

# 2025 Skate Ontario Adult Championships

March 7 to 8, 2025

Kanata, ON

## Bronze Women (Class II) - Free Skate

Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
1	Anick Hamel	CPA Élites sur gl.QC	8.93	12.50	0.00	0.00	21.43

#	Executed Element	Base					JREF										Score	
		Value	GOE	J1	J2													
1	1F+1Loq	1.00	-0.13	-2	-2	-	-	-	-	-	-	-	-	-	-	-	-	0.87
2	1S	0.40	0.01	0	1	-	-	-	-	-	-	-	-	-	-	-	-	0.41
3	1S+1Lo	0.90	0.00	0	0	-	-	-	-	-	-	-	-	-	-	-	-	0.90
4	CUSpB	1.50	0.05	0	0	-	-	-	-	-	-	-	-	-	-	-	-	1.55
5	ChSq1	3.00	0.67	1	2	-	-	-	-	-	-	-	-	-	-	-	-	3.67
6	1F	0.50	0.00	0	0	-	-	-	-	-	-	-	-	-	-	-	-	0.50
7	USpB	1.00	0.03	0	1	-	-	-	-	-	-	-	-	-	-	-	-	1.03

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      ! (dance) Choreo Element does not fulfil all requirements  
 < - underrotated jump      < - (Key Points Dance) interruption      REP - repeated jump restriction  
 << - (singles & pairs) downgraded jump      << - (Key Points Dance) interruption      V - spin requirement not met  
 EL - Extended Lift      EE - Extended Edge      F - Fall in Element

Program Component	Factor																	
Composition	2.00		2.00	2.00	-	-	-	-	-	-	-	-	-	1.75	-	-	-	3.84
Presentation	2.00		2.25	2.50	-	-	-	-	-	-	-	-	-	2.00	-	-	-	4.50
Skating Skills	2.00		2.00	2.25	-	-	-	-	-	-	-	-	-	2.00	-	-	-	4.16
																		12.50

0.00

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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
2	Mandy Roach	Prescott FSC,ON	7.93	12.82	0.00	0.00	20.75

#	Executed Element	Base					JREF					Score			
		Value	GOE	J1	J2										
1	1S	0.40	0.00	0	0	-	-	-	-	-	-	0	-	-	0.40
2	1Lo	0.50	0.00	0	0	-	-	-	-	-	-	0	-	-	0.50
3	CSpB	1.10	0.18	1	2	-	-	-	-	-	-	2	-	-	1.28
4	ChSq1	3.00	0.83	1	2	-	-	-	-	-	-	2	-	-	3.83
5	1T	0.40	0.00	0	0	-	-	-	-	-	-	0	-	-	0.40
6	1F	0.50	0.02	0	0	-	-	-	-	-	-	1	-	-	0.52
7	USpB	1.00	0.00	0	0	-	-	-	-	-	-	0	-	-	1.00
7.93															

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      ! (dance) Choreo Element does not fulfil all requirements  
 < - underrotated jump      < - (Key Points Dance) interruption      REP - repeated jump restriction  
 << - (singles & pairs) downgraded jump      << - (Key Points Dance) interruption      V - spin requirement not met  
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Program Component	Factor														
Composition	2.00		2.00	2.25	-	-	-	-	-	-	-	2.00	-	-	4.16
Presentation	2.00		2.25	2.00	-	-	-	-	-	-	-	2.00	-	-	4.16
Skating Skills	2.00		2.00	2.50	-	-	-	-	-	-	-	2.25	-	-	4.50
12.82															
0.00															

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## Bronze Women (Class II) - Free Skate

Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
3	Sarah Lecky	Petrolia FSC,ON	7.62	12.34	0.00	0.00	19.96

#	Executed Element	Base														Score					
		Value	GOE	J1	J2	JREF															
1	1F+1T	0.90	0.00	0	0	-	-	-	-	-	-	-	-	-	-	-	-	0	-	-	0.90
2	1S+1Lo	0.90	-0.02	0	0	-	-	-	-	-	-	-	-	-	-	-	-	-1	-	-	0.88
3	1F	0.50	0.02	0	0	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	0.52
4	SSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
5	ChSq1	3.00	0.83	0	3	-	-	-	-	-	-	-	-	-	-	-	-	2	-	-	3.83
6	1Lo	0.50	0.02	0	0	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	0.52
7	USpB	1.00	-0.03	-1	0	-	-	-	-	-	-	-	-	-	-	-	-	0	-	-	0.97

7.62

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      ! (dance) Choreo Element does not fulfil all requirements  
 < - underrotated jump      < - (Key Points Dance) interruption      REP - repeated jump restriction  
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Program Component	Factor											Score					
Composition	2.00			1.75	2.00	-	-	-	-	-	-	-	-	2.00	-	-	3.84
Presentation	2.00			1.75	2.50	-	-	-	-	-	-	-	-	2.00	-	-	4.16
Skating Skills	2.00			2.00	2.50	-	-	-	-	-	-	-	-	2.00	-	-	4.34
																	12.34

0.00

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## Bronze Women (Class II) - Free Skate

Rank	Name	Club					Element Score					Prog Comp Score	Bonus	Deductions	Score
4	Ann Nakashima	Markham SC,ON					8.11					11.34	0.00	0.00	19.45

#	Executed Element	Base																Score				
		Value	GOE	J1	J2	JREF																
1	1F+1Lo	1.00	0.00	0	0	-	-	-	-	-	-	-	-	-	-	-	-	-	0	-	-	1.00
2	CUSpB (V)	1.13	-0.11	0	-2	-	-	-	-	-	-	-	-	-	-	-	-	-	-1	-	-	1.02
3	1F	0.50	0.00	0	0	-	-	-	-	-	-	-	-	-	-	-	-	-	0	-	-	0.50
4	ChSq1	3.00	0.17	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-1	-	-	3.17	
5	1S+1Lo	0.90	0.00	0	0	-	-	-	-	-	-	-	-	-	-	-	-	-	0	-	-	0.90
6	1W	0.30	0.01	0	1	-	-	-	-	-	-	-	-	-	-	-	-	-	0	-	-	0.31
7	SSpB	1.10	0.11	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	1.21

8.11

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      ! (dance) Choreo Element does not fulfil all requirements  
 < - underrotated jump      < - (Key Points Dance) interruption      REP - repeated jump restriction  
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 EL - Extended Lift      EE - Extended Edge      F - Fall in Element

Program Component	Factor																	Score				
Composition	2.00			2.00	1.75	-	-	-	-	-	-	-	-	-	-	-	-	-	1.50	-	-	3.50
Presentation	2.00			2.25	2.25	-	-	-	-	-	-	-	-	-	-	-	-	-	1.50	-	-	4.00
Skating Skills	2.00			2.00	2.25	-	-	-	-	-	-	-	-	-	-	-	-	-	1.50	-	-	3.84
														11.34								

0.00

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## Bronze Women (Class II) - Free Skate

Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
5	Elise Mercieca	Dundas FSC,ON	6.79	11.50	0.00	0.00	18.29

#	Executed Element	Base				JREF										Score				
		Value	GOE	J1	J2															
1	USpB	1.00	0.07	0	1	-	-	-	-	-	-	-	-	-	-	-	1	-	-	1.07
2	1W	0.30	0.03	1	1	-	-	-	-	-	-	-	-	-	-	-	1	-	-	0.33
3	1Lo	0.50	-0.03	0	0	-	-	-	-	-	-	-	-	-	-	-2	-	-	0.47	
4	1S+1T	0.80	-0.01	0	-1	-	-	-	-	-	-	-	-	-	-	0	-	-	0.79	
5	ChSq1	3.00	0.33	0	1	-	-	-	-	-	-	-	-	-	-	1	-	-	3.33	
6	1S+1T	0.80	0.00	0	0	-	-	-	-	-	-	-	-	-	-	0	-	-	0.80	
7	USp*	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00	

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 attention      ! (dance) Choreo Element does not fulfil all requirements  
 < - underrotated jump      < - (Key Points Dance) interruption      REP - repeated jump restriction  
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 EL - Extended Lift      EE - Extended Edge      F - Fall in Element

Program Component	Factor											Score			
Composition	2.00	1.75	2.00	-	-	-	-	-	-	-	-	1.75	-	-	3.66
Presentation	2.00	1.75	2.00	-	-	-	-	-	-	-	-	2.00	-	-	3.84
Skating Skills	2.00	2.00	2.25	-	-	-	-	-	-	-	-	1.75	-	-	4.00
														11.50	

0.00

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## Bronze Women (Class II) - Free Skate

Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
6	Tina Martell	Orillia FSC,ON	7.20	10.52	0.00	0.00	17.72

#	Executed Element	Base					JREF	Score
		Value	GOE	J1	J2			
1	1Lo+COMBO+1T*	0.50	-0.13	0	-3	-	-5	0.37
2	1S	0.40	-0.03	-1	0	-	-1	0.37
3	1F	0.50	-0.08	-2	-1	-	-2	0.42
4	ChSq1	3.00	-0.17	0	-1	-	0	2.83
5	LSpB	1.20	0.08	0	1	-	1	1.28
6	1F+1T	0.90	0.00	0	0	-	0	0.90
7	USpB	1.00	0.03	0	1	-	0	1.03

x - credit for second half, base value multiplied by 1.1      \* - invalid element, scored as zero      e - jump take-off (Flip/Lutz) with edge  
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 EL - Extended Lift      EE - Extended Edge      F - Fall in Element

7.20

Program Component	Factor	1.75	1.75	-	-	-	-	-	-	1.50	-	-	Score
Composition	2.00	1.75	1.75	-	-	-	-	-	-	1.50	-	-	3.34
Presentation	2.00	2.00	2.00	-	-	-	-	-	-	1.75	-	-	3.84
Skating Skills	2.00	1.75	1.75	-	-	-	-	-	-	1.50	-	-	3.34
													10.52

0.00

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## Bronze Women (Class II) - Free Skate

Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
7	Miriam Morin	Kitchener - Water, ON	6.67	10.66	0.00	0.00	17.33

#	Executed Element	Base				JREF										Score			
		Value	GOE	J1	J2														
1	1F<<	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
2	1W	0.30	0.03	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	0.33
3	CSpB	1.10	0.04	0	0	-	-	-	-	-	-	-	-	-	1	-	-	-	1.14
4	1S	0.40	0.00	0	0	-	-	-	-	-	-	-	-	-	0	-	-	-	0.40
5	ChSq1	3.00	0.00	0	0	-	-	-	-	-	-	-	-	-	0	-	-	-	3.00
6	1T+1T	0.80	0.00	0	0	-	-	-	-	-	-	-	-	-	0	-	-	-	0.80
7	USpB	1.00	0.00	0	0	-	-	-	-	-	-	-	-	-	0	-	-	-	1.00
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 attention		! (dance) Choreo Element does not fulfil all requirements																	
< - underrotated jump		< - (Key Points Dance) interruption								REP - repeated jump restriction									
<< - (singles & pairs) downgraded jump		<< - (Key Points Dance) interruption								V - spin requirement not met									
EL - Extended Lift		EE - Extended Edge								F - Fall in Element									

Program Component	Factor	1.75	1.75	-	-	-	-	-	-	-	-	1.75	-	-	3.50
Composition	2.00	1.75	1.75	-	-	-	-	-	-	-	-	1.75	-	-	3.50
Presentation	2.00	1.75	1.75	-	-	-	-	-	-	-	-	1.75	-	-	3.50
Skating Skills	2.00	1.75	1.75	-	-	-	-	-	-	-	-	2.00	-	-	3.66
															10.66

0.00

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## Bronze Women (Class II) - Free Skate

Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
8	Laura Smith	Gloucester SC,ON	7.15	9.84	0.00	0.00	16.99

#	Executed Element	Base										JREF	Score	
		Value	GOE	J1	J2									
1	1S+1T	0.80	-0.08	0	-2	-	-	-	-	-	-	-	-4	0.72
2	1Lo<	0.40	-0.12	-3	-2	-	-	-	-	-	-	-	-4	0.28
3	CUSpB (V)	1.13	-0.12	-2	-2	-	-	-	-	-	-	-	1	1.01
4	1S	0.40	0.00	0	0	-	-	-	-	-	-	-	0	0.40
5	ChSq1	3.00	0.33	0	1	-	-	-	-	-	-	-	1	3.33
6	1T	0.40	-0.09	-1	-2	-	-	-	-	-	-	-	-4	0.31
7	USpB	1.00	0.10	0	2	-	-	-	-	-	-	-	1	1.10

7.15

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 ! - (singles & pairs) jump take-off (Flip/Lutz) with attention      ! (dance) Choreo Element does not fulfil all requirements  
 < - underrotated jump      < - (Key Points Dance) interruption      REP - repeated jump restriction  
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 EL - Extended Lift      EE - Extended Edge      F - Fall in Element

Program Component	Factor															
Composition	2.00		1.75	1.75	-	-	-	-	-	-	-	-	1.50	-	-	3.34
Presentation	2.00		1.75	1.75	-	-	-	-	-	-	-	-	1.50	-	-	3.34
Skating Skills	2.00		1.50	1.50	-	-	-	-	-	-	-	-	1.75	-	-	3.16
9.84																

0.00



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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
9	Lisa Unsworth	Perth FSC, ON	6.33	10.50	0.00	0.00	16.83

#	Executed Element	Base										JREF	Score		
		Value	GOE	J1	J2										
1	USpB	1.00	0.10	1	2	-	-	-	-	-	-	0	-	-	1.10
2	1S	0.40	0.00	0	0	-	-	-	-	-	-	0	-	-	0.40
3	1F+1T	0.90	-0.03	0	-2	-	-	-	-	-	-	0	-	-	0.87
4	CSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	0.00
5	ChSq1	3.00	0.17	0	1	-	-	-	-	-	-	0	-	-	3.17
6	1F	0.50	-0.03	0	-2	-	-	-	-	-	-	0	-	-	0.47
7	1Lo+1Lo<<	0.50	-0.18	-3	-4	-	-	-	-	-	-	-4	-	-	0.32

6.33

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      ! (dance) Choreo Element does not fulfil all requirements  
 < - underrotated jump      < - (Key Points Dance) interruption      REP - repeated jump restriction  
 << - (singles & pairs) downgraded jump      << - (Key Points Dance) interruption      V - spin requirement not met  
 EL - Extended Lift      EE - Extended Edge      F - Fall in Element

Program Component	Factor														
Composition	2.00		1.75	2.00	-	-	-	-	-	-	-	1.50	-	-	3.50
Presentation	2.00		1.75	1.50	-	-	-	-	-	-	-	1.75	-	-	3.34
Skating Skills	2.00		1.75	2.00	-	-	-	-	-	-	-	1.75	-	-	3.66
															10.50

0.00

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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
10	Michelle Sauve	Gloucester SC,ON	6.53	10.00	0.00	0.00	16.53

# Executed Element	Base				JREF								Score			
	Value	GOE	J1	J2												
1 1S+1T<<	0.40	-0.13	-3	-4	-	-	-	-	-	-	-	-	-3	-	-	0.27
2 USpB	1.00	0.00	0	1	-	-	-	-	-	-	-	-	-1	-	-	1.00
3 1Lz	0.60	-0.10	-1	-2	-	-	-	-	-	-	-	-	-2	-	-	0.50
4 1F+1T	0.90	-0.05	0	-2	-	-	-	-	-	-	-	-	-1	-	-	0.85
5 1S	0.40	-0.01	0	0	-	-	-	-	-	-	-	-	-1	-	-	0.39
6 ChSq1	3.00	-0.50	-1	-1	-	-	-	-	-	-	-	-	-1	-	-	2.50
7 CUSpB (V)	1.13	-0.11	-1	-1	-	-	-	-	-	-	-	-	-1	-	-	1.02
6.53																
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      ! (dance) Choreo Element does not fulfil all requirements < - underrotated jump      < - (Key Points Dance) interruption      REP - repeated jump restriction << - (singles & pairs) downgraded jump      << - (Key Points Dance) interruption      V - spin requirement not met EL - Extended Lift      EE - Extended Edge      F - Fall in Element																

Program Component	Factor															
Composition	2.00		1.75	2.00	-	-	-	-	-	-	-	1.25	-	-		3.34
Presentation	2.00		1.75	2.25	-	-	-	-	-	-	-	1.50	-	-		3.66
Skating Skills	2.00		1.50	1.75	-	-	-	-	-	-	-	1.25	-	-		3.00
10.00																
0.00																

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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
11	Katherine Andrien	Granite Club,ON	6.87	9.52	0.00	0.00	16.39

#	Executed Element	Base				JREF										Score					
		Value	GOE	J1	J2																
1	1S+1Loq	0.90	-0.10	-2	-2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.80
2	1Fq+1T	0.90	-0.13	-3	-4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.77
3	CSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
4	1Lo	0.50	0.00	0	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.50
5	ChSq1	3.00	0.33	1	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3.33
6	1F	0.50	-0.03	0	-2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.47
7	USpB	1.00	0.00	0	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1.00
																				6.87	

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      ! (dance) Choreo Element does not fulfil all requirements  
 < - underrotated jump      < - (Key Points Dance) interruption      REP - repeated jump restriction  
 << - (singles & pairs) downgraded jump      << - (Key Points Dance) interruption      V - spin requirement not met  
 EL - Extended Lift      EE - Extended Edge      F - Fall in Element

Program Component	Factor																				
Composition	2.00		1.75	2.25	-	-	-	-	-	-	-	-	-	1.00	-	-					3.34
Presentation	2.00		1.75	2.00	-	-	-	-	-	-	-	-	-	1.25	-	-					3.34
Skating Skills	2.00		1.50	1.50	-	-	-	-	-	-	-	-	-	1.25	-	-					2.84
																					9.52

0.00

# 2025 Skate Ontario Adult Championships

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Kanata, ON

## Bronze Women (Class II) - Free Skate

Rank	Name	Club	Element Score		Prog Comp Score		Bonus	Deductions		Score
12	Melissa Stefko	Tampa Bay SC,	7.02		8.16		0.00	0.00		15.18

#	Executed Element	Base										JREF	Score			
		Value	GOE	J1	J2											
1	ChSq1	3.00	0.00	0	0	-	-	-	-	-	-	-	0	-	-	3.00
2	1S+1T	0.80	-0.05	0	-2	-	-	-	-	-	-	-	-2	-	-	0.75
3	CUSpB (V)	1.13	-0.04	-1	0	-	-	-	-	-	-	-	0	-	-	1.09
4	1W	0.30	0.00	0	0	-	-	-	-	-	-	-	0	-	-	0.30
5	1Eu+1S	0.90	-0.05	-1	0	-	-	-	-	-	-	-	-2	-	-	0.85
6	USpB	1.00	0.03	0	1	-	-	-	-	-	-	-	0	-	-	1.03

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      ! (dance) Choreo Element does not fulfil all requirements  
 < - underrotated jump      < - (Key Points Dance) interruption      REP - repeated jump restriction  
 << - (singles & pairs) downgraded jump      << - (Key Points Dance) interruption      V - spin requirement not met  
 EL - Extended Lift      EE - Extended Edge      F - Fall in Element

Program Component	Factor											Score		
Composition	2.00	1.25	1.75	-	-	-	-	-	-	-	1.00	-	-	2.66
Presentation	2.00	1.50	2.00	-	-	-	-	-	-	-	1.25	-	-	3.16
Skating Skills	2.00	1.25	1.25	-	-	-	-	-	-	-	1.00	-	-	2.34
											8.16			

0.00

# 2025 Skate Ontario Adult Championships

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Kanata, ON

## Bronze Women (Class II) - Free Skate

Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
13	Candace Tufnell	Matrix Synchroniz,ON	5.27	9.66	0.00	0.00	14.93

#	Executed Element	Base										JREF	Score
		Value	GOE	J1	J2								
1	ChSq1	3.00	-0.17	0	-1	-	-	-	-	-	-	0	2.83
2	1S	0.40	0.00	0	0	-	-	-	-	-	-	0	0.40
3	1W+1T	0.70	-0.03	-1	-1	-	-	-	-	-	-	0	0.67
4	USpB	1.00	0.07	0	1	-	-	-	-	-	-	1	1.07
5	1F<<	0.00	-	-	-	-	-	-	-	-	-	-	0.00
6	1W	0.30	0.00	0	0	-	-	-	-	-	-	0	0.30
7	SSp	0.00	-	-	-	-	-	-	-	-	-	-	0.00

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 attention      ! (dance) Choreo Element does not fulfil all requirements  
 < - underrotated jump      < - (Key Points Dance) interruption      REP - repeated jump restriction  
 << - (singles & pairs) downgraded jump      << - (Key Points Dance) interruption      V - spin requirement not met  
 EL - Extended Lift      EE - Extended Edge      F - Fall in Element

Program Component	Factor	1.50	1.75	-	-	-	-	-	-	-	1.50	-	-	3.16
Composition	2.00	1.50	1.75	-	-	-	-	-	-	-	1.50	-	-	3.16
Presentation	2.00	1.75	1.75	-	-	-	-	-	-	-	1.75	-	-	3.50
Skating Skills	2.00	1.50	1.50	-	-	-	-	-	-	-	1.50	-	-	3.00
														9.66

0.00

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Kanata, ON

## Bronze Women (Class II) - Free Skate

Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
14	Angela Sum	Gloucester SC,ON	5.72	9.16	0.00	0.00	14.88

#	Executed Element	Base				JREF										Score				
		Value	GOE	J1	J2															
1	ChSq1	3.00	0.17	0	1	-	-	-	-	-	-	-	-	-	-	-	-	-	0	3.17
2	1F+1T<<	0.50	-0.17	-3	-3	-	-	-	-	-	-	-	-	-	-	-	-	-	-4	0.33
3	1T+1Lo	0.90	-0.12	-1	-2	-	-	-	-	-	-	-	-	-	-	-	-	-	-4	0.78
4	1Lz(e)<<	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
5	USpB	1.00	-0.03	0	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-2	0.97
6	1Lo	0.50	-0.03	-1	-1	-	-	-	-	-	-	-	-	-	-	-	-	-	0	0.47
7	CSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
x - credit for second half, base value multiplied by 1.1		* - invalid element, scored as zero		e - jump take-off (Flip/Lutz) with edge																5.72
! - (singles & pairs) jump take-off (Flip/Lutz) with attention		! (dance) Choreo Element does not fulfil all requirements																		
< - underrotated jump		< - (Key Points Dance) interruption																REP - repeated jump restriction		
<< - (singles & pairs) downgraded jump		<< - (Key Points Dance) interruption																V - spin requirement not met		
EL - Extended Lift		EE - Extended Edge																F - Fall in Element		

Program Component	Factor																		
Composition	2.00		1.50	2.00	-	-	-	-	-	-	-	-	-	-	1.25	-	-	-	3.16
Presentation	2.00		1.50	2.00	-	-	-	-	-	-	-	-	-	-	1.50	-	-	-	3.34
Skating Skills	2.00		1.50	1.50	-	-	-	-	-	-	-	-	-	-	1.00	-	-	-	2.66
9.16																			
0.00																			

# 2025 Skate Ontario Adult Championships

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Kanata, ON

## Bronze Women (Class II) - Free Skate

Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
15	Sarah Almubarak	Central Toronto S,ON	4.38	8.66	0.00	0.00	13.04

#	Executed Element	Base				JREF								Score			
		Value	GOE	J1	J2												
1	1Loq	0.50	-0.10	-2	-2	-	-	-	-	-	-	-	-	-2	-	-	0.40
2	1S+1T<<	0.40	-0.13	-3	-3	-	-	-	-	-	-	-	-	-4	-	-	0.27
3	CSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
4	1S+1T	0.80	-0.05	0	-1	-	-	-	-	-	-	-	-	-3	-	-	0.75
5	ChSq1	3.00	-0.33	-1	0	-	-	-	-	-	-	-	-	-1	-	-	2.67
6	1F<	0.40	-0.11	-2	-3	-	-	-	-	-	-	-	-	-3	-	-	0.29
7	CUSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00

4.38

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      ! (dance) Choreo Element does not fulfil all requirements  
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 << - (singles & pairs) downgraded jump      << - (Key Points Dance) interruption      V - spin requirement not met  
 EL - Extended Lift      EE - Extended Edge      F - Fall in Element

Program Component	Factor																
Composition	2.00		1.50	1.50	-	-	-	-	-	-	-	-	1.50	-	-	3.00	
Presentation	2.00		1.50	1.75	-	-	-	-	-	-	-	-	1.50	-	-	3.16	
Skating Skills	2.00		1.25	1.25	-	-	-	-	-	-	-	-	1.25	-	-	2.50	
<b>8.66</b>																	

0.00