

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Meet Program - Monday 21st July 2014****Event 3 Women 400 Metre****6 Advance: Top 2 Each Heat plus Next 2 Best Times****Monday 21/07/2014 - 9:30 AM****Melanesian: 1:01.30 6/08/2010 Yvonne Bennett, Nth Mariana Islands**

Lane	Comp#	Name	Team	Seed Time
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**Heat 1 of 2 Heats**

1	353	Sanel, Lisabella	Pni	NT
2	267	Sapong, Zarinae	Cnmi	NT
3	204	Mariano, Merisen	Chk	NT
4	309	Wicker, Carolynn	Plw	NT
5	348	Poll, Geraldine	Pni	NT
6	374	Burns, Eve	Rmi	NT

**Heat 2 of 2 Heats**

1	341	Ligorio, Anitra	Pni	NT
2	201	Dois, Jessica	Chk	NT
3	299	Maido, Rema Joy	Plw	NT
4	328	Edgar, Demi	Pni	NT
5	260	Pena, Friendly Joy	Cnmi	NT
6	215	Siimo, Joamisa	Chk	NT

**Event 4 Men 400 Metre****6 Advance: Top 1 Each Heat plus Next 2 Best Times****Monday 21/07/2014 - 9:45 AM****Melanesian: 50.22 25/07/2002 Jack Howard, Chuuk**

Lane	Comp#	Name	Team	Seed Time
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**Heat 1 of 4 Heats**

2	311	Schmidt, Douglas	Plw	NT
3	257	Mancao, Michael	Cnmi	NT
4	357	Laurdine, Johnathan	Pni	NT
5	222	Asher, Francis	Kos	NT
6	211	Smith, Tarrell	Chk	NT

**Heat 2 of 4 Heats**

2	210	Nomar, Doone	Chk	NT
3	307	Tkel, Francis	Plw	NT
4	327	Cantero, O'Neill	Pni	NT
5	397	Jagroop, James	Yap	NT
6	279	Togogae, John-Rico	Nru	NT

**Heat 3 of 4 Heats**

2	325	Ardos, Pahnrasco	Pni	NT
3	382	Woodall, Elisha	Rmi	NT
4	227	Mongkeya, Carson	Kos	NT
5	396	Yuw, Aaron J.	Yap	NT
6	304	Stills, Jacques	Plw	NT

**Heat 4 of 4 Heats**

2	258	Ngirchongor, Beouch	Cnmi	NT
3	324	Aquinas, Thomas	Pni	NT
4	233	Tilfas, Joseph	Kos	NT
5	308	Uehara, Gwynn	Plw	NT

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Meet Program - Monday 21st July 2014****Event 5 Women Javelin Throw****Monday 21/07/2014 - 3:00 PM****Melanesian: 35.98m 7/2002 Schola Fathaangin, Yap**

Pos	Comp#	Name	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	355	Steven, Deborah	Pni	ND
2	264	Rangamar, Lia'mwar	Cnmi	ND
3	342	Likor, Sandonia	Pni	ND
4	273	Grundler, Nina	Nru	ND
5	326	ArDOS, Tracy	Pni	ND
6	312	Pasqual, Randa	Plw	ND
7	323	Apiner, Ashley	Pni	ND

**Event 6 Women 200 Metre****6 Advance: Top 1 Each Heat plus Next 2 Best Times****Monday 21/07/2014 - 3:30 PM****Melanesian: 26.41 5/07/2010 Yvonne Bennett, Nth Mariana Islands**

Lane	Comp#	Name	Team	Seed Time
<b>Heat 1 of 4 Heats</b>				
2	359	Wendolin, Mihter	Pni	NT
3	201	Dois, Jessica	Chk	NT
4	250	Abrams, Rachel	Cnmi	NT
5	292	Gabriel, Ruby Joy	Plw	NT
6	272	Fritz, Lanja	Nru	NT
<b>Heat 2 of 4 Heats</b>				
2	267	Sapong, Zarinae	Cnmi	NT
3	221	Albert, Stacy Ann	Kos	NT
4	299	Maido, Rema Joy	Plw	NT
5	356	Thomsin, Aleina	Pni	NT
6	215	Siimo, Joamisa	Chk	NT
<b>Heat 3 of 4 Heats</b>				
2	229	Palik, Selina	Kos	NT
3	375	Cress, Mariana	Rmi	NT
4	260	Pena, Friendly Joy	Cnmi	NT
5	200	Arechy, Yolanda	Chk	NT
6	303	Sewralur, Natalie	Plw	NT
<b>Heat 4 of 4 Heats</b>				
1	391	Ngungutau, Sofaia	Yap	NT
2	348	Poll, Geraldine	Pni	NT
3	224	Jonas, Lihen	Kos	NT
4	204	Mariano, Merisen	Chk	NT
5	377	Debrum, Hemrita	Rmi	NT
6	296	Koshiba-Panuelo, Eliana	Plw	NT

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Meet Program - Monday 21st July 2014****Event 7 Men 200 Metre****6 Advance: Top 1 Each Heat plus Next 1 Best Times****Monday 21/07/2014 - 3:50 PM****Melanesian: 22.15 26/07/2002 John Howard, Chuuk**

Lane	Comp#	Name	Team	Seed Time
<b>Heat 1 of 5 Heats</b>				
1	396	Yuw, Aaron J.	Yap	NT
2	306	Teltull, Shaquille	Plw	NT
3	262	Phillip, Brandon	Cnmi	NT
4	211	Smith, Tarrell	Chk	NT
5	347	Pluhs, Benter	Pni	NT
6	278	Tau, Junior Dagiario	Nru	NT
<b>Heat 2 of 5 Heats</b>				
2	202	Fiti, Scott	Chk	NT
3	340	Kostka, Irvine	Pni	NT
4	305	Teltull, Rodman	Plw	NT
5	371	Aho, Sione	Rmi	NT
6	397	Jagroop, James	Yap	NT
<b>Heat 3 of 5 Heats</b>				
2	294	Kanai, Joab	Plw	NT
3	372	Ais, Dickenson	Rmi	NT
4	220	Abraham, Kavika	Kos	NT
5	338	Kapiriel, Kitson	Pni	NT
6	203	Kapier, Miurha	Chk	NT
<b>Heat 4 of 5 Heats</b>				
2	226	Mike, Diovil	Kos	NT
3	376	Cress, Roman	Rmi	NT
4	208	Namelo, Yondan	Chk	NT
5	351	Rodriguez, X-Ler	Pni	NT
6	258	Ngirchongor, Beouch	Cnmi	NT
<b>Heat 5 of 5 Heats</b>				
2	380	Lanki, Jeki	Rmi	NT
3	209	Namelo, Yonder	Chk	NT
4	225	Killin, Ernest	Kos	NT
5	290	Demei Jr., Adolph Speng	Plw	NT
6	253	Ichiuo, Antonio	Cnmi	NT

**Event 8 Women Long Jump****Monday 21/07/2014 - 4:00 PM****Melanesian: 5.03m 1/08/1998 Aubrey Posadas, Guam**

Pos	Comp#	Name	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	303	Sewralur, Natalie	Plw	ND
2	390	Mungwaath, Juanita Marie	Yap	ND
3	272	Fritz, Lanja	Nru	ND
4	391	Ngungutau, Sofaia	Yap	ND
5	260	Pena, Friendly Joy	Cnmi	ND
6	359	Wendolin, Mihter	Pni	ND
7	267	Sapong, Zarinae	Cnmi	ND

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Meet Program - Monday 21st July 2014****Event 9 Men Discus Throw****Monday 21/07/2014 - 4:00 PM****Melanesian: 41.19m 26/06/2006 Justin Andre, Guam**

Pos	Comp#	Name	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	313	Temengil, Florian	Plw	ND
2	255	Joab, Daniel	Cnmi	ND
3	389	Mooteb, Javez T.	Yap	ND
4	346	Perez, George	Pni	ND
5	265	Rangamar, Sylvan	Cnmi	ND
6	354	Soumwei, Dison	Pni	ND
7	270	Dabana, Joseph	Nru	ND
8	343	Maluwelgiye, Clayton	Pni	ND
9	370	Aho, Rais	Rmi	ND
10	259	Opolai, Ronald	Cnmi	ND
11	397	Jagroop, James	Yap	ND
12	322	Anson, Patterson	Pni	ND
13	293	Iyar, Jersey	Plw	ND

**Event 10 Men Triple Jump****Monday 21/07/2014 - 5:00 PM****Melanesian: 13.39m 27/06/2006 Buraieta Yeeting, Kiribati**

Pos	Comp#	Name	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	307	Tkel, Francis	Plw	ND
2	358	Wendolin, Jenson	Pni	ND
3	290	Demei Jr., Adolph Speng	Plw	ND
4	345	Nakasone, Roger	Pni	ND
5	311	Schmidt, Douglas	Plw	ND
6	223	Hiroshi, Ned	Kos	ND

**Event 11 Women Triple Jump****Monday 21/07/2014 - 5:00 PM****Melanesian: 10.10m 5/08/2010 Jacquelin Wonenberg, Nth Mariana Islands**

Pos	Comp#	Name	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	359	Wendolin, Mihter	Pni	ND

**Event 12 Women 100 Metre Hurdles****Monday 21/07/2014 - 5:00 PM****Melanesian: 16.49 27/06/2006 Cora Low, Guam**

Lane	Comp#	Name	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
2	250	Abrams, Rachel	Cnmi	NT
3	356	Thomsin, Aleina	Pni	NT
4	296	Koshiha-Panuelo, Eliana	Plw	NT
5	323	Apiner, Ashley	Pni	NT

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Meet Program - Monday 21st July 2014****Event 13 Men 110 Metre Hurdles****Monday 21/07/2014 - 5:15 PM****Melanesian: 16.06 23/07/2002 Isaac Saimon, Pohnpei**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>Team</b>	<b>Seed Time</b>
<b>Section 1 of 1 Finals</b>				
2	358	Wendolin, Jenson	Pni	NT
3	339	Kapriel, Brian	Pni	NT
4	222	Asher, Francis	Kos	NT
5	329	Edwin, Savier	Pni	NT