.40	0.00	0	0	-	-	-	-	-	-	-	-	0	-	-	0.40	
7 1F+1T<<	0.50	-0.17	-3	-4	-	-	-	-	-	-	-	-	-3	-	-	0.33	
8 CSpB	1.10	-0.04	0	-1	-	-	-	-	-	-	-	-	0	-	-	1.06	
6.68																	

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Program Component	Factor																
Skating Skills	1.00		1.50	1.25	-	-	-	-	-	-	-	-	1.50	-	-		1.42
Transitions	0.75		1.25	1.50	-	-	-	-	-	-	-	-	1.50	-	-		1.07
Performance	1.00		1.25	1.25	-	-	-	-	-	-	-	-	1.50	-	-		1.33
Composition	0.00		-	-	-	-	-	-	-	-	-	-	-	-	-		0.00
Interpretation of the Music	0.75		1.50	1.00	-	-	-	-	-	-	-	-	1.25	-	-		0.94
4.76																	
0.00																	



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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
7	Beth Jewitt	Copper Cliff SC, ON	4.65	5.27	0.00	0.40	9.52

# Executed Element	Base					JREF	Score
	Value	GOE	J1	J2			
1 2S<<	0.40	-0.20	-5	-5	-	-5	0.20
2 1A	1.10	-0.55	-5	-5	-	-5	0.55
3 1Lz<<	0.00	-	-	-	-	-	0.00
4 CCoSpB	1.70	-0.06	-1	0	-	0	1.64
5 1F+1T	0.90	-0.02	-1	0	-	0	0.88
6 SpSq	0.00	-	-	-	-	-	0.00
7 1A<<+1T	0.40	-0.12	-3	-3	-	-3	0.28
8 CSpB	1.10	0.00	0	0	-	0	1.10
							4.65

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Program Component	Factor												
Skating Skills	1.00		1.50	1.75	-	-	-	-	-	-	1.50	-	1.58
Transitions	0.75		1.75	1.75	-	-	-	-	-	-	1.25	-	1.19
Performance	1.00		1.50	1.75	-	-	-	-	-	-	1.25	-	1.50
Composition	0.00		-	-	-	-	-	-	-	-	-	-	0.00
Interpretation of the Music	0.75		1.25	1.25	-	-	-	-	-	-	1.50	-	1.00
													5.27

2 Fall(s) factor (0.2) 0.40