

Micronesian Games 2014 - 21/07/2014 to 24/07/2014**Pohnpei - Federated States of Micronesia****Results - Monday 21st July 2014****Event 1 Women 10000 Metre**

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Micronesian:	M	41:26.48	7/1990	Marie Benito,	Guam	
Name	Year	Team	Seed	Finals	Points	
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Finals						
1	Saimon,	Reloliza	Pni	49:25.58		

Event 2 Men 10000 Metre

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Micronesian:	M	33:58.02	3/08/1998	Brent Butler,	Guam	
Name	Year	Team	Seed	Finals	Points	
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1	Marquez,	Magdano	Pni	39:33.34		
2	Muritok,	Rexter	Chk	39:37.18		
3	Mize,	Joynal	Plw	41:17.04		
4	Labro,	Jose	Plw	44:13.23		
5	Elias,	Ryan	Pni	45:08.32		
6	James,	Jessy	Cnmi	45:17.90		
7	Kelep,	Jesen	Rmi	47:38.93		
8	Antibas,	Derickson	Rmi	47:50.93		
9	Soichy,	Jackson	Chk	48:58.36		

Event 3 Women 400 Metre**6 Advance: Top 2 Each Heat plus Next 2 Best Times**

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Micronesian:	M	1:01.30	6/08/2010	Yvonne Bennett,	Nth Mariana Islands	
Name	Year	Team	Seed	Heats	H#	
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Heats						
1	Ligorio,	Anitra	Pni	1:06.31Q	2	
2	Mariano,	Merisen	Chk	1:06.74Q	1	
3	Poll,	Geraldine	Pni	1:08.39Q	1	
4	Maido,	Rema Joy	Plw	1:09.30Q	2	
5	Sapong,	Zarinae	Cnmi	1:10.06q	1	
6	Sanel,	Lisabella	Pni	1:10.09q	1	
7	Pena,	Friendly Joy	Cnmi	1:11.43	2	
8	Edgar,	Demi	Pni	1:12.12	2	
9	Burns,	Eve	Rmi	1:14.36	1	
10	Wicker,	Carolynn	Plw	1:17.70	1	
11	Dois,	Jessica	Chk	1:19.18	2	
12	Siimo,	Joamisa	Chk	1:28.22	2	

Event 4 Men 400 Metre**6 Advance: Top 1 Each Heat plus Next 3 Best Times**

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Micronesian:	M	50.22	25/07/2002	Jack Howard,	Chuuk	
Name	Year	Team	Seed	Heats	H#	
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1	Smith,	Tarrell	Chk	52.32Q	1	
2	Ardos,	Pahnrasco	Pni	52.96Q	4	
3	Uehara,	Gwynn	Plw	54.27Q	2	
4	Jagroop,	James	Yap	55.01Q	3	
5	Ngirchongor,	Beouch	Cnmi	53.61q	4	
6	Mongkeya,	Carson	Kos	54.56q	4	
7	Laurdine,	Johnathan	Pni	54.68	2	
8	Togogae,	John-Rico	Nru	55.11	2	

Micronesian Games 2014 - 21/07/2014 to 24/07/2014**Pohnpei - Federated States of Micronesia****Results - Monday 21st July 2014****....Event 4 Men 400 Metre**

9	Stills, Jacques	Plw	55.30	4
10	Asher, Francis	Kos	55.71	3
11	Cantero, O'Neill	Pni	55.92	3
12	Tkel, Francis	Plw	56.27	1
13	Woodall, Elisha	Rmi	56.33	2
14	Kapier, Miurha	Chk	56.58	4
15	Tilfas, Joseph	Kos	56.95	1
16	Nomar, Doone	Chk	58.02	3
17	Aquinas, Thomas	Pni	58.18	1
18	Mancao, Michael	Cnmi	58.23	3
19	Yuw, Aaron J.	Yap	1:00.09	2

Event 5 Women Javelin Throw

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Micronesian: M 35.98m 7/2002 Schola Fathaangin, Yap

Name	Year	Team	Seed	Finals	Points
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Finals

1	Rangamar, Lia'mwar	Cnmi		34.63m	
	28.80m 32.99m 34.63m 33.73m 34.45m 31.21m				
2	Apiner, Ashley	Pni		32.13m	
	28.99m 31.45m 32.13m 24.63m 27.23m 29.55m				
3	ArDOS, Tracy	Pni		29.06m	
	27.90m 25.74m 24.91m 29.06m 23.65m 25.00m				
4	Steven, Deborah	Pni		27.74m	
	25.53m 23.12m 24.75m 23.65m 26.73m 27.74m				
5	Likor, Sandonia	Pni		24.62m	
	24.62m 21.49m 23.33m 24.23m FOUL 24.44m				

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

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Micronesian: M 26.41 5/07/2010 Yvonne Bennett, Nth Mariana Islands

Name	Year	Team	Seed	Heats	H#
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Heats

1	Abrams, Rachel	Cnmi	26.55Q	1
2	Cress, Mariana	Rmi	26.90Q	3
3	Jonas, Lihen	Kos	28.05Q	4
4	Sapong, Zarinae	Cnmi	28.50Q	2
5	Fritz, Lanja	Nru	27.09q	1
6	Gabriel, Ruby Joy	Plw	27.37q	1
7	Wendolin, Mihter	Pni	28.14	1
8	Poll, Geraldine	Pni	28.35	4
9	Thomsin, Aleina	Pni	28.72	2
10	KoshiBa-Panuelo, Eliana	Plw	28.88	4
11	Ngungutau, Sofaia	Yap	28.96	4
12	Pena, Friendly Joy	Cnmi	28.97	3
13	Mariano, Merisen	Chk	29.00	4
14	Arechy, Yolanda	Chk	29.30	3
15	Palik, Selina	Kos	29.72	3
16	Albert, Stacy Ann	Kos	30.02	2
17	Sewralur, Natalie	Plw	30.13	3
18	Maido, Rema Joy	Plw	30.37	2
19	Siimo, Joamisa	Chk	31.04	2

Micronesian Games 2014 - 21/07/2014 to 24/07/2014**Pohnpei - Federated States of Micronesia****Results - Monday 21st July 2014****....Event 6 Women 200 Metre**

20	Dois, Jessica	Chk	31.26	1
21	Debrum, Hemrita	Rmi	32.39	4

Event 7 Men 200 Metre**6 Advance: Top 1 Each Heat plus Next 2 Best Times**

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Micronesian: M 22.15 26/07/2002 John Howard, Chuuk

Name	Year	Team	Seed	Heats	H#
1	Teltull, Shaquille	Plw		22.71Q	3
2	Teltull, Rodman	Plw		22.79Q	2
3	Fiti, Scott	Chk		22.99Q	1
4	Cress, Roman	Rmi		23.01Q	4
5	Rodriguez, X-Ler	Pni		23.02q	4
6	Smith, Tarrell	Chk		23.43q	3
7	Tau, Junior Dagiario	Nru		23.44	3
8	Kanai, Joab	Plw		23.48	4
9	Kapiriel, Kitson	Pni		23.50	2
10	Ngirchongor, Beouch	Cnmi		23.58	1
11	Mike, Diovil	Kos		23.65	1
12	Pluhs, Benter	Pni		23.66	1
13	Phillip, Brandon	Cnmi		23.88	2
14	Demei Jr., Adolph Speng	Plw		24.05	1
15	Jagroop, James	Yap		24.26	4
16	Lanki, Jeki	Rmi		24.28	3
17	Yuw, Aaron J.	Yap		24.60	3
18	Killin, Ernist	Kos		24.65	2
18	Namelo, Yonder	Chk		24.65	2
20	Kostka, Irvine	Pni		24.88	4
21	Ais, Dickenson	Rmi		25.18	2
22	Ichiuo, Antonio	Cnmi		25.37	4
23	Aho, Sione	Rmi		26.77	1
--	Abraham, Kavika	Kos		DQ	3 Rule 162.7

Event 8 Women Long Jump

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Micronesian: M 5.03m 1/08/1998 Aubrey Posadas, Guam

Name	Year	Team	Seed	Finals	Points
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Finals

1	Wendolin, Mihter	Pni		4.62m	
	4.43m 4.58m 3.83m 4.20m 4.50m 4.62m				
2	Mungwaath, Juanita Marie	Yap		4.51m	
	4.37m 4.37m 4.33m 4.13m 4.51m 4.47m				
3	Sewralur, Natalie	Plw		4.15m	
	3.18m 3.55m 3.72m 3.60m 3.83m 4.15m				
4	Ngungutau, Sofaia	Yap		4.06m	
	FOUL 3.66m 3.75m 3.98m 3.82m 4.06m				
5	Pena, Friendly Joy	Cnmi		4.05m	
	4.05m 3.63m 3.96m 3.58m 3.82m 3.76m				
6	Olkeriil, Dorene Ngeroi	Plw		3.77m	
	3.59m 3.77m 3.47m 3.26m 3.77m FOUL				
7	Sapong, Zarinae	Cnmi		J3.77m	
	FOUL 3.46m 3.67m 3.62m 3.45m 3.77m				

Micronesian Games 2014 - 21/07/2014 to 24/07/2014**Pohnpei - Federated States of Micronesia****Results - Monday 21st July 2014****Event 9 Men Discus Throw**

Micronesian: M 41.19m 26/06/2006 Justin Andre, Guam							
Name	Year	Team	Seed	Finals	Points		
1 Temengil, Florian		Plw		38.90m			
	38.47m	33.66m	38.90m	38.65m	FOUL	38.35m	
2 Dabana, Joseph		Nru		36.00m			
	FOUL	FOUL	30.54m	36.00m	33.74m	FOUL	
3 Maluwelgiye, Clayton		Pni		34.07m			
	FOUL	FOUL	31.40m	34.07m	32.86m	32.01m	
4 Mooteb, Javez T.		Yap		31.73m			
	29.38m	30.12m	FOUL	29.53m	30.83m	31.73m	
5 Jagroop, James		Yap		31.53m			
	FOUL	31.02m	FOUL	28.29m	31.53m	FOUL	
6 Iyar, Jersey		Plw		31.01m			
	FOUL	30.50m	30.55m	FOUL	FOUL	31.01m	
7 Rangamar, Sylvan		Cnmi		29.47m			
	FOUL	29.47m	FOUL	FOUL	FOUL	FOUL	
8 Soumwei, Dison		Pni		28.87m			
	28.20m	28.87m	27.09m	27.34m	27.02m	27.26m	
9 Opolai, Ronald		Cnmi		28.56m			
	27.60m	28.56m	FOUL				
10 Aho, Rais		Rmi		27.66m			
	25.13m	FOUL	27.66m				
11 Joab, Daniel		Cnmi		23.43m			
	FOUL	23.43m	FOUL				
12 Perez, George		Pni		22.65m			
	FOUL	FOUL	22.65m				

Event 10 Men Triple Jump

Micronesian: M 13.39m 27/06/2006 Buraieta Yeeting, Kiribati							
Name	Year	Team	Seed	Finals	Points		
1 Tkel, Francis		Plw		11.83m			
	11.37m	11.02m	11.47m	11.83m	11.55m	11.78m	
2 Nakasone, Roger		Pni		11.43m			
	10.94m	FOUL	11.31m	11.43m	11.42m	11.24m	
3 Hiroshi, Ned		Kos		11.22m			
	10.36m	11.07m	10.95m	11.02m	11.22m	11.02m	
4 Demei Jr., Adolph Speng		Plw		10.20m			
	FOUL	10.04m	10.21m	FOUL	FOUL	FOUL	
5 Wendolin, Jenson		Pni		9.60m			
	FOUL	FOUL	9.60m				

Event 11 Women Triple Jump

Micronesian: M 10.10m 5/08/2010 Jacquelin Wonenberg, Nth Mariana Islands							
Name	Year	Team	Seed	Finals	Points		
1 Wendolin, Mihter		Pni		9.32m			
	9.11m	9.32m	PASS	PASS	PASS	PASS	

Micronesian Games 2014 - 21/07/2014 to 24/07/2014**Pohnpei - Federated States of Micronesia****Results - Monday 21st July 2014****Event 12 Women 100 Metre Hurdles**

Micronesian: M 16.49 27/06/2006 Cora Low, Guam					
Name	Year	Team	Seed	Finals	Points
1 Abrams, Rachel		Cnmi		17.50	
2 Apiner, Ashley		Pni		17.84	
3 Thomsin, Aleina		Pni		20.79	
4 Koshiba-Panuelo, Eliana		Plw		23.33	

Event 13 Men 110 Metre Hurdles

Micronesian: M 16.06 23/07/2002 Isaac Saimon, Pohnpei					
Name	Year	Team	Seed	Finals	Points
1 Edwin, Savier		Pni		17.31	
2 Asher, Francis		Kos		18.73	
3 Kapriel, Brian		Pni		19.94	
4 Wendolin, Jenson		Pni		20.85	

Event 14 Women 200 Metre

Micronesian: M 26.41 5/07/2010 Yvonne Bennett, Nth Mariana Islands					
Name	Year	Team	Heats	Finals	Points
1 Abrams, Rachel		Cnmi	26.55	26.29M	
2 Fritz, Lanja		Nru	27.09	26.75	
3 Cress, Mariana		Rmi	26.90	26.99	
4 Jonas, Lihen		Kos	28.05	27.67	
5 Sapon, Zarinae		Cnmi	28.50	28.55	
6 Gabriel, Ruby Joy		Plw	27.37	28.57	

Event 15 Men 200 Metre

Micronesian: M 22.15 26/07/2002 John Howard, Chuuk					
Name	Year	Team	Heats	Finals	Points
1 Teltull, Shaquille		Plw	22.71	22.73	
2 Cress, Roman		Rmi	23.01	22.95	
3 Fiti, Scott		Chk	22.99	23.04	
4 Smith, Tarrell		Chk	23.43	23.34	
5 Rodriguez, X-Ler		Pni	23.02	23.69	
6 Teltull, Rodman		Plw	22.79	30.68	