

Micronesian Games 2024 - 20/06/2024 to 23/06/2024**Natioinal Stadium Marshall Islands****Results - Day 1****Women 100 Metre Sprint Senior****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Year Team	Heats
Heat 1 Heats Wind: 0.8		
1 Regine Tugade	Guam	11.60Q Hand Time
2 Mary Devivo	Palau	12.40Q Hand Time
3 Casey Cassandra Cast Cru	Northern Marianas	12.60q Hand Time
-- Aribeta Birita	Kiribati	NT
-- Ruana Reweru	Nauru	NT
-- Kayla Holiday	Pohnpei	NT
-- Entirisa Stephen	Chuuk	NT
Heat 2 Heats Wind: 0.2		
1 Olivia Altomese Reed	Marshall Islands	12.29Q
2 Sydney Francisco	Palau	12.99Q
3 Taylor-Ann Santos	Guam	13.04q
4 Wena Gobure	Nauru	13.10
5 Juliet Berry	Chuuk	13.92
6 Erenoo Tebukaa	Kiribati	14.19
7 Christina Lighor	Pohnpei	14.41
Heat 3 Heats Wind: 0.1		
1 Aleah-Rae Castro	Guam	12.70Q
2 Zarinae Jones Sapong	Northern Marianas	12.95Q
3 Josephine Bartolome	Pohnpei	13.64
4 Matwilda Fabian	Chuuk	13.76
5 Emerald Capelle	Nauru	13.91
6 Tuata Tatoa	Kiribati	14.35

Women 100 Metre Sprint Senior

Name	Year Team	Finals	Points
Section 1 Finals Wind: 1.0			
1 Regine Tugade	Guam	11.76	
2 Olivia Altomese Reed	Marshall Islands	12.29	
3 Aleah-Rae Castro	Guam	12.62	
4 Mary Devivo	Palau	12.65	
5 Zarinae Jones Sapong	Northern Marianas	12.87	
6 Taylor-Ann Santos	Guam	13.00	
7 Sydney Francisco	Palau	13.06	
8 Casey Cassandra Cast Cru	Northern Marianas	13.07	
Heats			
9 Wena Gobure	Nauru		
10 Josephine Bartolome	Pohnpei		
11 Matwilda Fabian	Chuuk		
12 Emerald Capelle	Nauru		
13 Juliet Berry	Chuuk		
14 Erenoo Tebukaa	Kiribati		
15 Tuata Tatoa	Kiribati		
16 Christina Lighor	Pohnpei		
-- Kayla Holiday	Pohnpei		
-- Aribeta Birita	Kiribati		
-- Entirisa Stephen	Chuuk		
-- Ruana Reweru	Nauru		

Micronesian Games 2024 - 20/06/2024 to 23/06/2024**Natioinal Stadium Marshall Islands****Results - Day 1****Women 400 Metre Sprint Senior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Year Team	Heats
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Heat 1 Heats

1 Taylor-Ann Santos	Guam	1:04.54Q
2 Tuata Tatoa	Kiribati	1:10.68Q
3 Christina Lighor	Pohnpei	1:10.90Q
4 Maryleen Grace Sovan Mai	Marshall Islands	1:12.94q
5 Eldina Detenamo	Nauru	1:14.59q
6 Terisa Peniteti	Nauru	1:16.79

Heat 2 Heats

1 Aleah-Rae Castro	Guam	1:03.28Q
2 Josephine Bartolome	Pohnpei	1:04.81Q
3 Waymar Bwereeti	Kiribati	1:07.99Q
4 Juliet Berry	Chuuk	1:15.90
5 Wilma Tamakin	Nauru	1:21.30
6 Eve Burns	Marshall Islands	1:22.58

Women 5000 Metre Run Senior

Name	Year Team	Finals	Points
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Section 1

1 Nathania Chung Yee Tan	Northern Marianas	19:25.54	
2 Keira Paz	Guam	20:47.62	
3 Ava Planz	Palau	23:11.99	
4 Margarita Kasian	Chuuk	26:12.28	

Women 4x400 Metre Relay Senior

Team	Finals	Points
1 Palau 'A'	4:36.10	
1) Sydney Francisco	2) Ava Planz	
3) Namiko Singich	4) Mary Devivo	
2 Pohnpei 'A'	4:42.93	
1) Christina Lighor	2) Bartola Bartolome	
3) Brinnette Likor	4) Josephine Bartolome	
3 Kiribati 'A'	4:45.84	
1) Aribeta Biritia	2) Waymar Bwereeti	
3) Erenoo Tebukaa	4) Tuata Tatoa	
4 Northern Marianas 'A'	4:47.32	
1) Zarinae Jones Sapong	2) Maria Maelaine Igitto Quitugua	
3) Kina Neisuupi Pua Rangamar	4) Casey Cassandra Cast Cruz	
5 Nauru 'A'	4:57.65	
1) Wena Gobure	2) Ruana Reweru	
3) Eldina Detenamo	4) Wilma Tamakin	
6 Marshall Islands 'A'	4:57.67	
1) Maryleen Grace Sovan Maitokana	2) Olivia Altomese Reed	
3) Rubiann Dison	4) Eve Burns	

Micronesian Games 2024 - 20/06/2024 to 23/06/2024**National Stadium Marshall Islands****Results - Day 1****Women Long Jump Senior**

Name	Year Team	Finals	Wind	Points
Flight 1				
1 Olivia Altomese Reed	Marshall Islands	5.41m	2.4	
		5.38m(1.3) 5.30m(2.2) 5.30m(1.4) 5.37m(1.6) 5.41m(2.4)		FOUL
2 Wena Gobure	Nauru	5.19m	1.7	
		4.65m(2.6) FOUL(1.8) 5.19m(1.7) FOUL(2.4) 4.57m(1.7)		FOUL
3 Regine Tugade	Guam	5.10m	1.6	
		FOUL(2.0) 5.10m(1.6) 4.79m(1.7) 5.09m(2.1) 4.92m(0.9) 4.94m(3.4)		
4 Taylor-Ann Santos	Guam	5.02m	2.6	
		FOUL(0.3) FOUL(1.8) FOUL(1.4) 5.02m(2.6) 4.83m(2.0) 4.91m(3.3)		
5 Jaya-Shalimar Teboua	Nauru	4.33m	1.6	
		FOUL(2.3) 4.02m(2.1) 4.33m(1.6) FOUL FOUL FOUL		
6 Ruana Reweru	Nauru	3.93m	1.9	
		3.89m(0.1) 3.45m(1.2) 3.93m(1.9) FOUL(0.7) 3.70m(NWI) FOUL		
7 Casey Cassandra Cast Cru	Northern Marianas	3.87m	1.5	
		3.74m(1.9) 3.87m(1.5) 3.73m(2.1) 3.67m(2.2) 3.69m(1.7) FOUL(2.8)		
8 Reloliza Saimon	Pohnpei	3.56m	3.3	
		3.28m(1.7) 3.56m(3.3) 3.36m(2.1) 3.21m(2.1) 2.99m(1.5) 2.89m(2.4)		

Women Hammer Senior

Name	Year Team	Finals	Points
1 Mia Pulianas	Marshall Islands	33.86m	10
		33.86m FOUL FOUL FOUL FOUL FOUL	
2 Jaya-Shalimar Teboua	Nauru	22.40m	8
		18.10m 15.04m 21.24m 19.79m 21.83m 22.40m	
3 Li'amwar Elloise Pua Ran	Northern Marianas	21.83m	6
		FOUL 20.67m 20.97m 20.34m 21.83m 21.14m	
4 Kimeata Rakenang	Kiribati	18.04m	5
		FOUL 18.04m FOUL FOUL FOUL 16.40m	
5 Riza Tugade	Guam	17.63m	4
		14.78m 17.63m FOUL FOUL 16.32m 16.75m	
6 Kina Neisuupi Pua Rangam	Northern Marianas	14.79m	3
		13.65m FOUL FOUL 14.28m 14.79m 13.25m	
7 Emekenny Uera	Nauru	13.44m	2
		FOUL 13.44m 12.43m FOUL 13.03m FOUL	

Women Javelin Senior

Name	Year Team	Finals	Points
1 Maria Maelaine Igitto Qui	Northern Marianas	32.33m	
		32.33m FOUL 27.78m FOUL FOUL FOUL	
2 Kayla Kanemoto	Chuuk	31.78m	
		29.60m 22.59m 27.61m 31.78m 31.03m 26.05m	
3 Juneen Peniteti	Nauru	30.14m	
		25.16m 25.72m 29.71m 30.14m FOUL 29.77m	
4 Li'amwar Elloise Pua Ran	Northern Marianas	28.18m	
		25.94m 28.18m 23.92m 27.44m FOUL 27.76m	
5 Sandonia Likor	Pohnpei	28.03m	
		FOUL 27.88m 28.03m 25.97m 25.56m 26.09m	
6 Kimeata Rakenang	Kiribati	25.16m	
		FOUL 20.70m 25.16m FOUL 22.62m 23.43m	

Micronesian Games 2024 - 20/06/2024 to 23/06/2024**Natioinal Stadium Marshall Islands****Results - Day 1****...Women Javelin Senior**

7	Nanise Adituivanua	Marshall Islands	22.72m
	FOUL FOUL 22.72m 21.05m FOUL FOUL		
8	Cheraline Derena Pas Epi	Northern Marianas	19.13m
	17.14m 19.13m 13.27m 13.64m 18.90m FOUL		
9	Ruana Reweru	Nauru	14.64m
	FOUL 14.64m FOUL		
--	Emekenny Uera	Nauru	FOUL
	FOUL FOUL FOUL		

Men 100 Metre Sprint Senior**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Year Team	Heats
Heat 1 Heats Wind: 1.3		
1	Koyven Emery Palau	11.26Q
2	Jarret Robert Chuuk	11.32Q
3	Christopher Ian Cabu Cru Northern Marianas	11.33q
4	Stanislaus Kostka Pohnpei	11.42
5	Ty'ree Langidrik Marshall Islands	11.46
6	Fadandus Ika Nauru	11.49
7	Temariti John Kiribati	11.71
Heat 2 Heats Wind: 1.1		
1	Jonathon Hallers Chuuk	11.40Q
2	William Reed Marshall Islands	11.42Q
3	Dennis Petrus Pohnpei	11.49
4	Theodore Cleveland Rodge Northern Marianas	11.59
5	Tauro Tiaon Kiribati	11.62
6	Joshua Jeremiah Nauru	11.99
6	Tyson Chinn Palau	11.99
Heat 3 Heats Wind: 2.1		
1	Winza Kakiouea Nauru	11.08Q
2	Tetoa Uaraoia Kiribati	11.27Q
3	Alexander Go Yamaguc Cam Northern Marianas	11.38q
4	Jeffrin Saul Pohnpei	11.42
5	Deisfil Asito Chuuk	11.51
6	Ignacio Blaluk Palau	11.58

Men 100 Metre Sprint Senior

Name	Year Team	Finals	Points
Section 1 Finals Wind: 1.2			
1	Winza Kakiouea Nauru	10.82	
2	Tetoa Uaraoia Kiribati	11.29	
3	Koyven Emery Palau	11.34	
4	Jarret Robert Chuuk	11.40	
5	Alexander Go Yamaguc Cam Northern Marianas	11.47	
6	Christopher Ian Cabu Cru Northern Marianas	11.48	
7	William Reed Marshall Islands	11.49	
8	Jonathon Hallers Chuuk	11.63	
Heats			
9	Stanislaus Kostka Pohnpei		
10	Jeffrin Saul Pohnpei		
11	Ty'ree Langidrik Marshall Islands		

Micronesian Games 2024 - 20/06/2024 to 23/06/2024**Natioinal Stadium Marshall Islands****Results - Day 1****...Men 100 Metre Sprint Senior**

12	Dennis Petrus	Pohnpei
13	Fadandus Ika	Nauru
14	Deisfil Asito	Chuuk
15	Ignacio Blaluk	Palau
16	Theodore Cleveland Rodge	Northern Marianas
17	Tauro Tiaon	Kiribati
18	Temariti John	Kiribati
19	Joshua Jeremiah	Nauru
19	Tyson Chinn	Palau

Men 400 Metre Sprint Senior**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Year Team	Heats
Heat 1 Heats		
1	Tettoa Uaraoia	Kiribati 53.34Q
2	Jeofry Limtiaco	Guam 53.38Q
3	Quijuan Armisais	Pohnpei 53.41q
4	Righteous Adaba	Palau 53.92q
5	Klover Fermin	Chuuk 55.37
6	Eliki Lewacabala Qalubau	Marshall Islands 57.89
7	David Hiram	Nauru 59.30
Heat 2 Heats		
1	Ali Kwak	Palau 54.46Q
2	Reita Kakianako	Kiribati 54.53Q
3	Ty'ree Langidrik	Marshall Islands 54.59
4	Rikay Ichiro	Chuuk 54.99
5	Hardney Amusten	Pohnpei 55.50
6	Koutua Kepae	Nauru 56.94
Heat 3 Heats		
1	Emmanuel Adaba	Palau 54.31Q
2	Damon Sienes	Pohnpei 55.51Q
3	Cody Soriano Shimizu	Northern Marianas 55.82
4	Myca Nittu	Chuuk 56.05
5	Denmark Herman	Nauru 57.83
6	Dallas Baby Batol	Marshall Islands 1:06.50

Men 5000 Metre Run Senior

Name	Year Team	Finals	Points
Section 1			
1	Simeon Jacob	Pohnpei	17:20.11
2	Issac Oppenheimer	Nauru	18:52.83
3	Peace Adaba	Palau	19:02.64
4	Cristian Etpison Nicoles	Palau	19:15.33
5	Kraven Ngirchomlei	Palau	19:21.50
6	Pony Kaile Tang	Northern Marianas	19:27.84
7	Takeru William Jim	Northern Marianas	19:29.29
8	Jaydon Waay	Yap	22:48.92
9	Hosty Alexander	Pohnpei	23:32.39
--	Kaika Jacob	Marshall Islands	DNF
--	Alexander Gonzales	Pohnpei	DNF

Micronesian Games 2024 - 20/06/2024 to 23/06/2024**Natioinal Stadium Marshall Islands****Results - Day 1****Men 4x400 Metre Relay Senior**

Team	Finals	Points
1 Pohnpei 'A'	3:37.80	
1) Jeffrin Saul	2) Hardney Amusten	
3) Stanislaus Kostka	4) Quijuan Armisais	
2 Chuuk 'A'	3:39.01	
1) Myca Nittu	2) Klover Fermin	
3) Rikay Ichiro	4) Jarret Robert	
3 Palau 'A'	3:39.16	
1) Emmanuel Adaba	2) Righteous Adaba	
3) Ali Kwak	4) Tyson Chinn	
4 Nauru 'A'	3:42.07	
1) Winza Kakiouea	2) Fadandus Ika	
3) Koutua Kepae	4) Joshua Jeremiah	
5 Northern Marianas 'A'	3:48.66	
1) Christopher Ian Cabu Cruz Jr.	2) Alexander Go Yamaguc Camacho	
3) Simon Daniel Tang	4) Theodore Cleveland Rodgers	
6 Marshall Islands 'A'	4:04.58	
1) Giami Otuafi	2) Nano Jetnil	
3) Stephen Juano Apuahe	4) Elike Lewacabala Qalubau	

Men High Jump Senior

Name	Year	Team	Finals	Points
Flight 1				
1 William Reed		Marshall Islands	1.85m	
1.50 1.55 1.60 1.65 1.70 1.75 1.85 1.90				
P P P O O XO XO XXX				
2 Andrew Westin		Palau	1.70m	
1.50 1.55 1.60 1.65 1.70 1.75				
O O O O O XXX				
3 Emmanuel Adaba		Palau	J1.70m	
1.50 1.55 1.60 1.65 1.70 1.75				
O O P O XO XXX				
4 David Hiram		Nauru	J1.70m	
1.50 1.55 1.60 1.65 1.70 1.75				
O O XO XO XO XXX				
5 Lastman Kamtuara		Nauru	1.65m	
1.50 1.55 1.60 1.65 1.70				
P P O O XXX				
6 Elike Lewacabala Qalubau		Marshall Islands	J1.65m	
1.50 1.55 1.60 1.65 1.70				
P P XO XXO XXX				
7 Jerome Silbanuz		Pohnpei	1.55m	
1.50 1.55 1.60				
O O XXX				
8 Stephen Juano Apuahe		Marshall Islands	1.50m	
1.50 1.55				
XXO XXX				

Micronesian Games 2024 - 20/06/2024 to 23/06/2024**National Stadium Marshall Islands****Results - Day 1****Men Shot Put Senior**

Name	Year Team	Finals	Points
1 Jonathan Detageouwa	Nauru	16.73m	
15.04m 15.68m 15.82m 16.73m FOUL 15.68m			
2 Jose Uepa	Nauru	12.66m	
11.76m 11.70m 12.66m FOUL 12.17m 12.51m			
3 Iowane Watisoni Wainimal	Marshall Islands	12.27m	
12.27m 10.62m FOUL 10.88m 11.10m 11.14m			
4 Bouncer Quadina	Nauru	12.23m	
FOUL 12.11m 12.03m 12.23m FOUL FOUL			
5 Kaota Ribabaiti	Kiribati	11.71m	
10.94m FOUL 11.32m 11.14m FOUL 11.71m			
6 Benjamin John Sadrugu	Marshall Islands	11.58m	
10.22m 10.68m 10.42m 11.58m 10.14m 11.00m			
7 Daniel Taisakan Joab	Northern Marianas	11.11m	
10.51m 11.11m 8.85m 10.90m 10.75m 10.83m			
8 Jared John Iglecias Ayuy	Northern Marianas	10.43m	
9.73m 10.43m 10.05m 9.89m 9.62m FOUL			
9 Lyle Pedro Andrew	Northern Marianas	9.74m	
9.74m 8.74m 9.48m			
10 Setoki Qalubau	Marshall Islands	8.87m	
FOUL 8.76m 8.87m			

Men Hammer Senior

Name	Year Team	Finals	Points
1 Lyle Pedro Andrew	Northern Marianas	33.57m	
27.98m 28.91m FOUL FOUL 33.57m 31.71m			
2 Jonathan Detageouwa	Nauru	30.16m	
25.85m 28.37m FOUL 30.14m 28.51m 30.16m			
3 Daniel Taisakan Joab	Northern Marianas	24.53m	
24.53m 23.59m 24.31m 24.15m 23.00m 23.62m			
4 Benjamin John Sadrugu	Marshall Islands	23.20m	
FOUL 22.15m 19.80m 22.46m 22.87m 23.20m			
5 Francis Tkel	Palau	20.27m	
FOUL 15.34m 16.70m 19.12m 14.57m 20.27m			
6 Setoki Qalubau	Marshall Islands	19.74m	
FOUL FOUL FOUL FOUL 19.05m 19.74m			