

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Results****Women 100 Metre**

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Micronesian: M 12.68 4/08/2010 Yvonne Bennett, Nth Mariana Islands

Name	Year	Team	Seed	Heats	H#
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## Preliminaries

1	Fritz, Lanja	Nru		13.21Q	1
2	Gabriel, Ruby Joy	Plw		13.31Q	4
3	Abrams, Rachel	Cnmi		13.45Q	3
4	Thomsin, Aleina	Pni		13.86Q	2
5	Cress, Mariana	Rmi		13.36Q	4
6	Ngungutau, Sofaia	Yap		13.47Q	1
7	Ligorio, Anitra	Pni		14.01Q	3
8	Mungwaath, Juanita Marie	Yap		14.47Q	2
9	Wendolin, Mihter	Pni		13.54Q	1
10	Apiner, Ashley	Pni		13.74Q	4
11	Albert, Stacy Ann	Kos		14.39Q	3
12	Britt, Millie	Chk		14.65Q	2
13	Jonas, Lihen	Kos		13.81q	4
14	Pena, Friendly Joy	Cnmi		13.88q	1
15	Sapong, Zarinae	Cnmi		13.96	4
16	Sasser, Mattie	Rmi		13.97	1
17	Koshiha-Panuelo, Eliana	Plw		14.11	1
18	Arechy, Yolanda	Chk		14.14	1
19	Sewralur, Natalie	Plw		14.58	3
20	Siimo, Joamisa	Chk		14.79	3
21	Dois, Jessica	Chk		14.83	4
22	Olkeriil, Dorene Ngeroi	Plw		14.89	2
23	Debrum, Hemrita	Rmi		14.92	3
--	Palik, Selina	Kos		FS	2

**Women 100 Metre**

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Micronesian: M 12.68 4/08/2010 Yvonne Bennett, Nth Mariana Islands

Name	Year	Team	Heats	Semis	H#
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## Semi-Finals

1	Abrams, Rachel	Cnmi	13.45	13.44Q	2
2	Fritz, Lanja	Nru	13.21	13.46Q	1
3	Cress, Mariana	Rmi	13.36	13.74Q	1
4	Gabriel, Ruby Joy	Plw	13.31	13.77Q	2
5	Wendolin, Mihter	Pni	13.54	13.86q	1
6	Ngungutau, Sofaia	Yap	13.47	14.11q	2
7	Apiner, Ashley	Pni	13.74	14.12q	2
8	Ligorio, Anitra	Pni	14.01	14.27	2
9	Jonas, Lihen	Kos	13.81	14.34	1
10	Pena, Friendly Joy	Cnmi	13.88	14.45	1
10	Thomsin, Aleina	Pni	13.86	14.45	1
12	Albert, Stacy Ann	Kos	14.39	14.67	2
13	Mungwaath, Juanita Marie	Yap	14.47	14.97	1
14	Britt, Millie	Chk	14.65	15.11	2

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Results****Women 100 Metre**

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Micronesian: M 12.68  4/08/2010  Yvonne Bennett, Nth Mariana Islands
Name                    Year Team                    Semis    Finals    Points
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## Finals

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1 Fritz, Lanja          Nru          13.46     12.80
2 Abrams, Rachel        Cnmi         13.44     13.03
3 Cress, Mariana        Rmi          13.74     13.32
4 Wendolin, Mihter     Pni          13.86     13.33
5 Gabriel, Ruby Joy    Plw          13.77     13.41
6 Ngungutau, Sofaia   Yap          14.11     13.59
7 Apiner, Ashley      Pni          14.12     13.71

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**Women 200 Metre**

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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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## Preliminaries

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

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**Women 200 Metre**

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=====
Micronesian: M 26.41  5/07/2010  Yvonne Bennett, Nth Mariana Islands
Name                    Year Team                    Heats    Finals    Points
=====

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## Finals

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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 Gabriel, Ruby Joy    Plw          27.37     27.67
5 Sapong, Zarinae      Cnmi          28.50     28.55
6 Jonas, Lihen         Kos          28.05     28.57

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

=====  
 Micronesian: M 1:01.30 6/08/2010 Yvonne Bennett, Nth Mariana Islands  
 Name Year Team Seed Heats H#  
 =====

## Preliminaries

1	Ligorio, Anita	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, Carolyn	Plw		1:17.70	1
11	Dois, Jessica	Chk		1:19.18	2
12	Siimo, Joamisa	Chk		1:28.22	2

**Women 400 Metre**

=====  
 Micronesian: M 1:01.30 6/08/2010 Yvonne Bennett, Nth Mariana Islands  
 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, Anita	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 800 Metre Run**

=====  
 Micronesian: M 2:27.40 5/08/2010 Haley Nemra, Marshall Islands  
 Name Year Team Seed Finals Points  
 =====

1	Wicker, Christina	Plw		2:28.01	
2	Alexander, Mary Linda	Pni		2:44.47	
3	Wicker, Carolyn	Plw		2:48.70	
4	Mariano, Merisen	Chk		2:56.64	
5	Edgar, Demi	Pni		3:00.74	
5	Rivera, Dilluna	Plw		3:00.74	
7	Sanel, Lisabella	Pni		3:17.82	
8	Lomongo, Marianne	Plw		3:19.25	
9	Samson, Denise	Cnmi		3:24.71	
--	Burns, Eve	Rmi		DNF	

**Women 1500 Metre Run**

=====  
 Micronesian: M 5:01.50 28/06/2006 Leana Peters, Guam  
 Name Year Team Seed Finals Points  
 =====

1	Wicker, Christina	Plw		5:23.50	
2	Wicker, Carolyn	Plw		5:39.14	
3	Alexander, Mary Linda	Pni		5:39.18	
4	Samson, Denise	Cnmi		7:29.28	

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Results****Women 5000 Metre Run**

Micronesian: M 19:24.18 26/06/2006 Noriko Jim-Nasuhara, Nth Mariana Islands					
Name	Year	Team	Seed	Finals	Points
1 Wicker, Christina		Plw		18:51.75M	
2 Saimon, Reloliza		Pni		21:53.37	
3 Wicker, Carolyn		Plw		22:47.21	
4 Alexander, Mary Linda		Pni		24:40.31	
5 Samson, Denise		Cnmi		30:01.86	

**Women 10000 Metre Run**

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

**Women Half Marathon**

Micronesian: M 1:40:47.00 28/06/2006 Akiko Hagiwara, Nth Mariana Islands					
Name	Year	Team	Seed	Finals	Points
1 Saimon, Reloliza		Pni		1:34.48M	
2 Wicker, Christina		Plw		1:39.09M	

**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	

**Women 400 Metre Hurdles**

Micronesian: M 1:13.68 5/08/2010 Jacquelin Wonenberg, Nth Mariana Islands					
Name	Year	Team	Seed	Finals	Points
1 Gabriel, Ruby Joy		Plw		1:15.51	
2 Apiner, Ashley		Pni		1:20.35	
3 Thomsin, Aleina		Pni		1:21.86	
4 Wicker, Carolyn		Plw		1:23.07	

**Women 4x100 Metre Relay**

Micronesian: M 52.23 26/07/2002 Chuuk, Chuuk					
Team	Year	Team	Seed	Finals	Points
1 Pni 'A'		R Shotaro, T Sam, K Kapiar, A Nedelec		52.22M	
1) Ligorio, Anitra		2) Poll, Geraldine			
3) Apiner, Ashley		4) Wendolin, Mihter			
2 Cnmi 'A'				53.87	
1) Pena, Friendly Joy		2) Abrams, Rachel			

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Results****....Women 4x100 Metre Relay**

3) Spong, Zarinae	4) Rangamar, Lia'mwar	
3 Rmi 'A'		53.88
1) Debrum, Hemrita	2) Sasser, Mattie	
3) Cress, Mariana	4) Keju, Lani	
4 Plw 'A'		54.06
1) Gabriel, Ruby Joy	2) Koshiha-Panuelo, Eliana	
3) Koshiha, Peoria	4) Sewralur, Natalie	
5 Chk 'A'		55.78
1) Dois, Jessica	2) Britt, Millie	
3) Siimo, Joamisa	4) Arechy, Yolanda	
-- Kos 'A'		DQ Rule 170.6(a)
1) Albert, Stacy Ann	2) Wesley, Filona L.	
3) Palik, Selina	4) Jonas, Lihen	

**Women 4x400 Metre Relay**

=====  
 Micronesian: M 4:24.94 6/08/2010 Northern Mariana Islands, Nth Mariana Islan  
 J Wonenberg, Yve Bennett, L Rangamar, Yvo Bennett

Team	Seed	Finals	Points
===== 1 Pni 'A'		4:32.50	
1) Ligorio, Anitra	2) Poll, Geraldine		
3) Apiner, Ashley	4) Wendolin, Mihter		
2 Plw 'A'		4:36.66	
1) Maido, Rema Joy	2) Wicker,Carolynn		
3) Koshiha-Panuelo, Eliana	4) Wicker, Christina		
3 Kos 'A'		5:07.71	
1) Wesley, Filona L.	2) Jonas, Lihen		
3) Albert, Stacy Ann	4) Palik, Selina		

**Women High Jump SH 1.20**

=====  
 Micronesian: M 1.50m 6/08/1998 Jenae Skerritt, Guam

Name	Year	Team	Seed	Finals	Points
===== 1 Abrams, Rachel		Cnmi		1.38m	
1.20 1.25 1.30 1.33 1.35 1.38 1.40					
O O O XO XO O XXX					
2 Pena, Friendly Joy		Cnmi		1.25m	
1.20 1.25 1.30					
O XXO XXX					

**Women Long Jump**

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

Name	Year	Team	Seed	Finals	Points
===== 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					

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Results****....Women Long Jump**

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						

**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						

**Women Shot Put**

=====							
Micronesian: M 11.24m 26/06/2006 Chandis Cooper, Palau							
Name	Year	Team	Seed	Finals	Points	=====	
1	Kamloy, Lucinda	Yap					10.61m
	10.35m 10.19m 10.11m 10.09m 10.61m FOUL						
2	Grundler, Nina	Nru					10.42m
	9.51m FOUL 10.28m 10.32m 10.05m 10.42m						
3	Tulensru, Sweetyona	Kos					9.54m
	9.54m FOUL 9.33m 9.33m 9.04m 8.16m						
4	Ardos, Tracy	Pni					9.21m
	8.39m 8.77m 9.21m 8.16m 8.13m 8.46m						
5	Likor, Sandonia	Pni					8.79m
	8.79m 7.27m 7.23m 7.92m 7.71m 7.66m						
6	Rangamar, Lia'mwar	Cnmi					8.71m
	7.79m 8.02m 8.59m 8.37m FOUL 8.71m						
7	Steven, Deborah	Pni					8.37m
	7.50m 7.80m 7.76m 8.37m 7.83m 6.96m						
8	Abrams, Rachel	Cnmi					7.83m
	7.37m 7.14m 7.83m 7.52m 7.40m 7.17m						
9	Rangamar, Dolores	Cnmi					7.73m
	6.92m 7.73m 7.59m 7.48m 7.57m 7.38m						

**Women Discus Throw**

=====							
Micronesian: M 31.69m 7/2002 Dolores Rangamar, Nth Mariana Islands							
Name	Year	Team	Seed	Finals	Points	=====	
1	Rangamar, Dolores	Cnmi					26.42m
	26.36m 26.05m 25.82m 23.99m 25.54m 26.42m						
2	Rangamar, Lia'mwar	Cnmi					26.40m
	FOUL 26.40m 24.89m FOUL 21.53m 25.82m						
3	Grundler, Nina	Nru					25.81m
	FOUL FOUL 25.50m FOUL 25.81m 25.50m						
4	Ardos, Tracy	Pni					25.50m
	23.25m FOUL 24.75m 21.71m 25.50m 18.34m						
5	Steven, Deborah	Pni					25.07m
	22.64m FOUL 21.19m 24.48m FOUL 25.07m						

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Results****....Women Discus Throw**

6	Likor, Sandonia		Pni							23.53m
		23.32m	19.57m	FOUL	23.53m	19.23m	21.44m			

**Women Javelin Throw**

=====										
Micronesian: M 35.98m 7/2002 Schola Fathaangin, Yap										
Name	Year	Team	Seed	Finals	Points					
=====										
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			

**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	
			3.13m	3.30m	3.50m
2	Lomongo, Marianne	Plw	2.97m	102	
			2.97m	FOUL	2.81m

**Outdoor Pentathlon: #2 Women Shot Put Outdoor Pentathlon**

=====					
Name	Year	Team	Finals	Points	
=====					
1	Lomongo, Marianne	Plw	4.61m	184	
			4.30m	3.21m	4.61m
2	Rivera, Dilluna	Plw	4.35m	168	
			4.01m	4.35m	4.30m

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Results****Outdoor Pentathlon: #4 Women Javelin Throw Outdoor Pentathlon**

Name	Year Team	Finals	Points
1 Lomongo, Marianne 7.02m 8.27m 10.10m	Plw	10.10m	108
2 Rivera, Dilluna 10.05m 9.36m 8.95m	Plw	10.05m	107

**Women Outdoor Pentathlon**

Micronesian: M	2380	3/08/2010	Northern Mariana Islands, Jacquelin Wonenberg		
Name	Year	Team	Seed	Finals	Points
1 Rivera, Dilluna		Plw		1183	10
2 Lomongo, Marianne		Plw		796	8

**Men 100 Metre**

Micronesian: M	10.88	23/07/2002	John Howard, Chuuk		
Name	Year	Team	Seed	Heats	H#
Preliminaries					
1 Kapiriel, Kitson		Pni		11.21Q	4
2 Teltull, Shaquille		Plw		11.40Q	3
3 Fiti, Scott		Chk		11.56Q	1
4 Namelo, Yondan		Chk		11.80Q	2
5 Abraham, Kavika		Kos		11.60Q	3
5 Smith, Tarrell		Chk		11.60Q	4
7 Kanai, Joab		Plw		11.75Q	1
8 Tau, Junior Dagiario		Nru		11.81Q	2
9 Uehara, Gwynn		Plw		11.64Q	4
10 Pluhs, Benter		Pni		11.70Q	3
11 Rodriguez, X-Ler		Pni		11.78Q	1
12 Mike, Diovil		Kos		11.87Q	2
13 Phillip, Brandon		Cnmi		11.80q	3
14 Koshiba, Ian Basiou		Plw		11.85q	4
15 Ngirchongor, Beouch		Cnmi		11.88	1
16 Jagroop, James		Yap		12.09	4
16 Killin, Ernist		Kos		12.09	4
18 Buchun, Julius		Yap		12.15	1
19 Cantero, O'Neill		Pni		12.25	2
20 Ais, Dickenson		Rmi		12.88	2
21 Aho, Sione		Rmi		13.12	1
-- Namelo, Yonder		Chk		NT	3
-- Cress, Roman		Rmi		DNF	3

**Men 100 Metre**

Micronesian: M	10.88	23/07/2002	John Howard, Chuuk		
Name	Year	Team	Heats	Semis	H#
Semi-Finals					
1 Kapiriel, Kitson		Pni	11.21	11.49Q	1
2 Teltull, Shaquille		Plw	11.40	11.59Q	2
3 Fiti, Scott		Chk	11.56	11.80Q	2
4 Uehara, Gwynn		Plw	11.64	11.88Q	1



**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Results****...Men 100 Metre**

5	Smith, Tarrell	Chk	11.60	11.81q	2
6	Pluhs, Benter	Pni	11.70	11.82q	2
7	Kanai, Joab	Plw	11.75	11.88q	2
8	Rodriguez, X-Ler	Pni	11.78	11.91	2
8	Namelo, Yondan	Chk	11.80	11.91	1
10	Abraham, Kavika	Kos	11.60	11.94	1
11	Koshiha, Ian Basiou	Plw	11.85	11.95	2
12	Mike, Diovil	Kos	11.87	12.05	1
13	Phillip, Brandon	Cnmi	11.80	12.28	1

**Men 100 Metre**

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Micronesian: M 10.88 23/07/2002 John Howard, Chuuk

Name	Year Team	Semis	Finals	Points
=====				
Finals				
1	Kapiriel, Kitson	Pni	11.49	11.20
2	Teltull, Shaquille	Plw	11.59	11.21
3	Fiti, Scott	Chk	11.80	11.53
4	Smith, Tarrell	Chk	11.81	11.56
5	Uehara, Gwynn	Plw	11.88	11.68
6	Pluhs, Benter	Pni	11.82	11.69
7	Kanai, Joab	Plw	11.88	11.97

**Men 200 Metre**

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

Name	Year Team	Seed	Heats	H#
=====				
Preliminaries				
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

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Results****Men 200 Metre**

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

Name	Year Team	Heats	Finals	Points
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## Finals

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	

**Men 400 Metre**

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Micronesian: M 50.22 25/07/2002 Jack Howard, Chuuk

Name	Year Team	Seed	Heats	H#
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## Preliminaries

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
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 Kapiar, 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

**Men 400 Metre**

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Micronesian: M 50.22 25/07/2002 Jack Howard, Chuuk

Name	Year Team	Heats	Finals	Points
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=====

## Finals

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

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Results****Men 800 Metre Run**

Micronesian: M 1:58.10 5/08/2010 Derek Mandell, Guam						
Name	Year	Team	Seed	Finals	Points	
1	Henry, Casey	Pni		2:09.95		
2	Mongkeya, Carson	Kos		2:11.65		
3	Togogae, John-Rico	Nru		2:12.35		
4	Muritok, Rexter	Chk		2:12.77		
5	Mancao, Michael	Cnmi		2:13.25		
6	Gallen, Jay	Pni		2:15.03		
7	Alexander, Alex	Pni		2:17.59		
8	Eda, Sieya	Cnmi		2:17.71		
9	Stills, Jacques	Plw		2:19.59		
10	James, Jessy	Cnmi		2:21.39		
11	Ellis, Charley	Plw		2:21.43		
12	Ackerman, Dylan	Cnmi		2:28.95		
13	Soichy, Jackson	Chk		2:35.30		

**Men 1500 Metre Run**

Micronesian: M 4:11.92 27/06/2006 Derek Mandell, Guam						
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**

Micronesian: M 16:02.73 7/2002 Neil Weare, Guam						
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		

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Results****Men 10000 Metre Run**

Micronesian: M 33:58.02 3/08/1998 Brent Butler, Guam					
Name	Year	Team	Seed	Finals	Points
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	

**Men Half Marathon**

Micronesian: M 1:20:01.00 7/2002 Neil Weare, Guam					
Name	Year	Team	Seed	Finals	Points
1 Marquez, Magdano		Pni		1:17.36M	
2 James, Jessy		Cnmi		1:18.58M	
3 Muritok, Rexter		Chk		1:20.20M	
4 Eda, Sieya		Cnmi		1:22.46M	
5 Mize, Joynal		Plw		1:25.43M	
6 Alexander, Alex		Pni		1:27.12M	
7 Elias, Ryan		Pni		1:29.17M	
8 Labro, Jose		Plw		1:30.14M	
9 Henry, Casey		Pni		1:34.43M	
10 Ackerman, Dylan		Cnmi		1:39.08M	
-- Soichy, Jackson		Chk		DNF	

**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	

**Men 400 Metre Hurdles**

Micronesian: M 57.36 23/07/2002 Ronny Ifamilik, Pohnpei						
Name	Year	Team	Seed	Finals	H#	Points
1 Ngirchongor, Beouch		Cnmi		1:00.89	1	
2 Edwin, Savier		Pni		1:02.13	1	
3 Gilmete, McCaffrey		Pni		1:02.47	1	
4 Stills, Jacques		Plw		1:02.76	1	
5 Asher, Francis		Kos		1:04.10	2	
6 Kostka, Irvine		Pni		1:05.95	2	
7 Wendolin, Jenson		Pni		1:17.93	2	

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Results****Men 4x100 Metre Relay**

Micronesian: M 42.82 8/08/1998 Palau, Palau

C Adolf, J Rafael, A Oiterong, H Hesus

Team	Seed	Finals	H#	Points
1 Pni 'A'		43.83	2	
1) Rodriguez, X-Ler	2) Ardos, Pahnrasco			
3) Pluhs, Benter	4) Kapiriel, Kitson			
2 Chk 'A'		44.30	2	
1) Namelo, Yonder	2) Fiti, Scott			
3) Smith, Tarrell	4) Namelo, Yondan			
3 Plw 'A'		44.38	2	
1) Koshiba, Ian Basiou	2) Uehara, Gwynn			
3) Demei Jr., Adolph Speng	4) Teltull, Shaquille			
4 Kos 'A'		45.69	1	
1) Mike, Diovil	2) Tilfas, Joseph			
3) Killin, Ernist	4) Abraham, Kavika			
5 Yap 'A'		46.38	2	
1) You, Kius	2) Thoew, Johnny			
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 4x400 Metre Relay**

Micronesian: M 3:25.49 26/07/2002 Chuuk, Chuuk

John Howard, Jack Howard, K Graham, P Rudolf

Team	Seed	Finals	Points
1 Plw 'A'		3:25.52	
1) Uehara, Gwynn	2) Kanai, Joab		
3) Tkel, Francis	4) Teltull, Shaquille		
2 Pni 'A'		3:38.02	
1) Laurdine, Johnathan	2) Edwin, Savier		
3) Gilmete, McCaffrey	4) Ardos, Pahnrasco		
3 Chk 'A'		3:38.82	
1) Smith, Tarrell	2) Kapier, Miurha		
3) Nomar, Doone	4) Fiti, Scott		
4 Cnmi 'A'		3:46.39	
1) Ngirchongor, Beouch	2) Pharmin, Orrin		
3) Mancao, Michael	4) James, Jessy		
5 Rmi 'A'		4:01.84	
1) Ais, Dickenson	2) Kelep, Jesen		
3) Woodall, Elisha	4) Antibas, Derickson		
-- Kos 'A'		DNF	
1) Abraham, Kavika	2) Killin, Ernist		
3) Mike, Diovil	4) Mongkeya, Carson		

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Results****Men High Jump SH 1.30**

Micronesian: M 1.78m 1/08/1998 Joseph Skerritt, Christopher Kittalong, Guam,						
Name	Year	Team	Seed	Finals	Points	
1 Demei Jr., Adolph Speng		Plw		1.50m		
	1.30	1.35	1.40	1.45	1.50	1.53
	O	O	XXO	XXO	O	XXX
2 White, Jaynard		Cnmi		J1.50m		
	1.30	1.35	1.40	1.45	1.50	1.53
	O	O	O	O	XO	XXX
3 Stills, Jacques		Plw		1.45m		
	1.30	1.35	1.40	1.45	1.50	
	O	O	O	XO	XXX	

**Men Long Jump**

Micronesian: M 6.69m 28/03/1994 Florenz Quitlong, Guam						
Name	Year	Team	Seed	Finals	Points	
1 You, Kius		Yap		5.86m		
	FOUL	5.65m	5.86m	FOUL	5.69m	FOUL
2 Nakasone, Roger		Pni		5.77m		
	FOUL	FOUL	5.27m	5.31m	5.53m	5.77m
3 Tau, Junior Dagiario		Nru		5.63m		
	5.37m	5.48m	5.44m	5.61m	FOUL	5.63m
4 Obed, Siosi		Kos		5.58m		
	5.51m	5.37m	5.58m	5.45m	5.19m	5.43m
5 Tkel, Francis		Plw		5.57m		
	5.37m	5.40m	5.57m	4.59m	5.47m	5.30m
6 Alakoa, Yosiro		Kos		5.54m		
	5.25m	FOUL	5.54m	FOUL	5.14m	FOUL
7 White, Jaynard		Cnmi		5.44m		
	5.06m	5.12m	5.35m	5.06m	5.44m	5.02m
8 Buchun, Julius		Yap		5.43m		
	5.21m	5.22m	5.39m	5.42m	5.33m	5.43m
9 Hiroshi, Ned		Kos		5.18m		
	5.18m	4.96m	4.93m			
9 Elias, Ryan		Pni		5.18m		
	5.18m	4.57m	4.20m			
11 Demei Jr., Adolph Speng		Plw		4.97m		
	FOUL	4.88m	4.97m			
12 Stills, Jacques		Plw		4.83m		
	4.73m	4.83m	4.75m			
13 Wendolin, Jenson		Pni		4.46m		
	FOUL	4.45m	4.46m			

**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

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Results****...Men Triple Jump**

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		

**Men Shot Put**

=====						
Micronesian: M 14.37m	7/08/1998	Fa'aea Talalemotu,	Nth Mariana Islands			
Name	Year	Team	Seed	Finals	Points	
=====						
1 Dabana, Joseph		Nru		13.46m		
12.88m FOUL 13.10m 13.46m FOUL FOUL						
2 Temengil, Florian		Plw		12.59m		
11.06m 12.35m 12.59m 10.02m FOUL 11.72m						
3 Ramngen, Daniel G.		Yap		11.18m		
11.18m 11.11m 10.99m 11.07m 11.16m 10.23m						
4 Iyar, Jersey		Plw		10.84m		
10.05m FOUL 10.63m FOUL 10.84m FOUL						
5 Mongkey, Robin		Kos		10.73m		
FOUL 10.44m 10.57m FOUL 10.34m 10.73m						
6 Perez, George		Pni		10.57m		
10.37m 9.57m 9.92m 10.27m 10.44m 10.57m						
7 Soumwei, Dison		Pni		10.25m		
10.25m 9.78m 9.85m 10.06m 9.76m FOUL						
8 Aho, Rais		Rmi		10.22m		
10.22m FOUL FOUL FOUL FOUL FOUL						
9 Joab, Daniel		Cnmi		9.99m		
9.33m 9.66m 9.99m						
10 Mooteb, Javez T.		Yap		9.96m		
9.96m FOUL 9.87m						
11 Skilling, Henry		Kos		9.94m		
9.94m FOUL 7.80m						
12 Anson, Patterson		Pni		9.79m		
9.79m 9.79m FOUL						
13 Etscheit, Ronald		Pni		9.72m		
9.27m 9.59m 9.72m						
14 Opolai, Ronald		Cnmi		9.69m		
9.69m 9.26m 8.99m						
15 Skilling, Tulensa		Kos		9.37m		
FOUL 9.37m FOUL						
16 Rangamar, Sylvan		Cnmi		8.90m		
7.82m 8.90m 8.57m						

**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						

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Results****...Men Discus Throw**

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					

**Men Javelin Throw**

=====								
Micronesian: M 60.86m 5/08/2010 Dougwin Franz, Palau								
Name	Year	Team	Seed	Finals	Points			
=====								
1	Ringlen, Herney	Pni						49.71m
	46.52m 49.71m FOUL		46.25m	FOUL	FOUL			
2	Falmed, Fedelis	Yap						47.44m
	44.89m 44.96m 41.97m		45.06m	47.44m	FOUL			
3	Maluwelgiye, Clayton	Pni						47.06m
	41.94m 47.06m 45.94m		45.34m	FOUL	FOUL			
4	Ringlen, Burney	Pni						43.15m
	42.55m 43.15m 42.37m		42.85m	41.78m	41.22m			
5	Iyar, Jersey	Plw						42.47m
	42.47m 34.55m PASS							
6	Perez, George	Pni						41.70m
	40.74m 40.09m 41.14m		41.33m	41.70m	38.90m			
7	Salik, Tyrrell	Kos						40.23m
	FOUL 38.05m 39.79m		40.23m	37.71m	33.82m			
8	Mori, Morgan	Chk						37.62m
	36.26m 35.39m 36.40m		37.62m	34.74m	34.38m			
9	Pharmin, Orrin	Cnmi						36.31m
	27.62m 36.31m 35.58m							
10	Phillip, Brandon	Cnmi						29.15m
	FOUL 29.15m FOUL							

**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



**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Results****....Octathlon: #1 Men 100 Metre Octathlon**

5	Kapriel, Brian	Pni	13.02	464
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**Octathlon: #4 Men 400 Metre Octathlon**

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: #8 Men 1000 Metre Run Octathlon**

Name	Year Team	Finals	Points
1 Jack, Jesse	Pni	3:12.51	547
2 Tkel, Francis	Plw	3:12.57	546
3 Hairens, Jesse	Pni	3:21.48	469
4 Pharmin, Orrin	Cnmi	3:24.82	442
5 Kapriel, Brian	Pni	3:30.97	393

**Octathlon: #5 Men 110 Metre Hurdles Octathlon**

Name	Year Team	Finals	Points
1 Kapriel, Brian	Pni	19.76	368
2 Tkel, Francis	Plw	19.84	362
3 Jack, Jesse	Pni	20.37	321
4 Hairens, Jesse	Pni	20.73	294
5 Pharmin, Orrin	Cnmi	20.98	276

**Octathlon: #6 Men High Jump Octathlon**

Name	Year Team	Finals	Points
1 Pharmin, Orrin	Cnmi	1.60m	464
2 Tkel, Francis	Plw	1.45m	352
3 Jack, Jesse	Pni	1.42m	331
4 Hairens, Jesse	Pni	1.39m	310
5 Kapriel, Brian	Pni	1.27m	231

**Octathlon: #2 Men Long Jump Octathlon**

Name	Year Team	Finals	Points
1 Tkel, Francis	Plw	5.36m	453
5.30m 5.36m PASS			
2 Hairens, Jesse	Pni	5.12m	405
4.82m 5.12m 5.12m			
3 Jack, Jesse	Pni	4.95m	373
4.67m 4.62m 4.95m			
4 Pharmin, Orrin	Cnmi	4.92m	367
4.60m 4.92m 4.90m			

**Micronesian Games 2014 - 21/07/2014 to 24/07/2014****Pohnpei - Federated States of Micronesia****Results****....Octathlon: #2 Men Long Jump Octathlon**

5	Kapriel, Brian		Pni	4.45m	281
	4.29m	4.45m	4.33m		

**Octathlon: #3 Men Shot Put Octathlon**

Name	Year	Team	Finals	Points
1 Tkel, Francis		Plw	8.23m	380
	8.23m	7.45m	8.10m	
2 Pharmin, Orrin		Cnmi	8.14m	375
	7.48m	8.14m	7.89m	
3 Jack, Jesse		Pni	7.76m	352
	7.13m	7.76m	7.64m	
4 Kapriel, Brian		Pni	7.19m	318
	7.15m	7.19m	FOUL	
5 Hairens, Jesse		Pni	7.09m	313
	7.09m	6.89m	6.91m	

**Octathlon: #7 Men Javelin Throw Octathlon**

Name	Year	Team	Finals	Points
1 Pharmin, Orrin		Cnmi	37.08m	400
	35.03m	37.08m	FOUL	
2 Tkel, Francis		Plw	35.98m	384
	35.98m	31.42m	35.38m	
3 Kapriel, Brian		Pni	31.48m	320
	31.40m	29.80m	31.48m	
4 Hairens, Jesse		Pni	31.14m	315
	30.78m	28.17m	31.14m	
5 Jack, Jesse		Pni	28.42m	277
	28.04m	28.42m	FOUL	

**Men Octathlon**

Name	Year	Team	Seed	Finals	Points
Micronesian: M 4475 4/08/2010 Leon Mengloi, Palau					
1 Tkel, Francis		Plw		3643	10
2 Pharmin, Orrin		Cnmi		3403	8
3 Jack, Jesse		Pni		3341	6
4 Hairens, Jesse		Pni		3190	5
5 Kapriel, Brian		Pni		2760	4