

Micronesian Games 2014 - 21/07/2014 to 24/07/2014**Pohnpei - Federated States of Micronesia****Results - Tuesday 22nd July 2014****Women 400 Metre**

Name	Year Team	Heats	Finals	Points
Finals				
1 Mariano, Merisen	Chk	1:06.74	1:05.41	
2 Poll, Geraldine	Pni	1:08.39	1:07.45	
3 Ligorio, Anitra	Pni	1:06.31	1:08.03	
4 Sapong, Zarinae	Cnmi	1:10.06	1:08.49	
5 Maido, Rema Joy	Plw	1:09.30	1:10.18	
6 Sanel, Lisabella	Pni	1:10.09	1:12.32	

Women 1500 Metre Run

Name	Year Team	Seed	Finals	Points
1 Wicker, Christina	Plw		5:23.50	
2 Wicker,Carolynn	Plw		5:39.14	
3 Alexander, Mary Linda	Pni		5:39.18	
4 Samson, Denise	Cnmi		7:29.28	

Women 5000 Metre Run

Name	Year Team	Seed	Finals	Points
1 Wicker, Christina	Plw		18:51.75	
2 Saimon, Reloliza	Pni		21:53.37	
3 Wicker,Carolynn	Plw		22:47.21	
4 Alexander, Mary Linda	Pni		24:40.31	
5 Samson, Denise	Cnmi		30:01.86	

Women 4x100 Metre Relay

Team	Seed	Finals	Points
1 Pni 'A' 1) Ligorio, Anitra 3) Apiner, Ashley		52.22	
2 Cnmi 'A' 1) Pena, Friendly Joy 3) Sapong, Zarinae		53.87	
3 Rmi 'A' 1) Debrum, Hemrita 3) Cress, Mariana		53.88	
4 Plw 'A' 1) Gabriel, Ruby Joy 3) Koshiha, Peoria		54.06	
5 Chk 'A' 1) Dois, Jessica 3) Siimo, Joamisa		55.78	
-- Kos 'A' 1) Albert, Stacy Ann 3) Palik, Selina		DQ	Rule 170.6(a)
		2) Poll, Geraldine 4) Wendolin, Mihter	
		2) Abrams, Rachel 4) Rangamar, Lia'mwar	
		2) Sasser, Mattie 4) Keju, Lani	
		2) Koshiha-Panuelo, Eliana 4) Sewralur, Natalie	
		2) Britt, Millie 4) Arechy, Yolanda	
		2) Wesley, Filona L. 4) Jonas, Lihen	

Micronesian Games 2014 - 21/07/2014 to 24/07/2014**Pohnpei - Federated States of Micronesia****Results - Tuesday 22nd July 2014****Women Shot Put**

Name	Year Team	Seed	Finals	Points
1 Kamloy, Lucinda	Yap		10.61m	
2 Grundler, Nina	Nru		10.42m	
3 Tulensru, Sweetyona	Kos		9.54m	
4 Ardos, Tracy	Pni		9.21m	
5 Likor, Sandonia	Pni		8.79m	
6 Rangamar, Lia'mwar	Cnmi		8.71m	
7 Steven, Deborah	Pni		8.37m	
8 Abrams, Rachel	Cnmi		7.83m	
9 Rangamar, Dolores	Cnmi		7.73m	

Outdoor Pentathlon: #1 Women 200 Metre Outdoor Pentathlon

Name	Year Team	Finals	Points
1 Rivera, Dilluna	Plw	32.20	339
2 Lomongo, Marianne	Plw	33.88	246

Outdoor Pentathlon: #5 Women 800 Metre Outdoor Pentathlon

Name	Year Team	Finals	Points
1 Rivera, Dilluna	Plw	2:59.57	369
2 Lomongo, Marianne	Plw	3:26.88	156

Outdoor Pentathlon: #3 Women Long Jump Outdoor Pentathlon

Name	Year Team	Finals	Points
1 Rivera, Dilluna	Plw	3.50m	200
2 Lomongo, Marianne	Plw	2.97m	102

Outdoor Pentathlon: #2 Women Shot Put Outdoor Pentathlon

Name	Year Team	Finals	Points
1 Lomongo, Marianne	Plw	4.61m	184
2 Rivera, Dilluna	Plw	4.35m	168

Outdoor Pentathlon: #4 Women Javelin Throw Outdoor Pentathlon

Name	Year Team	Finals	Points
1 Lomongo, Marianne	Plw	10.10m	108
2 Rivera, Dilluna	Plw	10.05m	107

Men 400 Metre

Name	Year Team	Heats	Finals	Points
1 Ngirchongor, Beouch	Cnmi	53.61	52.74	
2 Smith, Tarrell	Chk	52.32	52.77	
3 Uehara, Gwynn	Plw	54.27	53.25	
4 Ardos, Pahnrasco	Pni	52.96	53.30	

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5	Jagroop, James	Yap	55.01	53.78
6	Mongkeya, Carson	Kos	54.56	54.95

Men 1500 Metre Run

Name	Year	Team	Seed	Finals	Points
1	Gallen, Jay	Pni		4:41.13	
2	James, Jessy	Cnmi		4:41.30	
3	Muritok, Rexter	Chk		4:42.34	
4	Eda, Sieya	Cnmi		4:46.36	
5	Sasao, Macstyl	Plw		4:49.96	
6	Alexander, Alex	Pni		4:50.13	
7	Togogae, John-Rico	Nru		4:52.09	
8	Kanai, Joab	Plw		4:53.33	
9	Woodall, Elisha	Rmi		5:04.09	
10	Ackerman, Dylan	Cnmi		5:04.45	
11	Ellis, Charley	Plw		5:10.16	
12	Elias, Ryan	Pni		5:10.65	
13	Soichy, Jackson	Chk		5:26.79	

Men 5000 Metre Run

Name	Year	Team	Seed	Finals	Points
1	Henry, Casey	Pni		18:51.91	
2	Marquez, Magdano	Pni		18:53.08	
3	Muritok, Rexter	Chk		19:06.89	
4	Mize, Joynal	Plw		19:24.31	
5	Gallen, Jay	Pni		19:50.69	
6	Eda, Sieya	Cnmi		20:34.67	
7	James, Jessy	Cnmi		20:51.29	
8	Labro, Jose	Plw		20:56.47	
9	Kelep, Jesen	Rmi		21:23.12	
10	Antibas, Derickson	Rmi		21:31.02	
11	Kanai, Joab	Plw		21:35.33	

Men 4x100 Metre Relay

Team	Seed	Finals	H#	Points
1 Pni 'A' 1) Rodriguez, X-Ler 3) Pluhs, Benter		43.83	2	
2 Chk 'A' 1) Namelo, Yonder 3) Smith, Tarrell		44.30	2	
3 Plw 'A' 1) Koshiha, Ian Basiou 3) Demei Jr., Adolph Speng		44.38	2	
4 Kos 'A' 1) Mike, Diovil 3) Killin, Ernist		45.69	1	
5 Yap 'A' 1) You, Kius		46.38	2	

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3) Buchun, Julius	4) Jagroop, James		
6 Rmi 'A'		47.54	1
1) Aho, Sione	2) Ais, Dickenson		
3) Woodall, Elisha	4) Lanki, Jeki		
-- Cnmi 'A'		DNF	1
1) Pharmin, Orrin	2) Ngirchongor, Beouch		
3) Ichiuo, Antonio	4) Phillip, Brandon		

Men Long Jump

Name	Year Team	Seed	Finals	Points
1 You, Kius	Yap		5.86m	
2 Nakasone, Roger	Pni		5.77m	
3 Tau, Junior Dagiario	Nru		5.63m	
4 Obed, Siosi	Kos		5.58m	
5 Tkel, Francis	Plw		5.57m	
6 Alakoa, Yosiro	Kos		5.54m	
7 White, Jaynard	Cnmi		5.44m	
8 Buchun, Julius	Yap		5.43m	
9 Hiroshi, Ned	Kos		5.18m	
9 Elias, Ryan	Pni		5.18m	
11 Demei Jr., Adolph Speng	Plw		4.97m	
12 Stills, Jacques	Plw		4.83m	
13 Wendolin, Jenson	Pni		4.46m	

Men Javelin Throw

Name	Year Team	Seed	Finals	Points
1 Ringlen, Herney	Pni		49.71m	
2 Falmed, Fedelis	Yap		47.44m	
3 Maluwelgiye, Clayton	Pni		47.06m	
4 Ringlen, Burney	Pni		43.15m	
5 Iyar, Jersey	Plw		42.47m	
6 Perez, George	Pni		41.70m	
7 Salik, Tyrrell	Kos		40.23m	
8 Mori, Morgan	Chk		37.62m	
9 Pharmin, Orrin	Cnmi		36.31m	
10 Phillip, Brandon	Cnmi		29.15m	

Octathlon: #1 Men 100 Metre Octathlon

Name	Year Team	Finals	Points
1 Jack, Jesse	Pni	12.14	624
2 Hairens, Jesse	Pni	12.19	614
3 Tkel, Francis	Plw	12.30	593
4 Pharmin, Orrin	Cnmi	12.33	588
5 Kapriel, Brian	Pni	13.02	464

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Name	Year Team	Finals	Points
1 Tkel, Francis	Plw	55.64	573
2 Jack, Jesse	Pni	57.13	516
3 Pharmin, Orrin	Cnmi	57.80	491
4 Hairens, Jesse	Pni	58.37	470
5 Kapriel, Brian	Pni	1:00.85	385

Octathlon: #2 Men Long Jump Octathlon

Name	Year Team	Finals	Points
1 Tkel, Francis	Plw	5.36m	453
2 Hairens, Jesse	Pni	5.12m	405
3 Jack, Jesse	Pni	4.95m	373
4 Pharmin, Orrin	Cnmi	4.92m	367
5 Kapriel, Brian	Pni	4.45m	281

Octathlon: #3 Men Shot Put Octathlon

Name	Year Team	Finals	Points
1 Tkel, Francis	Plw	8.23m	380
2 Pharmin, Orrin	Cnmi	8.14m	375
3 Jack, Jesse	Pni	7.76m	352
4 Kapriel, Brian	Pni	7.19m	318
5 Hairens, Jesse	Pni	7.09m	313