

Micronesian Championships - 2/06/2016 to 4/06/2016**Pohnpei - Federated States of Micronesia****Results****Event 1 Men 10000 Metre**

Name	Year Team	Finals
Finals		
1 Alexander, Alex	Pni	42:59.00
2 Ioanis, Detrickson	Pni	43:08.90
3 Ioanis, MJ	Pni	44:20.60

Event 2 Women 10000 Metre

Name	Year Team	Finals
1 Criss, Genina	Guam	46:52.00
2 Augustin, Qumilinda	Pni	50:19.20
3 Quintanilla, Elizabeth	Guam	51:42.30

Event 4 Women Javelin 600g Under 18

Name	Year Team	Finals
1 Salvosa, Chloe	NMI	10.21m
X 10.21m X 9.75m X 10.17m		
2 Henry, Lerissa	Pni	6.77m
X 5.13m X 6.77m 6.45m X		

Event 4 Men Octathlon

Name	Year Team	Finals
1 George, Robby	Pni	2926
2 Penias Osqalt, Zachery	Pni	2457

Event 5 Women Javelin

Name	Year Team	Finals
1 Likor, Sandonia	Pni	24.61m
24.61m 24.34m X 24.56m 23.77m X		
2 Finen, Margrete	Pni	18.81m
16.92m 18.81m 17.45m 15.67m X 13.83m		

Event 6 Men Discus 1.6kg Under 18

Name	Year Team	Finals
1 Aho, Sione	Marshall Islands	35.37m
30.02m 30.47m X X 28.50m 35.37m		
2 Miller, Joshua	Guam	31.10m
27.09m 30.95m 31.10m 30.13m 26.51m 29.91m		

Event 7 Men Discus

Name	Year Team	Finals
1 Andre, Justin	Guam	41.15m
X 35.59m 39.89m X 40.54m 41.15m		

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2 Soumei, Dison	Pni	35.94m
27.47m 35.94m 27.60m 27.89m 28.48m -		
3 Dabana, Joseph	Nauru	35.71m
35.71m 30.07m 33.90m 35.71m 35.07m X		

Event 9 Men 100 Metre Under 18**7 Advance: Top 2 Each Heat plus Next 3 Best Times**

Name	Year Team	Heats	Wind	H#
Heats				
1 Castillo Santiago, Jeral	NMI	11.38Q	2.4	2
2 Marrino, Mitchell	Pni	11.41Q	1.7	1
3 Arnold, Jaynard	Pni	11.58Q	1.7	1

Event 10 Women Long Jump Under 18

Name	Year Team	Finals	Wind
Finals			
1 Salvosa, Chloe	NMI	4.16m	1.7
X 4.06m(1.2) 4.10m(1.6) 4.10m(1.4) 4.16m(1.7) 3.37m(1.2)			
2 Horey, Bernadette	NMI	4.06m	1.2
4.06m(1.2) 3.71m(1.3) 3.33m(1.5) 3.84m(1.4) X(1.7) 3.91m(1.3)			
3 Henry, Lerissa	Pni	3.88m	1.2
3.46m(1.2) 3.88m(1.2) 3.49m(1.5) 3.72m(1.6) 3.57m(1.8) 2.75m(1.2)			

Event 11 Women Long Jump

Name	Year Team	Finals	Wind
1 Saimon, Reloliza	Pni	3.90m	1.4
3.78m(1.2) 3.90m(1.4) 3.58m(1.6) 3.70m(1.3) 3.33m(1.7) 3.39m(1.2)			

Event 12 Men Triple Jump

Name	Year Team	Finals	Wind
1 Wong, Matt	Guam	12.27m	1.0
12.27m(1.0) 11.49m(1.4) 11.55m(1.5) 11.71m(1.3) 11.60m(1.6) 10.06m(1.5)			
2 Alviz, Daelan	Guam	11.56m	0.9
11.56m(0.9) 11.11m(1.3) X(1.6) 11.40m(1.2) 11.03m(1.4) X(1.7)			
3 Elias, Ryan	Pni	11.33m	1.1
10.70m(1.3) 11.20m(1.1) 10.87m(1.7) 11.33m(1.1) 10.48m(1.8) 11.21m(1.4)			

Event 13 Men 100 Metre**7 Advance: Top 2 Each Heat plus Next 1 Best Times**

Name	Year Team	Heats	Wind	H#
Heats				
1 Kapiriel, Kitson	Pni	10.87Q	1.9	2
2 Teltull, Rodman	Palau	10.90Q	1.9	3
3 Jeremiah, Joshua	Nauru	11.30Q	2.1	1

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Name	Year Team	Heats	H#
1 Henry, Casey	Pni	52.10Q	2
2 Kin, Benon	Chk	54.44Q	1
3 Uehara, Gwynn	Palau	54.68Q	3

Event 22 Women 100 Metre Under 18

Name	Year Team	Finals	Wind
Finals			
1 Umayam, Iesha	Palau	13.04	1.6
2 Jonah, Darla	Pni	13.68	1.6
3 Horey, Bernadette	NMI	13.85	1.6

Event 23 Men 100 Metre Under 18

Name	Year Team	Finals	Wind
1 Castillo Santiago, Jeral	NMI	11.37	1.9
2 Marrino, Mitchell	Pni	11.44	1.9
3 Arnold, Jaynard	Pni	11.69	1.9

Event 26 Women 100 Metre

Name	Year Team	Finals	Wind
1 Sapong, Zarinae	NMI	13.35	1.6
2 Robert, Maria Carmella D	Chk	13.75	1.6
3 Kau, Sinsina	Chk	14.03	1.6

Event 27 Men 100 Metre

Name	Year Team	Finals	Wind
1 Teltull, Rodman	Palau	10.55	1.6
2 Kapiriel, Kitson	Pni	11.01	1.6
3 Tiru, Norbin	Guam	11.26	1.6
3 Jeremiah, Joshua	Nauru	11.26	1.6

Event 31 Men Hammer

Name	Year Team	Finals
1 Andre, Justin	Guam	51.17m
X 44.59m X X 50.04m	51.17m	
2 Esela, Christopher	Nauru	24.24m
X X 20.87m X 24.24m	21.97m	
3 Canon, Frederick	Nauru	20.34m
X X 17.80m 19.28m 19.19m	20.34m	

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Name	Year	Team	Finals	Wind		
1 Marrino, Mitchell		Pni	5.41m	1.0		
	4.85m(1.2)	5.06m(1.1)	5.24m(1.7)	5.17m(1.0)	5.41m(1.0)	5.19m(1.3)
2 Selestine, Bramson		Pni	5.06m	0.7		
	5.02m(1.3)	4.82m(1.4)	4.97m(1.8)	4.56m(0.9)	5.06m(0.7)	5.03m(1.2)
3 Aho, Sione		Marshall Islands	4.97m	1.3		
	4.80m(1.1)	4.97m(1.3)	4.70m(1.7)	3.94m(1.1)	4.60m(0.9)	4.92m(1.0)

Event 33 Men Long Jump

Name	Year	Team	Finals	Wind		
1 Tiru, Norbin		Guam	6.01m	0.9		
	5.83m(1.1)	5.45m(1.3)	6.01m(0.9)	X(1.2)	5.58m(1.1)	X
2 Dimalanta, Paul		Guam	5.97m	1.4		
	5.96m(1.2)	5.93m(1.1)	5.97m(1.4)	5.80m(1.6)	5.88m(0.9)	X
3 Maeladuzu, Ezra		Nauru	5.71m	1.2		
	5.06m(0.9)	X(1.1)	5.71m(1.2)	5.41m(1.1)	5.38m(1.4)	X

Event 34 Octathlon: #1 Men 100 Metre Octathlon

Name	Year	Team	Finals	Wind	Points
1 George, Robby		Pni	12.63	3.0	532
2 Penias Osqalt, Zachery		Pni	12.91	3.0	483

Event 35 Octathlon: #2 Men Long Jump Octathlon

Name	Year	Team	Finals	Wind	Points
1 Penias Osqalt, Zachery		Pni	4.90m	1.3	363
	4.75m(1.2)	4.90m(1.3)	4.53m(0.9)		
2 George, Robby		Pni	4.88m	0.8	360
	4.69m(1.1)	X(1.2)	4.88m(0.8)		

Event 39 Women 1500 Metre Under 18

Name	Year	Team	Finals
1 Sheedy, Emma		Guam	5:20.27
2 Kaga, Conatsu		NMI	5:30.83
3 Quintanilla, Elizabeth		Guam	5:36.72

Event 40 Women 1500 Metre

Name	Year	Team	Finals
1 Ollet, Maria		Guam	5:32.14
2 Saimon, Reloliza		Pni	5:48.79
3 Criss, Genina		Guam	5:52.18

Micronesian Championships - 2/06/2016 to 4/06/2016**Pohnpei - Federated States of Micronesia****Results****Event 41 Men Javelin 800g Under 18**

Name	Year Team	Finals
1 Ohli, Micah 30.78m X 36.97m	Pni	36.97m
2 Aho, Sione 31.81m 32.82m X	Marshall Islands	32.82m

Event 42 Men Javelin

Name	Year Team	Finals
1 Gross, Nicholas, James 41.48m 43.97m	NMI	43.97m
2 Ringlen, Herney 43.34m 43.06m	Pni	43.34m
3 Ekiek, Daniel X 43.13m	Pni	43.13m

Event 46 Octathlon: #3 Men Shot Put 7.26kg Octathlon

Name	Year Team	Finals	Points
1 Penias Osqalt, Zachery 6.17m 6.67m 7.36m	Pni	7.36m	328
2 George, Robby 6.28m X 7.06m	Pni	7.06m	311

Event 47 Men 1500 Metre Under 18

Name	Year Team	Finals
1 Criss, Zachary	Guam	4:54.27
2 Jones, Gaissa	Nauru	5:01.65
3 Paul, Elias	Pni	5:26.16

Event 48 Men 1500 Metre

Name	Year Team	Finals
1 Ilustre, Joshua	Guam	4:31.92
2 Paul, Redley	Pni	4:44.07
3 Kim, Tae Hyun	Palau	4:49.45

Event 51 Women 400 Metre Under 18

Name	Year Team	Finals
1 Calma, Kaitlynn	Guam	1:05.88
2 Jonah, Darla	Pni	1:08.10
3 Hedgar, Victoria	Pni	1:08.66

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Name	Year Team	Finals
1 Ollet, Maria	Guam	1:03.46
2 Sapong, Zarinae	NMI	1:08.80
3 Saimon, Reloliza	Pni	1:10.26

Event 55 Men 400 Metre Under 18

Name	Year Team	Finals
1 Marrino, Mitchell	Pni	54.20
2 Primo, Jeffrey	Pni	57.49
3 Ladore, Alfred	Pni	57.88

Event 56 Men 400 Metre

Name	Year Team	Finals
1 Henry, Casey	Pni	52.78
2 Uehara, Gwynn	Palau	53.60
3 Kin, Benon	Chk	53.61

Event 59 Women Shot Put 4kg Under 18

Name	Year Team	Finals
1 Jeremiah, Chanana	Nauru	10.21m
8.53m 9.23m 9.92m 9.71m 8.66m 10.21m		
2 Aho, Ruhyyih	Marshall Islands	8.21m
X 7.68m 7.95m 8.21m 7.98m 8.20m		

Event 60 Women Shot Put

Name	Year Team	Finals
1 Likor, Sandonia	Pni	9.01m
8.33m 9.01m 8.65m 8.06m 8.66m 7.78m		
2 Finen, Margrete	Pni	8.66m
7.70m 7.81m 8.34m 7.98m X 8.66m		

Event 61 Women 5000 Metre

Name	Year Team	Finals
1 Quintanilla, Elizabeth	Guam	22:14.29
2 Augustin, Qumilinda	Pni	23:52.71
3 Criss, Genina	Guam	24:30.62

Event 62 Men 5000 Metre

Name	Year Team	Finals
1 Paul, Redley	Pni	19:53.49
2 Alexander, Alex	Pni	19:56.82
3 Ioanis, Detrickson	Pni	19:58.17

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Name	Year Team	Finals	Points
1 George, Robby	Pni	1:00.71	389
2 Penias Osqalt, Zachery	Pni	1:02.53	331

Event 70 Women 100 Metre Hurdles Under 18

Name	Year Team	Finals	Wind
1 Delapaz, Maurine	Guam	17.31	NWI

Event 71 Women 100 Metre Hurdles

Name	Year Team	Finals	Wind
1 Thompsin, Aleina	Pni	20.68	NWI

Event 74 Men 110 Metre Hurdles Under 18

Name	Year Team	Finals	Wind
1 Piolo, Justin	Guam	16.00	1.3

Event 75 Men 110 Metre Hurdles

Name	Year Team	Finals	Wind
1 Herreros, Michael	Guam	17.62	1.3
2 Kapiriel, Jushua	Pni	18.89	1.3
3 Mendiola, Finley	Pni	19.59	1.3

Event 76 Women 4x400 Metre Relay

Team	Finals
1 Guam 'A'	4:25.06
1) Delapaz, Maurine	2) Calma, Kaitlynn
3) Sheedy, Emma	4) Ollet, Maria
2 Pni 'A'	4:37.29
1) Saimon, Reloliza	2) Henry, Lerissa
3) Jonah, Darla	4) Hedgar, Victoria
3 Northern Mariana Islands 'A'	4:51.28
1) Horey, Bernadette	2) Salvosa, Chloe
3) Shankweiler, Pinyarat	4) Sapong, Zarinae

Event 79 Men 4x400 Metre Relay

Team	Finals
1 Guam 'A'	3:34.69
1) Dimalanta, Paul	2) Wong, Matt
3) Ilustre, Joshua	4) Pangelinan, Matthew
2 Pni 'A'	3:36.96
1) Mendiola, Steve JR	2) Hadley, Daniel
3) Kubo, Kimisky	4) Henry, Casey

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3 Palau 'A' 3:43.16
 1) Teltull, Rodman 2) Kim, Tae Hyun
 3) Ikertang, O.J. 4) Uehara, Gwynn

Event 82 Octathlon: #5 Men 110 Metre Hurdles .914cm Octathlon

Name	Year Team	Finals	Wind	Points
1 George, Robby	Pni	19.07	+0.0	426
2 Penias Osqalt, Zachery	Pni	20.71	+0.0	295

Event 83 Women 200 Metre Under 18**6 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Year Team	Heats	Wind	H#
Heats				
1 Umayam, Iesha	Palau	27.90Q	+0.0	1
2 Calma, Kaitlynn	Guam	28.34Q	+0.0	2
3 Jonah, Darla	Pni	28.77Q	+0.0	1

Event 84 Octathlon: #6 Men High Jump SH 1.29 Octathlon

Name	Year Team	Finals	Points
Finals			
1 George, Robby	Pni	1.32m	263
1.29 1.32 1.35 XO O XXX			

Event 85 Women High Jump SH 1.20 Under 18

Name	Year Team	Finals
1 Delapaz, Maurine	Guam	1.29m
1.29 1.32 XXO XXX		

Event 86 Men High Jump SH 1.29

Name	Year Team	Finals
1 Alviz, Daelan	Guam	1.83m
1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59 1.63 1.68 1.74 1.80 1.83 1.86 - O O O O - - O - X O O O XXO O XXX		
2 Alexander, Alex	Pni	1.53m
1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56 O O O O XO XO XXO XO XXO XXX		
3 Elias, Ryan	Pni	1.44m
1.29 1.32 1.35 1.38 1.41 1.44 1.47 O O O O O XO XXX		

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Name	Year	Team	Finals
1 Ribauw, Brenda		Nauru	22.26m
	22.26m	18.35m	X X X X
2 Likor, Sandonia		Pni	20.74m
	20.74m	16.16m	20.46m 19.04m 18.69m 18.83m
3 Finen, Margrete		Pni	19.33m
	X 16.61m	16.99m	17.50m 19.33m 18.49m

Event 87 Women Discus Under 18

Name	Year	Team	Finals
1 Jeremiah, Chanana		Nauru	24.62m
	X 22.33m	23.75m	24.36m 24.62m 24.46m
2 Justen, Enuwudu Dela		Nauru	17.89m
	13.18m	16.58m	16.61m 14.59m 17.89m X
3 Gobure, Wena		Nauru	8.13m
	X 8.13m	- - - -	

Event 88 Men 200 Metre Under 18**6 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Year	Team	Heats	Wind	H#
Heats					
1 Marrino, Mitchell		Pni	23.63Q	0.2	2
2 Castillo Santiago, Jeral		NMI	24.30Q	+0.0	1
3 Ohli, Micah		Pni	24.30Q	0.2	2

Event 89 Men 200 Metre**6 Advance: Top 1 Each Heat plus Next 2 Best Times**

Name	Year	Team	Heats	Wind	H#
1 Teltull, Rodman		Palau	22.76Q	+0.0	3
2 Kapiriel, Kitson		Pni	23.11Q	+0.0	4
3 Wong, Matt		Guam	23.25Q	0.3	1

Event 90 Women 400 Metre Hurdles Under 18

Name	Year	Team	Finals
1 Delapaz, Maurine		Guam	1:16.19

Event 90A Women 400 Metre Hurdles

Name	Year	Team	Finals
1 Saimon, Reloliza		Pni	1:21.32
2 Thompsin, Aleina		Pni	1:29.72

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Name	Year Team	Finals
1 Piolo, Justin	Guam	1:01.88
2 Selestine, Bramson	Pni	1:07.12

Event 94 Men 400 Metre Hurdles

Name	Year Team	Finals
1 Wong, Matt	Guam	59.67
2 Henry, Casey	Pni	1:01.84
3 Herreros, Michael	Guam	1:04.25

Event 95 Octathlon: #7 Men Javelin 600g Octathlon

Name	Year Team	Finals	Points
1 Penias Osqalt, Zachery 31.86m X 32.05m	Pni	32.05m	328
2 George, Robby X 20.94m 24.20m	Pni	24.20m	218

Event 97 Men Shot Put Under 18

Name	Year Team	Finals
1 Miller, Joshua 12.46m 11.74m 11.70m 11.77m 11.42m 12.23m	Guam	12.46m
2 Aho, Sione 9.65m 9.88m 9.08m 9.01m 9.15m X	Marshall Islands	9.88m
3 Marrino, Mitchell X 8.57m 8.83m 9.33m 8.88m 8.59m	Pni	9.33m

Event 98 Men Shot Put

Name	Year Team	Finals
1 Andre, Justin 11.87m 13.01m 13.09m 13.25m 13.34m X	Guam	13.34m
2 Dabana, Joseph 12.58m 11.95m 12.33m 12.99m X 12.66m	Nauru	12.99m
3 Esela, Christopher X 10.37m 11.08m 10.98m 11.34m 11.51m	Nauru	11.51m

Event 102 Women 800 Metre Under 18

Name	Year Team	Finals
1 Sheedy, Emma	Guam	2:27.69
2 Kaga, Conatsu	NMI	2:37.46
3 Calma, Kaitlynn	Guam	2:43.14

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Name	Year Team	Finals
1 Ollet, Maria	Guam	2:33.50
2 Saimon, Reloliza	Pni	2:44.38
3 Augustin, Qumilinda	Pni	2:46.40

Event 105 Men 800 Metre Under 18

Name	Year Team	Finals
1 Paul, Elias	Pni	2:17.08
2 Michael, Michael	Chk	2:19.20
3 Jones, Gaissa	Nauru	2:23.45

Event 107 Men 800 Metre

Name	Year Team	Finals
1 Henry, Casey	Pni	2:05.20
2 Ilustre, Joshua	Guam	2:05.51
3 Pangelinan, Matthew	Guam	2:09.11

Event 110 Octathlon: #8 Men 1000 Metre Octathlon

Name	Year Team	Finals	Points
1 George, Robby	Pni	3:26.64	427
2 Penias Osqalt, Zachery	Pni	3:39.58	329

Event 111 Men 200 Metre

Name	Year Team	Finals	Wind
1 Teltull, Rodman	Palau	21.93	0.2
2 Kapiriel, Kitson	Pni	22.93	0.2
3 Wong, Matt	Guam	23.36	0.2

Event 112 Women 200 Metre

Name	Year Team	Finals	Wind
1 Spong, Zarinae	NMI	27.87	0.3
2 Henry, Lerissa	Pni	27.97	0.3
3 Kau, Sinsina	Chk	29.31	0.3

Event 113 Women 200 Metre Under 18

Name	Year Team	Finals	Wind
1 Umayam, Iesha	Palau	28.09	0.3
2 Calma, Kaitlynn	Guam	28.42	0.3
3 Jonah, Darla	Pni	29.43	0.3

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Name	Year Team	Finals	Wind
1 Castillo Santiago, Jeral	NMI	23.93	0.4
2 Marrino, Mitchell	Pni	24.26	0.4
3 Ohli, Micah	Pni	24.29	0.4

Event 120 Women 4x100 Metre Relay

Team	Finals
1 Pni 'A'	54.95
1) Henry, Lerissa	2) Jonah, Darla
3) Thompsin, Aleina	4) Hedgar, Victoria
2 Chk 'A'	55.50
1) Britt, Milly-Ika-Lady	2) Robert, Maria Carmella Daisy
3) Aunuwa, Nepeufich Gracelyn	4) Kau, Sinsina
3 Northern Mariana Islands 'A'	55.54
1) Horey, Bernadette	2) Salvosa, Chloe
3) Shankweiler, Pinyarat	4) Sapong, Zarinæ

Event 121 Men 4x100 Metre Relay

Team	Finals
1 Pni 'A'	44.51
1) Mendiola, Steve JR	2) Arnold, Jaynard
3) Elwise, Roy	4) Kapiriel, Kitson
2 Palau 'A'	44.97
1) Uehara, Gwynn	2) Demei Jr., Adolph Speng
3) Kenny, Keilan	4) Teltull, Rodman
3 Nauru 'A'	45.69
1) Dageago, Dysard Jashob	2) Maeladuzu, Ezra
3) Harris, Harrison Ideo	4) Jeremiah, Joshua