

# 2025 Skate Ontario Adult Championships

March 7 to 8, 2025

Kanata, ON

## Silver Women (Class III) - Free Skate

Rank	Name	Club						Element Score				Prog Comp Score	Bonus	Deductions	Score
1	Stephanie Stewart	Whitby FSC, ON						9.75				16.50	0.00	0.00	26.25

#	Executed Element	Base						JREF						Score		
		Value	GOE	J1	J3	J4										
1	1Lz+1Lo+1T	1.50	0.02	0	-	0	0	-	-	-	-	-	1	-	-	1.52
2	CCoSpB (V)	1.28	0.00	0	-	0	-1	-	-	-	-	-	1	-	-	1.28
3	1F+1Lo	1.00	0.01	0	-	0	1	-	-	-	-	-	0	-	-	1.01
4	1Lz	0.60	-0.05	-4	-	0	0	-	-	-	-	-	1	-	-	0.55
5	ChSq1	3.00	0.63	2	-	-1	2	-	-	-	-	-	2	-	-	3.63
6	1F	0.50	0.00	0	-	0	0	-	-	-	-	-	0	-	-	0.50
7	LSpB	1.20	0.06	2	-	-1	1	-	-	-	-	-	0	-	-	1.26

9.75

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		2.75	-	2.00	2.75	-	-	-	-	-	3.25	-	-	5.38
Presentation	2.00		3.25	-	1.75	3.00	-	-	-	-	-	3.25	-	-	5.62
Skating Skills	2.00		3.00	-	2.25	3.00	-	-	-	-	-	2.75	-	-	5.50
															16.50

0.00

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Rank	Name	Club	Element Score		Prog Comp Score		Bonus	Deductions		Score
2	Nilufer Erdebil	Rideau SC,ON	9.94		14.76		0.00	0.50		24.20

#	Executed Element	Base							JREF			Score			
		Value	GOE	J1	J3	J4									
1	1F+1Lo+1T	1.40	0.01	0	-	0	0	-	-	-	-	1	-	-	1.41
2	1Lz+1A+SEQ	1.70	-0.55	-5	-	-5	-5	-	-	-	-	-5	-	-	1.15
3	CCoSpB (V)	1.28	0.10	0	-	0	2	-	-	-	-	1	-	-	1.38
4	1A	1.10	0.00	0	-	0	0	-	-	-	-	0	-	-	1.10
5	ChSq1	3.00	0.25	1	-	0	1	-	-	-	-	0	-	-	3.25
6	1F	0.50	0.01	0	-	0	0	-	-	-	-	1	-	-	0.51
7	LSpB	1.20	-0.06	0	-	0	0	-	-	-	-	-2	-	-	1.14
											9.94				

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 ! - (singles & pairs) jump take-off (Flip/Lutz) with attention      ! (dance) Choreo Element does not fulfil all requirements  
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Program Component	Factor													Score
Composition	2.00	2.50	-	2.50	2.00	-	-	-	-	-	2.75	-	-	4.88
Presentation	2.00	2.25	-	2.50	2.25	-	-	-	-	-	2.75	-	-	4.88
Skating Skills	2.00	2.50	-	2.75	2.25	-	-	-	-	-	2.50	-	-	5.00
														14.76

1 Fall(s) factor (0.5) 0.50

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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
3	Heather McIntosh	Gloucester SC,ON	9.44	14.14	0.00	0.00	23.58

#	Executed Element	Base						JREF						Score		
		Value	GOE	J1	J3	J4										
1	1Lo+1Lo	1.00	0.04	0	-	1	1	-	-	-	-	-	1	-	-	1.04
2	CCoSpB (V)	1.28	0.07	-1	-	0	2	-	-	-	-	-	1	-	-	1.35
3	ChSq1	3.00	0.13	0	-	0	0	-	-	-	-	-	1	-	-	3.13
4	1Lz	0.60	-0.06	-4	-	0	0	-	-	-	-	-	0	-	-	0.54
5	1F+1Eu+1S	1.40	0.01	0	-	0	0	-	-	-	-	-	1	-	-	1.41
6	1F	0.50	-0.03	1	-	0	-3	-	-	-	-	-	0	-	-	0.47
7	CUSpB	1.50	0.00	0	-	1	0	-	-	-	-	-	-1	-	-	1.50
9.44																

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Program Component	Factor															
Composition	2.00		2.00	-	2.25	2.50	-	-	-	-	-	3.00	-	-		4.88
Presentation	2.00		2.25	-	2.25	2.25	-	-	-	-	-	2.75	-	-		4.76
Skating Skills	2.00		1.75	-	2.50	2.25	-	-	-	-	-	2.50	-	-		4.50
14.14																

0.00

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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
4	Vivian Bertrand	Rideau SC,ON	7.49	15.64	0.00	0.00	23.13

#	Executed Element	Base						JREF						Score		
		Value	GOE	J1	J3	J4										
1	1Lz+1Lo	1.10	0.05	0	-	1	1	-	-	-	-	-	1	-	-	1.15
2	CCoSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
3	1F+1Lo+1T<<	1.00	-0.15	-4	-	-3	-3	-	-	-	-	-	-2	-	-	0.85
4	1A	1.10	-0.36	-3	-	-2	-5	-	-	-	-	-	-3	-	-	0.74
5	ChSq1	3.00	0.13	0	-	1	2	-	-	-	-	-	-2	-	-	3.13
6	1Lz	0.60	-0.05	-3	-	0	0	-	-	-	-	-	0	-	-	0.55
7	SSpB	1.10	-0.03	0	-	0	-1	-	-	-	-	-	0	-	-	1.07
7.49																

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Program Component	Factor															
Composition	2.00		2.50	-	2.25	2.75	-	-	-	-	-	3.00	-	-		5.26
Presentation	2.00		2.50	-	2.00	2.50	-	-	-	-	-	3.25	-	-		5.12
Skating Skills	2.00		2.50	-	2.75	2.50	-	-	-	-	-	2.75	-	-		5.26
15.64																

0.00

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Rank	Name	Club	Element Score		Prog Comp Score		Bonus	Deductions		Score
5	Cindy Luk	King City SC,ON	7.40		15.38		0.00	0.00		22.78

#	Executed Element	Base							JREF			Score			
		Value	GOE	J1	J3	J4	J5	J6	J7	J8	J9				
1	1A+1Lo	1.60	-0.06	-2	-	0	0	-	-	-	-	0	-	-	1.54
2	SSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	0.00
3	1F	0.50	0.01	0	-	0	1	-	-	-	-	0	-	-	0.51
4	1F+1Lo+1T<<	1.00	-0.16	-4	-	-3	-3	-	-	-	-	-3	-	-	0.84
5	ChSq1	3.00	0.38	1	-	0	1	-	-	-	-	1	-	-	3.38
6	1A	1.10	0.03	1	-	0	0	-	-	-	-	0	-	-	1.13
7	CCoSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	0.00

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 ! - (singles & pairs) jump take-off (Flip/Lutz) with attention      ! (dance) Choreo Element does not fulfil all requirements  
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Program Component	Factor													Score
Composition	2.00	3.00	-	2.25	2.50	-	-	-	-	-	2.50	-	-	5.12
Presentation	2.00	3.00	-	2.25	2.50	-	-	-	-	-	2.75	-	-	5.26
Skating Skills	2.00	3.00	-	2.25	2.25	-	-	-	-	-	2.50	-	-	5.00
														15.38

0.00

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Rank	Name	Club	Element Score		Prog Comp Score		Bonus	Deductions		Score
6	Cathy Lynd	London SC, ON	7.89		13.76		0.00	0.00		21.65

#	Executed Element	Base						JREF						Score		
		Value	GOE	J1	J3	J4										
1	1Lo	0.50	0.00	0	-	0	0	-	-	-	-	-	0	-	-	0.50
2	1Lz+1T	1.00	0.00	0	-	0	0	-	-	-	-	-	0	-	-	1.00
3	1F+1T+1Lo	1.40	-0.01	0	-	-1	0	-	-	-	-	-	0	-	-	1.39
4	CCoSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
5	ChSq1	3.00	0.00	1	-	-1	0	-	-	-	-	-	0	-	-	3.00
6	1F	0.50	0.00	0	-	0	0	-	-	-	-	-	0	-	-	0.50
7	CUSpB	1.50	0.00	0	-	0	0	-	-	-	-	-	0	-	-	1.50

7.89

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Program Component	Factor													Score	
Composition	2.00	2.75	-	2.00	2.25	-	-	-	-	-	-	2.50	-	-	4.76
Presentation	2.00	3.00	-	1.75	2.00	-	-	-	-	-	-	2.50	-	-	4.62
Skating Skills	2.00	2.75	-	1.75	2.00	-	-	-	-	-	-	2.25	-	-	4.38
13.76															

0.00

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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
7	Nathalie Gagnon	Patinage St-Bruno, QC	7.16	14.00	0.00	0.00	21.16

#	Executed Element	Base						JREF						Score		
		Value	GOE	J1	J3	J4										
1	ChSq1	3.00	0.13	1	-	0	0	-	-	-	-	-	0	-	-	3.13
2	1F+1Lo+1T	1.40	-0.01	0	-	-1	0	-	-	-	-	-	0	-	-	1.39
3	CCoSpB (V)	1.28	0.07	1	-	0	2	-	-	-	-	-	-1	-	-	1.35
4	1Lo<<	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
5	1S+1T	0.80	-0.01	0	-	-1	0	-	-	-	-	-	0	-	-	0.79
6	1F	0.50	0.00	0	-	0	0	-	-	-	-	-	0	-	-	0.50
7	SSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00

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Program Component	Factor	2.50	-	1.75	2.00	-	-	-	-	-	2.75	-	-	4.50
Composition	2.00	2.50	-	1.75	2.00	-	-	-	-	-	2.75	-	-	4.50
Presentation	2.00	3.00	-	2.00	2.25	-	-	-	-	-	2.50	-	-	4.88
Skating Skills	2.00	2.75	-	1.75	2.25	-	-	-	-	-	2.50	-	-	4.62
														14.00

0.00

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Rank	Name	Club						Element Score				Prog Comp Score	Bonus	Deductions	Score
8	Lisa Chatterton-Elley	Brant FSC, ON						6.49				13.76	0.00	0.00	20.25

#	Executed Element	Base						JREF						Score		
		Value	GOE	J1	J3	J4										
1	1F+1T+1Lo	1.40	-0.05	-2	-	-1	0	-	-	-	-	-	-1	-	-	1.35
2	1S	0.40	0.00	0	-	0	0	-	-	-	-	-	0	-	-	0.40
3	1Lo+1T	0.90	-0.01	0	-	-1	0	-	-	-	-	-	0	-	-	0.89
4	CCoSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
5	1F	0.50	0.00	0	-	0	0	-	-	-	-	-	0	-	-	0.50
6	ChSq1	3.00	-0.75	-2	-	-1	-1	-	-	-	-	-	-2	-	-	2.25
7	SSpB	1.10	0.00	0	-	0	0	-	-	-	-	-	0	-	-	1.10

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Program Component	Factor														Score
Composition	2.00	2.50	-	2.25	2.50	-	-	-	-	-	2.50	-	-	4.88	
Presentation	2.00	2.25	-	2.25	2.50	-	-	-	-	-	2.25	-	-	4.62	
Skating Skills	2.00	2.25	-	1.75	2.25	-	-	-	-	-	2.25	-	-	4.26	
														13.76	

0.00



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Rank	Name	Club	Element Score		Prog Comp Score		Bonus	Deductions		Score
9	Elizabeth Bauer	Kitchener - Water, ON	6.38		12.64		0.00	0.00		19.02

#	Executed Element	Base						JREF						Score			
		Value	GOE	J1	J3	J4											
1	1Fq	0.50	-0.14	-5	-	-3	-1	-	-	-	-	-	-	-2	-	-	0.36
2	1Lo+1Lo	1.00	-0.06	-3	-	-1	0	-	-	-	-	-	-	-1	-	-	0.94
3	ChSq1	3.00	-0.13	-1	-	0	0	-	-	-	-	-	-	0	-	-	2.87
4	1S+1T	0.80	-0.01	0	-	-1	0	-	-	-	-	-	-	0	-	-	0.79
5	CCoSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
6	1S	0.40	0.00	0	-	0	0	-	-	-	-	-	-	0	-	-	0.40
7	1W*		-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
8	LSpB	1.20	-0.18	-1	-	-3	-1	-	-	-	-	-	-	-1	-	-	1.02
																6.38	

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Program Component	Factor													Score
Composition	2.00	1.75	-	1.75	2.00	-	-	-	-	-	2.50	-	-	4.00
Presentation	2.00	2.00	-	2.25	2.50	-	-	-	-	-	3.00	-	-	4.88
Skating Skills	2.00	1.50	-	1.50	2.25	-	-	-	-	-	2.25	-	-	3.76
														12.64

0.00

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10	Chantal Lewis	Winchester SC, ON	5.54	11.88	0.00	0.00	17.42

#	Executed Element	Base							JREF					Score			
		Value	GOE	J1	J3	J4	J5	J6	J7	J8	J9	J10					
1	1F+1Eu<<+1S	0.90	-0.20	-5	-	-4	-4	-	-	-	-	-	-	-3	-	-	0.70
2	1Lo+1Lo	1.00	0.00	1	-	-1	0	-	-	-	-	-	-	0	-	-	1.00
3	CSSp	0.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00
4	ChSq1	3.00	0.13	-1	-	0	2	-	-	-	-	-	-	0	-	-	3.13
5	1Lz	0.60	-0.12	-2	-	-2	-1	-	-	-	-	-	-	-3	-	-	0.48
6	1F<	0.40	-0.17	-5	-	-3	-4	-	-	-	-	-	-	-5	-	-	0.23
7	USpB*	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.00

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Program Component	Factor	2.25	-	1.75	2.25	-	-	-	-	-	2.25	-	-	Score
Composition	2.00													4.26
Presentation	2.00													4.00
Skating Skills	2.00													3.62
														11.88

0.00