

2025 CNC Region Championships

January 17 to January 19, 2025

West Fraser Centre, Quesnel, BC

STAR 10 Women - Free Program

Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
1	Sophia Mohring	Prince George FSC,BC/YK	20.22	16.37	0.00	0.50	36.09

#	Executed Element	Base Value	GOE	J1	J2	J3	JREF						Score			
1	2S+2Lo	3.00	-0.85	-5	-5	-5	-	-	-	-	-	-	-5	-	-	2.15
2	2Lz+2T	3.40	0.00	0	0	0	-	-	-	-	-	-	0	-	-	3.40
3	2F	1.80	0.00	0	0	0	-	-	-	-	-	-	0	-	-	1.80
4	FCSp1	1.90	0.05	1	0	0	-	-	-	-	-	-	0	-	-	1.95
5	1A	1.10	0.00	0	0	0	-	-	-	-	-	-	0	-	-	1.10
6	1Lo	0.50	-0.04	-1	0	-1	-	-	-	-	-	-	-1	-	-	0.46
7	CCoSp2	2.50	-0.13	0	0	-2	-	-	-	-	-	-	0	-	-	2.37
8	ChSq1	3.00	-0.13	0	0	-1	-	-	-	-	-	-	0	-	-	2.87
9	2T+1A+1Lo*+SEQ	2.40	-0.13	-1	-1	-2	-	-	-	-	-	-	0	-	-	2.27
10	CSSp1	1.90	-0.05	0	0	-1	-	-	-	-	-	-	0	-	-	1.85

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	1.20		2.75	2.50	2.25	-	-	-	-	-	-	3.00	-	-		3.16
Presentation	1.50		3.00	2.75	2.50	-	-	-	-	-	-	2.75	-	-		4.13
Skating Skills	3.30		3.00	2.75	2.50	-	-	-	-	-	-	2.75	-	-		9.08
																16.37

1 Fall(s) factor (0.5) 0.50

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Rank	Name	Club	Element Score	Prog Comp Score	Bonus	Deductions	Score
2	Megan Shoemaker	Mile Zero FSC,BC/YK	16.71	15.22	0.00	1.50	30.43

#	Executed Element	Base Value	GOE	J1	J2	J3	JREF						Score			
1	2S+1T	1.70	-0.03	-1	0	0	-	-	-	-	-	-	0	-	-	1.67
2	2F(e)	1.44	-0.33	-2	-2	-2	-	-	-	-	-	-	-3	-	-	1.11
3	2Lo+2Tq	3.00	-0.85	-5	-5	-5	-	-	-	-	-	-	-5	-	-	2.15
4	CCoSp2	2.50	-0.19	0	0	-2	-	-	-	-	-	-	-1	-	-	2.31
5	FCSpB	1.60	-0.24	-1	-1	-2	-	-	-	-	-	-	-2	-	-	1.36
6	2S+1A+SEQ	2.40	0.00	0	0	0	-	-	-	-	-	-	0	-	-	2.40
7	1Lz	0.60	0.02	0	1	0	-	-	-	-	-	-	0	-	-	0.62
8	ChSq1	3.00	-0.25	0	0	-2	-	-	-	-	-	-	0	-	-	2.75
9	2Lo	1.70	-0.26	-1	-2	-3	-	-	-	-	-	-	0	-	-	1.44
10	FCCoSpB (V)	1.28	-0.38	-3	-4	-4	-	-	-	-	-	-	-1	-	-	0.90
16.71																

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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Program Component	Factor															
Composition	1.20		2.75	2.00	2.00	-	-	-	-	-	-	3.00	-	-		2.93
Presentation	1.50		2.75	2.25	2.25	-	-	-	-	-	-	3.00	-	-		3.84
Skating Skills	3.30		2.75	2.50	2.25	-	-	-	-	-	-	2.75	-	-		8.45
15.22																

2 Time Violation(s) factor (0.5), 1 Fall(s) factor (0.5) 1.50