



# 2023 SKATE ONTARIO ADULT CHAMPIONSHIPS

March 3 to March 4, 2023

KANATA RECREATION COMPLEX

Silver Women (Free Skate - Class II) - Free Skate

Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
2	Valerie Larouche	Saint Laurent FSC, QC	9.83	14.50	0.00	0.00	24.33

#	Executed Element	Base				JREF										Score			
		Value	GOE	J1	J2														
1	1Lo	0.50	0.00	0	0	-	-	-	-	-	-	-	-	-	-	-	-	0	0.50
2	1F(e)+1Lo	0.90	-0.12	-3	-1	-	-	-	-	-	-	-	-	-	-	-	-	-3	0.78
3	1A<<	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
4	1Lz+1Eu+1S	1.50	-0.04	0	-2	-	-	-	-	-	-	-	-	-	-	-	-	0	1.46
5	CSSp1	1.90	0.19	1	1	-	-	-	-	-	-	-	-	-	-	-	-	1	2.09
6	ChSq1	3.00	0.00	0	0	-	-	-	-	-	-	-	-	-	-	-	-	0	3.00
7	1Lz+1T	1.00	-0.02	0	-1	-	-	-	-	-	-	-	-	-	-	-	-	0	0.98
8	CCoSpB (V)	1.28	-0.26	-1	-2	-	-	-	-	-	-	-	-	-	-	-	-	-3	1.02
																	9.83		

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																	
Composition	2.00		2.50	2.50	-	-	-	-	-	-	-	-	2.50	-	-			5.00
Presentation	2.00		2.50	2.75	-	-	-	-	-	-	-	-	2.50	-	-			5.16
Skating Skills	2.00		2.00	2.25	-	-	-	-	-	-	-	-	2.25	-	-			4.34
																	14.50	
																	0.00	





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5	Marion Roche Yamanaka	Nepean SC, Inc., ON					7.25	13.50	0.00	0.00	20.75

#	Executed Element	Base										JREF	Score			
		Value	GOE	J1	J2											
1	1Lo+1Lo	1.00	0.00	0	0	-	-	-	-	-	-	-	0	-	-	1.00
2	1S+1T	0.80	0.00	0	0	-	-	-	-	-	-	-	0	-	-	0.80
3	1A<<	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
4	CCoSpB (V)	1.28	-0.34	-2	-3	-	-	-	-	-	-	-	-3	-	-	0.94
5	1F+1T	0.90	0.02	1	0	-	-	-	-	-	-	-	0	-	-	0.92
6	1Lz(e)	0.48	-0.06	-2	1	-	-	-	-	-	-	-	-3	-	-	0.42
7	ChSq1	3.00	0.17	1	1	-	-	-	-	-	-	-	-1	-	-	3.17
8	SSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00

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Program Component	Factor											Score			
Composition	2.00	2.50	2.75	-	-	-	-	-	-	-	-	1.75	-	-	4.66
Presentation	2.00	2.25	2.50	-	-	-	-	-	-	-	-	2.00	-	-	4.50
Skating Skills	2.00	2.25	2.50	-	-	-	-	-	-	-	-	1.75	-	-	4.34
															13.50

0.00

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6	Nicole McKenzie	Rideau SC,ON					6.04	14.50	0.00	0.00	20.54

#	Executed Element	Base										JREF	Score	
		Value	GOE	J1	J2									
1	CCoSp	0.00	-	-	-	-	-	-	-	-	-	-	-	0.00
2	1Lo	0.50	0.00	0	0	-	-	-	-	-	-	0	-	0.50
3	1Lz<<	0.00	-	-	-	-	-	-	-	-	-	-	-	0.00
4	ChSq1	3.00	0.33	1	1	-	-	-	-	-	-	0	-	3.33
5	1F	0.50	0.02	0	1	-	-	-	-	-	-	0	-	0.52
6	1S	0.40	0.00	0	0	-	-	-	-	-	-	0	-	0.40
7	1F+1T<<	0.50	-0.18	-4	-3	-	-	-	-	-	-	-4	-	0.32
8	USpB	1.00	-0.03	0	0	-	-	-	-	-	-	-1	-	0.97
											6.04			

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Program Component	Factor											Score		
Composition	2.00	2.25	2.50	-	-	-	-	-	-	-	2.50	-	-	4.84
Presentation	2.00	2.50	2.75	-	-	-	-	-	-	-	2.50	-	-	5.16
Skating Skills	2.00	2.25	2.25	-	-	-	-	-	-	-	2.25	-	-	4.50
											14.50			
											0.00			

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7	Tina Hsu	Minto SC,ON	5.29	11.18	0.00	0.00	16.47

#	Executed Element	Base				JREF										Score					
		Value	GOE	J1	J2																
1	1F+1T	0.90	-0.03	0	-1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.87
2	ChSq1	3.00	-0.17	0	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2.83
3	1Lz(e)+1T<<	0.48	-0.21	-5	-3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.27
4	CCoSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
5	1Lo+1Lo<<	0.50	-0.22	-5	-4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.28
6	1Lz	0.60	-0.06	-2	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.54
7	1F	0.50	0.00	0	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.50
8	SSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00

5.29

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Program Component	Factor																				
Composition	2.00		2.25	2.00	-	-	-	-	-	-	-	-	1.50	-	-						3.84
Presentation	2.00		2.00	1.75	-	-	-	-	-	-	-	-	1.50	-	-						3.50
Skating Skills	2.00		1.75	2.25	-	-	-	-	-	-	-	-	1.75	-	-						3.84
																					11.18

0.00