

# Skate Nova Scotia FallSkate

October 24, 2025 to October 26, 2025

Zatzman SportsPlex

## Junior Women - Free Program

| Rank                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Name             | Club           | Element Score |      |      | Prog Comp Score |      |   | Bonus | Deductions |   |      | Score |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|----------------|---------------|------|------|-----------------|------|---|-------|------------|---|------|-------|
| 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Anya Roussakova  | Bedford FSC,NS | 49.73         |      |      | 38.07           |      |   | 0.00  | 0.00       |   |      | 87.80 |
| #                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Executed Element | Base Value     | GOE           | J1   | J2   | J3              | JREF |   |       |            |   |      | Score |
| 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 3T+2T            | 5.50           | 0.42          | 1    | 1    | 1               | -    | - | -     | -          | - | -    | 5.92  |
| 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 3Lo              | 4.90           | 0.74          | 1    | 1    | 2               | -    | - | -     | -          | - | -    | 5.64  |
| 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 3T               | 4.20           | 0.63          | 2    | 0    | 2               | -    | - | -     | -          | - | -    | 4.83  |
| 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 2A+2T            | 4.60           | 0.33          | 0    | 1    | 1               | -    | - | -     | -          | - | -    | 4.93  |
| 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | CCoSp3           | 3.00           | 0.15          | 0    | 0    | 1               | -    | - | -     | -          | - | -    | 3.15  |
| 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 3S               | x 4.73         | 0.65          | 1    | 1    | 2               | -    | - | -     | -          | - | -    | 5.38  |
| 7                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 2Lz+1A+2Lo+SEQ   | x 5.39         | -0.05         | 0    | -1   | 0               | -    | - | -     | -          | - | -    | 5.34  |
| 8                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 2A               | x 3.63         | 0.50          | 0    | 2    | 2               | -    | - | -     | -          | - | -    | 4.13  |
| 9                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | FSSp4            | 3.00           | 0.53          | 1    | 2    | 2               | -    | - | -     | -          | - | -    | 3.53  |
| 10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | ChSq1            | 3.00           | 0.50          | 2    | 1    | 0               | -    | - | -     | -          | - | -    | 3.50  |
| 11                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | LSp4             | 2.70           | 0.68          | 2    | 3    | 2               | -    | - | -     | -          | - | -    | 3.38  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                  |                |               |      |      |                 |      |   |       |            |   |      | 49.73 |
| x - credit for second half, base value multiplied by 1.1                * - invalid element, scored as zero                e - jump take-off (Flip/Lutz) with edge<br>! - (singles & pairs) jump take-off (Flip/Lutz) with attention                ! (dance) Choreo Element does not fulfil all requirements<br>< - underrotated jump                < - (Key Points Dance) interruption                REP - repeated jump restriction<br><< - (singles & pairs) downgraded jump                << - (Key Points Dance) interruption                V - spin requirement not met<br>EL - Extended Lift                EE - Extended Edge                F - Fall in Element |                  |                |               |      |      |                 |      |   |       |            |   |      |       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                  |                |               |      |      |                 |      |   |       |            |   |      |       |
| Program Component                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                  | Factor         |               |      |      |                 |      |   |       |            |   |      |       |
| Composition                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                  | 2.67           | 4.00          | 4.75 | 4.25 | -               | -    | - | -     | -          | - | 4.75 | 11.85 |
| Presentation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                  | 2.67           | 3.75          | 4.50 | 5.00 | -               | -    | - | -     | -          | - | 5.25 | 12.36 |
| Skating Skills                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                  | 2.67           | 5.00          | 5.25 | 5.25 | -               | -    | - | -     | -          | - | 5.25 | 13.86 |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                  |                |               |      |      |                 |      |   |       |            |   |      | 38.07 |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                  |                |               |      |      |                 |      |   |       |            |   |      | 0.00  |

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| Rank                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Name             | Club                 | Element Score |      |      | Prog Comp Score |      |   | Bonus | Deductions |   |      | Score |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|----------------------|---------------|------|------|-----------------|------|---|-------|------------|---|------|-------|
| 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Alyssa DoCouto   | St Margaret s Bay,NS | 28.64         |      |      | 29.56           |      |   | 0.00  | 1.00       |   |      | 57.20 |
| #                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Executed Element | Base Value           | GOE           | J1   | J2   | J3              | JREF |   |       |            |   |      | Score |
| 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 2A F             | 3.30                 | -1.65         | -5   | -5   | -5              | -    | - | -     | -          | - | -    | 1.65  |
| 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 3S+2T<<          | 4.70                 | -2.15         | -5   | -5   | -5              | -    | - | -     | -          | - | -    | 2.55  |
| 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | FSSp4            | 3.00                 | 0.30          | 0    | 2    | 1               | -    | - | -     | -          | - | -    | 3.30  |
| 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 3S<              | 3.44                 | -1.72         | -5   | -5   | -5              | -    | - | -     | -          | - | -    | 1.72  |
| 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | ChSq1            | 3.00                 | 0.00          | 1    | 0    | -1              | -    | - | -     | -          | - | -    | 3.00  |
| 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 2Lz+2Lo          | 3.80                 | -0.16         | 0    | -1   | 0               | -    | - | -     | -          | - | -    | 3.64  |
| 7                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 2F+1A+1T+SEQ x   | 3.63                 | 0.05          | 0    | 1    | 0               | -    | - | -     | -          | - | -    | 3.68  |
| 8                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | CCoSp2           | 2.50                 | -0.25         | -1   | -1   | 0               | -    | - | -     | -          | - | -    | 2.25  |
| 9                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 2Lz x            | 2.31                 | 0.05          | 0    | 1    | 0               | -    | - | -     | -          | - | -    | 2.36  |
| 10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 2F x             | 1.98                 | 0.05          | 1    | 0    | 0               | -    | - | -     | -          | - | -    | 2.03  |
| 11                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | LSp3             | 2.40                 | 0.06          | 1    | 0    | 0               | -    | - | -     | -          | - | -    | 2.46  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                  |                      |               |      |      |                 |      |   |       |            |   |      | 28.64 |
| x - credit for second half, base value multiplied by 1.1      * - invalid element, scored as zero      e - jump take-off (Flip/Lutz) with edge<br>! - (singles & pairs) jump take-off (Flip/Lutz) with attention      ! (dance) Choreo Element does not fulfil all requirements<br>< - underrotated jump      < - (Key Points Dance) interruption      REP - repeated jump restriction<br><< - (singles & pairs) downgraded jump      << - (Key Points Dance) interruption      V - spin requirement not met<br>EL - Extended Lift      EE - Extended Edge      F - Fall in Element |                  |                      |               |      |      |                 |      |   |       |            |   |      |       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                  |                      |               |      |      |                 |      |   |       |            |   |      |       |
| Program Component                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                  | Factor               |               |      |      |                 |      |   |       |            |   |      |       |
| Composition                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                  | 2.67                 |               | 3.75 | 4.25 | 3.25            | -    | - | -     | -          | - | 3.25 | 9.69  |
| Presentation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                  | 2.67                 |               | 3.50 | 4.25 | 3.25            | -    | - | -     | -          | - | 3.00 | 9.35  |
| Skating Skills                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                  | 2.67                 |               | 4.00 | 4.50 | 3.50            | -    | - | -     | -          | - | 3.75 | 10.52 |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                  |                      |               |      |      |                 |      |   |       |            |   |      | 29.56 |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                  |                      |               |      |      |                 |      |   |       |            |   |      |       |
| 1 Fall(s) factor (1)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                  |                      |               |      |      |                 |      |   |       |            |   |      | 1.00  |

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## Junior Women - Free Program

| Rank | Name              | Club                 | Element Score | Prog Comp Score | Bonus | Deductions | Score |
|------|-------------------|----------------------|---------------|-----------------|-------|------------|-------|
| 3    | Neely Rae Pheifer | New Waterford Pic,NS | 24.20         | 27.38           | 0.00  | 0.00       | 51.58 |

| #  | Executed Element | Base Value | GOE   | J1 | J2 | J3 | JREF | Score |
|----|------------------|------------|-------|----|----|----|------|-------|
| 1  | 2Lo              | 1.70       | 0.09  | 0  | 1  | 1  | -    | 1.79  |
| 2  | 2A<<             | 1.10       | -0.44 | -4 | -4 | -4 | -    | 0.66  |
| 3  | 2F+2T            | 3.10       | -0.41 | -3 | -2 | -2 | -    | 2.69  |
| 4  | CSp2             | 1.80       | 0.00  | 0  | 0  | 0  | -    | 1.80  |
| 5  | 2Lz<<            | 0.60       | -0.30 | -5 | -5 | -5 | -    | 0.30  |
| 6  | FSSp2            | 2.30       | 0.06  | 0  | 1  | 0  | -    | 2.36  |
| 7  | 2S+2Lo           | x 3.30     | -0.04 | 0  | 0  | 0  | -    | 3.26  |
| 8  | 2Lz+2T           | x 3.74     | -0.05 | -1 | 0  | 0  | -    | 3.69  |
| 9  | ChSq1            | 3.00       | 0.00  | 0  | 1  | 0  | -    | 3.00  |
| 10 | 2F               | x 1.98     | 0.05  | 0  | 1  | 0  | -    | 2.03  |
| 11 | CCoSp3           | 3.00       | -0.38 | -1 | -1 | -1 | -    | 2.62  |

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 | 3.00 | 4.25 | 3.75 | - | - | - | - | - | - | 2.50 | - | - | 9.02  |
|-------------------|--------|------|------|------|---|---|---|---|---|---|------|---|---|-------|
| Composition       | 2.67   |      |      |      |   |   |   |   |   |   |      |   |   |       |
| Presentation      | 2.67   | 2.75 | 4.00 | 3.75 | - | - | - | - | - | - | 3.25 | - | - | 9.18  |
| Skating Skills    | 2.67   | 3.00 | 4.00 | 3.50 | - | - | - | - | - | - | 3.25 | - | - | 9.18  |
|                   |        |      |      |      |   |   |   |   |   |   |      |   |   | 27.38 |

0.00