

Fraser Valley Cascades (M) (9-6) -vs- Mount Royal Cougars (M) (3-13)
01/25/20 at Kenyon Court

Date: 01/25/20
Time: 6:00 pm
Attendance: 185
Site: Kenyon Court

Score By Period	1	2	3	4	Total
Fraser Valley Cascades (M)	24	14	26	31	95
Mount Royal Cougars (M)	13	28	16	29	86

Fraser Valley Cascades (M) 95

#	Player	GS	MIN	FG	3PT	FT	ORB-DRB	REB	PF	A	TO	BLK	STL	PTS
03	Bains,Parm	*	31	9-18	4-11	5-5	1-2	3	4	5	3	0	0	27
04	Cooley,Matt	*	28	8-12	0-0	0-2	5-4	9	4	1	2	0	0	16
05	Bains,Sukhjot	*	31	4-15	0-2	4-9	7-8	15	3	2	2	0	2	12
11	Adediran,Daniel	*	26	6-11	0-1	0-2	4-8	12	3	1	1	1	0	12
02	Toor,Vick	*	35	3-6	0-1	2-2	0-5	5	2	3	1	0	0	8
06	Sekhon,Jordyn		21	3-6	1-3	2-3	1-2	3	4	0	1	1	0	9
14	Bains,Sukhraj		6	3-3	0-0	0-0	2-2	4	3	0	0	0	0	6
07	Hadzovic,Kenan		3	1-1	1-1	0-0	0-0	0	0	0	0	0	0	3
08	Bajwa,Jaskarn		12	1-4	0-2	0-0	0-2	2	0	0	2	0	0	2
09	Mihaila,Vlad		7	0-2	0-2	0-0	0-1	1	0	1	0	0	0	0
TM	TEAM		0	0-0	0-0	0-0	1-2	3	0	0	0	0	0	0
Totals		-	200	38-78	6-23	13-23	21-36	57	23	13	12	2	2	95

Team Summary	FG		3PT		FT	
1st Quarter	11-19	57.89 %	1-4	25.00 %	1-1	100.00 %
2nd Quarter	6-18	33.33 %	2-9	22.22 %	0-2	0.00 %
3rd Quarter	12-26	46.15 %	2-5	40.00 %	0-2	0.00 %
4th Quarter	9-15	60.00 %	1-5	20.00 %	12-18	66.67 %
Total	38-78	48.7 %	6-23	26.1 %	13-23	56.5 %

Technical Fouls: none **Second Chance Points:** 20 **Scores Tied:** 4 times(s) **Points in the Paint:** 62 **Fast Break Points:** 12
Lead Changed: 6 times(s) **Points off Turnovers:** 7 **Bench Points:** 20 **Largest Lead:** 0 0

Mount Royal Cougars (M) 86

#	Player	GS	MIN	FG	3PT	FT	ORB-DRB	REB	PF	A	TO	BLK	STL	PTS
23	Guinto,Matthew	*	29	10-16	5-9	5-6	1-3	4	2	2	3	0	3	30
12	Pahl,Adam	*	31	5-17	1-7	5-5	2-5	7	1	2	0	1	0	16
24	Anderson,Lincoln	*	21	2-9	1-6	3-4	0-3	3	0	0	0	1	1	8
08	Tomie,Holt	*	29	1-5	1-1	0-0	0-3	3	3	3	0	0	0	3
07	Taylor,Quinn	*	18	1-2	0-1	0-0	2-2	4	1	2	1	0	0	2
05	Petrone,Nate		23	5-8	0-1	2-2	1-1	2	5	0	1	0	0	12
09	Lutes,Dylan		16	3-9	1-3	1-2	4-4	8	4	1	0	0	1	8
02	Fullerton,Matthew		11	1-3	0-1	0-0	0-0	0	1	1	0	0	0	2
34	Mawien,Mawien		9	1-2	0-1	0-1	0-1	1	1	0	0	1	0	2
13	Singh,Jaskaran		3	0-1	0-0	2-2	1-0	1	0	0	0	0	0	2
01	Amadou,Moreau		10	0-3	0-1	1-2	0-1	1	0	0	2	1	0	1
TM	TEAM		0	0-0	0-0	0-0	1-1	2	0	0	0	0	0	0
Totals		-	200	29-75	9-31	19-24	12-24	36	18	11	7	4	5	86

Team Summary	FG		3PT		FT	
1st Quarter	5-15	33.33 %	2-7	28.57 %	1-2	50.00 %
2nd Quarter	7-23	30.43 %	4-12	33.33 %	10-11	90.91 %
3rd Quarter	6-17	35.29 %	2-8	25.00 %	2-4	50.00 %
4th Quarter	11-20	55.00 %	1-4	25.00 %	6-7	85.71 %
Total	29-75	38.7 %	9-31	29.0 %	19-24	79.2 %

Technical Fouls: (1) TEAM **Second Chance Points:** 13 **Scores Tied:** 4 times(s) **Points in the Paint:** 36 **Fast Break Points:** 11
Lead Changed: 6 times(s) **Points off Turnovers:** 13 **Bench Points:** 27 **Largest Lead:** 0 0

1st Play By Play

VISITORS: Fraser Valley Cascades (M)	Time	Score	Margin	HOME TEAM: Mount Royal Cougars (M)
GOOD LAYUP by COOLEY,MATT(in the paint)	09:42	2-0	V 2	
ASSIST by ADEDIRAN,DANIEL	--			
	09:22	2-3	H 1	GOOD 3PTR by GUINTO,MATTHEW
	--			ASSIST by TOMIE,HOLT
GOOD JUMPER by ADEDIRAN,DANIEL(in the paint)	09:00	4-3	V 1	
	08:37			MISS 3PTR by ANDERSON,LINCOLN
REBOUND DEF by TOOR,VICK	--			
MISS JUMPER by BAINS,PARM	08:22			
	--			REBOUND DEF by TOMIE,HOLT
FOUL by BAINS,SUKHJOT	07:57			
FOUL by BAINS,PARM	07:53			
	07:53			MISS 3PTR by ANDERSON,LINCOLN
REBOUND DEF by BAINS,PARM	--			
	07:48			FOUL by GUINTO,MATTHEW
MISS 3PTR by BAINS,PARM	07:40			
	--			REBOUND DEF by GUINTO,MATTHEW
	07:31			TURNOVER by GUINTO,MATTHEW
TURNOVER by BAINS,PARM	07:10			
	06:47			MISS LAYUP by ANDERSON,LINCOLN(in the paint)
REBOUND DEF by BAINS,SUKHJOT	--			
MISS LAYUP by COOLEY,MATT(in the paint)	06:30			
REBOUND OFF by COOLEY,MATT	--			
GOOD LAYUP by COOLEY,MATT(in the paint)	06:27	6-3	V 3	
	06:13			MISS 3PTR by PAHL,ADAM
REBOUND DEF by ADEDIRAN,DANIEL	--			
GOOD LAYUP by ADEDIRAN,DANIEL(in the paint)	05:55	8-3	V 5	
ASSIST by BAINS,PARM	--			
	05:38	8-6	V 2	GOOD 3PTR by ANDERSON,LINCOLN
	--			ASSIST by PAHL,ADAM
MISS JUMPER by COOLEY,MATT	05:16			
REBOUND OFF by ADEDIRAN,DANIEL	--			
GOOD LAYUP by BAINS,PARM(in the paint)	05:07	10-6	V 4	
	04:50			MISS JUMPER by TOMIE,HOLT
REBOUND DEF by BAINS,SUKHJOT	--			
MISS 3PTR by BAINS,PARM	04:37			
REBOUND OFF by COOLEY,MATT	--			
SUB OUT by TOOR,VICK	04:34			
SUB OUT by BAINS,SUKHJOT	04:34			
SUB IN by SEKHON,JORDYN	04:34			
SUB IN by BAJWA,JASKARN	04:34			
MISS JUMPER by BAJWA,JASKARN(in the paint)	04:25			
	--			REBOUND DEF by ANDERSON,LINCOLN
	04:18			MISS LAYUP by GUINTO,MATTHEW(in the paint)
REBOUND DEF by BAINS,PARM	--			
	04:01			SUB OUT by GUINTO,MATTHEW
	04:01			SUB IN by PETRONE,NATE
SUB OUT by COOLEY,MATT	04:01			
SUB OUT by ADEDIRAN,DANIEL	04:01			
SUB IN by MIHAILA,VLAD	04:01			
SUB IN by BAINS,SUKHRAJ	04:01			
TURNOVER by BAJWA,JASKARN	03:54			
	03:54			STEAL by ANDERSON,LINCOLN
	03:50			MISS LAYUP by PETRONE,NATE(in the paint)
REBOUND DEF by SEKHON,JORDYN	--			
BLOCK by SEKHON,JORDYN	03:50			
TURNOVER by BAINS,PARM	03:41			
	03:30	10-8	V 2	GOOD LAYUP by PAHL,ADAM(in the paint)
FOUL by BAINS,SUKHRAJ	03:30			

	03:30			SUB OUT by TOMIE,HOLT
	03:30			SUB OUT by ANDERSON,LINCOLN
	03:30			SUB IN by FULLERTON,MATTHEW
	03:30			SUB IN by LUTES,DYLAN
	03:30	10-9	V 1	GOOD FT by PAHL,ADAM
MISS 3PTR by BAINS,PARM	03:19			
	--			REBOUND DEF by LUTES,DYLAN
	03:03			SUB OUT by PAHL,ADAM
	03:03			SUB IN by MAWIEN,MAWIEN
SUB OUT by BAINS,PARM	03:03			
SUB IN by TOOR,VICK	03:03			
	03:03			SUB OUT by TAYLOR,QUINN
	03:03			SUB IN by AMADOU,MOREAU
	03:00			TURNOVER by AMADOU,MOREAU
MISS LAYUP by TOOR,VICK(in the paint)	02:49			
REBOUND OFF by BAINS,SUKHRAJ	--			
GOOD LAYUP by BAINS,SUKHRAJ(in the paint)	02:46	12-9	V 3	
	02:34	12-11	V 1	GOOD JUMPER by LUTES,DYLAN
	--			ASSIST by FULLERTON,MATTHEW
GOOD JUMPER by SEKHON,JORDYN(in the paint)	02:18	14-11	V 3	
	02:18			FOUL by PETRONE,NATE
GOOD FT by SEKHON,JORDYN	02:18	15-11	V 4	
	02:09	15-13	V 2	GOOD LAYUP by MAWIEN,MAWIEN(in the paint)
FOUL by BAINS,SUKHRAJ	02:09			
SUB OUT by BAINS,SUKHRAJ	02:09			
SUB IN by COOLEY,MATT	02:09			
	02:09			MISS FT by MAWIEN,MAWIEN
REBOUND DEF by MIHAILA,VLAD	--			
GOOD LAYUP by COOLEY,MATT(in the paint)	01:53	17-13	V 4	
	01:29			MISS 3PTR by AMADOU,MOREAU
REBOUND DEF by COOLEY,MATT	--			
	01:22			FOUL by FULLERTON,MATTHEW
GOOD LAYUP by COOLEY,MATT(in the paint)	01:15	19-13	V 6	
	00:57			MISS JUMPER by AMADOU,MOREAU(in the paint)
REBOUND DEF by COOLEY,MATT	--			
GOOD 3PTR by SEKHON,JORDYN	00:48	22-13	V 9	
ASSIST by MIHAILA,VLAD	--			
	00:32			MISS 3PTR by LUTES,DYLAN
REBOUND DEF by BAJWA,JASKARN	--			
GOOD LAYUP by TOOR,VICK(in the paint)	00:09	24-13	V 11	

2nd Play By Play

VISITORS: Fraser Valley Cascades (M)	Time	Score	Margin	HOME TEAM: Mount Royal Cougars (M)
	10:00			SUB OUT by AMADOU,MOREAU
	10:00			SUB OUT by FULLERTON,MATTHEW
	10:00			SUB OUT by PETRONE,NATE
	10:00			SUB OUT by LUTES,DYLAN
	10:00			SUB OUT by MAWIEN,MAWIEN
	10:00			SUB IN by TAYLOR,QUINN
	10:00			SUB IN by TOMIE,HOLT
	10:00			SUB IN by PAHL,ADAM
	10:00			SUB IN by GUINTO,MATTHEW
	10:00			SUB IN by ANDERSON,LINCOLN
	09:47	24-16	V 8	GOOD 3PTR by GUINTO,MATTHEW
	--			ASSIST by TAYLOR,QUINN
GOOD LAYUP by COOLEY,MATT(in the paint)	09:33	26-16	V 10	
	09:18			MISS 3PTR by PAHL,ADAM
	--			REBOUND OFF by GUINTO,MATTHEW
	09:14	26-18	V 8	GOOD LAYUP by GUINTO,MATTHEW(in the paint)
MISS 3PTR by MIHAILA,VLAD	09:03			

	--				REBOUND DEF by GUINTO,MATTHEW
	08:40				MISS JUMPER by PAHL,ADAM(in the paint)
	--				REBOUND OFF by TAYLOR,QUINN
SUB OUT by TOOR,VICK	08:37				
SUB OUT by COOLEY,MATT	08:37				
SUB OUT by BAJWA,JASKARN	08:37				
SUB IN by BAINS,PARM	08:37				
SUB IN by BAINS,SUKHJOT	08:37				
SUB IN by ADEDIRAN,DANIEL	08:37				
FOUL by ADEDIRAN,DANIEL	08:32				
	08:32	26-19	V 7		GOOD FT by PAHL,ADAM
	08:32	26-20	V 6		GOOD FT by PAHL,ADAM
TURNOVER by BAINS,SUKHJOT	08:31				
	08:25				MISS JUMPER by TOMIE,HOLT(in the paint)
BLOCK by ADEDIRAN,DANIEL	08:25				
REBOUND DEF by ADEDIRAN,DANIEL	--				
MISS 3PTR by MIHAILA,VLAD	08:16				
	--				REBOUND DEF by TAYLOR,QUINN
	08:04				MISS 3PTR by ANDERSON,LINCOLN
REBOUND DEF by SEKHON,JORDYN	--				
MISS JUMPER by ADEDIRAN,DANIEL(in the paint)	07:49				
	--				REBOUND DEF by TAYLOR,QUINN
	07:41				MISS 3PTR by GUINTO,MATTHEW
	--				REBOUND OFF by PAHL,ADAM
FOUL by SEKHON,JORDYN	07:28				
	07:28	26-21	V 5		GOOD FT by ANDERSON,LINCOLN
	07:28	26-22	V 4		GOOD FT by ANDERSON,LINCOLN
MISS JUMPER by BAINS,PARM(in the paint)	07:16				
	--				REBOUND DEF by ANDERSON,LINCOLN
	07:06	26-25	V 1		GOOD 3PTR by GUINTO,MATTHEW
TIMEOUT TEAM by TEAM	07:03				
SUB OUT by MIHAILA,VLAD	07:03				
SUB OUT by ADEDIRAN,DANIEL	07:03				
SUB IN by TOOR,VICK	07:03				
SUB IN by COOLEY,MATT	07:03				
FOUL by SEKHON,JORDYN	06:50				
TURNOVER by SEKHON,JORDYN	06:50				
	06:30				MISS 3PTR by PAHL,ADAM
REBOUND DEF by TOOR,VICK	--				
TURNOVER by BAINS,PARM	06:23				
	06:23				STEAL by GUINTO,MATTHEW
	06:19	26-27	H 1		GOOD LAYUP by GUINTO,MATTHEW(fastbreak)(in the paint)
FOUL by BAINS,PARM	06:19				
	06:19	26-28	H 2		GOOD FT by GUINTO,MATTHEW(fastbreak)
GOOD 3PTR by BAINS,PARM(fastbreak)	06:12	29-28	V 1		
ASSIST by BAINS,SUKHJOT	--				
SUB OUT by BAINS,PARM	05:58				
SUB OUT by BAINS,SUKHJOT	05:58				
SUB IN by HADZOVIC,KENAN	05:58				
SUB IN by BAJWA,JASKARN	05:58				
	05:51				MISS JUMPER by PAHL,ADAM
REBOUND DEF by BAJWA,JASKARN	--				
MISS LAYUP by TOOR,VICK(in the paint)	05:43				
REBOUND OFF by COOLEY,MATT	--				
	05:42				FOUL by TAYLOR,QUINN
	05:42				SUB OUT by TAYLOR,QUINN
	05:42				SUB OUT by ANDERSON,LINCOLN
	05:42				SUB IN by PETRONE,NATE
	05:42				SUB IN by LUTES,DYLAN
TURNOVER by BAJWA,JASKARN	05:35				
	05:35				STEAL by GUINTO,MATTHEW
FOUL by SEKHON,JORDYN	05:31				

	05:31			MISS FT by GUINTO,MATTHEW(fastbreak)
	--			REBOUND DEADB by TEAM
	05:31	29-29		GOOD FT by GUINTO,MATTHEW(fastbreak)
SUB OUT by SEKHON,JORDYN	05:31			
SUB IN by ADEDIRAN,DANIEL	05:31			
TURNOVER by ADEDIRAN,DANIEL	05:29			
	05:29			STEAL by LUTES,DYLAN
	05:25	29-32	H 3	GOOD 3PTR by GUINTO,MATTHEW
	--			ASSIST by LUTES,DYLAN
MISS 3PTR by TOOR,VICK	05:07			
	--			REBOUND DEF by TEAM
FOUL by COOLEY,MATT	05:05			
	05:05	29-33	H 4	GOOD FT by PAHL,ADAM(fastbreak)
	05:05	29-34	H 5	GOOD FT by PAHL,ADAM(fastbreak)
	04:58			FOUL by LUTES,DYLAN
SUB OUT by BAJWA,JASKARN	04:58			
SUB IN by BAINS,PARM	04:58			
MISS FT by ADEDIRAN,DANIEL(fastbreak)	04:58			
REBOUND DEADB by TEAM	--			
MISS FT by ADEDIRAN,DANIEL(fastbreak)	04:58			
	--			REBOUND DEF by LUTES,DYLAN
	04:42			MISS 3PTR by LUTES,DYLAN
REBOUND DEF by ADEDIRAN,DANIEL	--			
GOOD 3PTR by HADZOVIC,KENAN	04:28	32-34	H 2	
ASSIST by BAINS,PARM	--			
	04:14			MISS JUMPER by LUTES,DYLAN
REBOUND DEF by ADEDIRAN,DANIEL	--			
GOOD JUMPER by BAINS,PARM	03:57	34-34		
ASSIST by COOLEY,MATT	--			
	03:35	34-37	H 3	GOOD 3PTR by TOMIE,HOLT
	--			ASSIST by PAHL,ADAM
MISS 3PTR by BAINS,PARM	03:21			
REBOUND OFF by COOLEY,MATT	--			
TURNOVER by COOLEY,MATT	03:09			
	03:09			STEAL by GUINTO,MATTHEW
	03:09			SUB OUT by LUTES,DYLAN
	03:09			SUB OUT by GUINTO,MATTHEW
	03:09			SUB IN by AMADOU,MOREAU
	03:09			SUB IN by SINGH,JASKARAN
SUB OUT by HADZOVIC,KENAN	03:09			
SUB IN by BAINS,SUKHJOT	03:09			
	03:00			MISS 3PTR by PAHL,ADAM
REBOUND DEF by TEAM	--			
	02:55			SUB OUT by TOMIE,HOLT
	02:55			SUB IN by FULLERTON,MATTHEW
MISS 3PTR by BAINS,PARM	02:39			
	--			REBOUND DEF by PAHL,ADAM
	02:21			MISS JUMPER by PAHL,ADAM(in the paint)
	--			REBOUND OFF by TEAM
	02:18			SUB OUT by PAHL,ADAM
	02:18			SUB IN by MAWIEN,MAWIEN
	02:18			TIMEOUT TEAM by TEAM
	02:14			MISS JUMPER by SINGH,JASKARAN
	--			REBOUND OFF by SINGH,JASKARAN
FOUL by ADEDIRAN,DANIEL	02:07			
	02:07	34-38	H 4	GOOD FT by SINGH,JASKARAN
	02:07	34-39	H 5	GOOD FT by SINGH,JASKARAN
MISS 3PTR by ADEDIRAN,DANIEL	01:57			
REBOUND OFF by BAINS,PARM	--			
MISS LAYUP by BAINS,SUKHJOT(in the paint)	01:42			
	01:42			BLOCK by MAWIEN,MAWIEN
REBOUND OFF by ADEDIRAN,DANIEL	--			

GOOD JUMPER by COOLEY,MATT(in the paint)	01:36	36-39	H 3	
	01:10			MISS LAYUP by AMADOU,MOREAU(in the paint)
REBOUND DEF by ADEDIRAN,DANIEL	--			
MISS 3PTR by BAINS,SUKHJOT	00:57			
	--			REBOUND DEF by MAWIEN,MAWIEN
	00:47			MISS JUMPER by PETRONE,NATE(in the paint)
REBOUND DEF by BAINS,SUKHJOT	--			
MISS LAYUP by BAINS,SUKHJOT(in the paint)	00:39			
	00:39			BLOCK by AMADOU,MOREAU
REBOUND OFF by TEAM	--			
GOOD LAYUP by ADEDIRAN,DANIEL(in the paint)	00:35	38-39	H 1	
ASSIST by BAINS,PARM	--			
	00:22			MISS 3PTR by MAWIEN,MAWIEN
	--			REBOUND OFF by PETRONE,NATE
	00:17	38-41	H 3	GOOD LAYUP by PETRONE,NATE(in the paint)
TURNOVER by TOOR,VICK	00:04			
	00:04			SUB OUT by MAWIEN,MAWIEN
	00:04			SUB IN by ANDERSON,LINCOLN
	00:01			MISS 3PTR by ANDERSON,LINCOLN

3rd Play By Play

VISITORS: Fraser Valley Cascades (M)	Time	Score	Margin	HOME TEAM: Mount Royal Cougars (M)
	10:00			SUB OUT by AMADOU,MOREAU
	10:00			SUB OUT by FULLERTON,MATTHEW
	10:00			SUB OUT by PETRONE,NATE
	10:00			SUB OUT by SINGH,JASKARAN
	10:00			SUB IN by TAYLOR,QUINN
	10:00			SUB IN by TOMIE,HOLT
	10:00			SUB IN by PAHL,ADAM
	10:00			SUB IN by GUINTO,MATTHEW
MISS JUMPER by ADEDIRAN,DANIEL(in the paint)	09:49			
	09:49			BLOCK by ANDERSON,LINCOLN
	--			REBOUND DEF by PAHL,ADAM
	09:31			MISS LAYUP by PAHL,ADAM(in the paint)
REBOUND DEF by ADEDIRAN,DANIEL	--			
MISS LAYUP by BAINS,SUKHJOT(in the paint)	09:19			
REBOUND OFF by BAINS,SUKHJOT	--			
MISS LAYUP by BAINS,SUKHJOT(in the paint)	09:15			
REBOUND OFF by BAINS,SUKHJOT	--			
MISS JUMPER by BAINS,SUKHJOT(in the paint)	09:11			
	--			REBOUND DEF by PAHL,ADAM
	09:03	38-43	H 5	GOOD LAYUP by GUINTO,MATTHEW(in the paint)
	--			ASSIST by TOMIE,HOLT
GOOD LAYUP by BAINS,PARM(in the paint)	08:52	40-43	H 3	
	08:32	40-45	H 5	GOOD JUMPER by TAYLOR,QUINN(in the paint)
MISS JUMPER by ADEDIRAN,DANIEL	08:27			
	--			REBOUND DEF by PAHL,ADAM
	08:17			MISS 3PTR by ANDERSON,LINCOLN
REBOUND DEF by BAINS,SUKHJOT	--			
GOOD LAYUP by ADEDIRAN,DANIEL(in the paint)	07:59	42-45	H 3	
ASSIST by BAINS,PARM	--			
	07:43			MISS JUMPER by ANDERSON,LINCOLN
REBOUND DEF by ADEDIRAN,DANIEL	--			
	07:37			FOUL by TOMIE,HOLT
GOOD LAYUP by COOLEY,MATT(in the paint)	07:27	44-45	H 1	
FOUL by ADEDIRAN,DANIEL	07:01			
	07:01	44-46	H 2	GOOD FT by ANDERSON,LINCOLN
	07:01			MISS FT by ANDERSON,LINCOLN
REBOUND DEF by COOLEY,MATT	--			
GOOD LAYUP by COOLEY,MATT(in the paint)	06:39	46-46		

	06:24			MISS 3PTR by TAYLOR,QUINN
	--			REBOUND OFF by TAYLOR,QUINN
	06:19			TURNOVER by TAYLOR,QUINN
STEAL by BAINS,SUKHJOT	06:19			
	06:15			FOUL by PAHL,ADAM
MISS FT by BAINS,SUKHJOT(fastbreak)	06:15			
REBOUND DEADB by TEAM	--			
MISS FT by BAINS,SUKHJOT(fastbreak)	06:15			
	--			REBOUND DEF by PAHL,ADAM
	05:57			MISS 3PTR by GUINTO,MATTHEW
REBOUND DEF by TOOR,VICK	--			
GOOD 3PTR by BAINS,PARM	05:47	49-46	V 3	
ASSIST by TOOR,VICK	--			
	05:19	49-48	V 1	GOOD LAYUP by GUINTO,MATTHEW(in the paint)
GOOD LAYUP by BAINS,PARM(in the paint)	05:07	51-48	V 3	
	04:58	51-51		GOOD 3PTR by PAHL,ADAM
	--			ASSIST by TAYLOR,QUINN
MISS JUMPER by COOLEY,MATT(in the paint)	04:41			
	04:41			BLOCK by PAHL,ADAM
REBOUND OFF by ADEDIRAN,DANIEL	--			
GOOD 3PTR by BAINS,PARM	04:34	54-51	V 3	
FOUL by BAINS,PARM	04:22			
SUB OUT by BAINS,PARM	04:22			
SUB OUT by COOLEY,MATT	04:22			
SUB OUT by ADEDIRAN,DANIEL	04:22			
SUB IN by SEKHON,JORDYN	04:22			
SUB IN by BAJWA,JASKARN	04:22			
SUB IN by BAINS,SUKHRAJ	04:22			
	04:08			MISS JUMPER by TOMIE,HOLT(in the paint)
REBOUND DEF by BAINS,SUKHRAJ	--			
MISS JUMPER by BAINS,SUKHJOT(in the paint)	03:53			
REBOUND OFF by BAINS,SUKHJOT	--			
GOOD LAYUP by BAINS,SUKHJOT(in the paint)	03:49	56-51	V 5	
	03:43	56-53	V 3	GOOD LAYUP by ANDERSON,LINCOLN(in the paint)
GOOD LAYUP by BAINS,SUKHRAJ(in the paint)	03:31	58-53	V 5	
ASSIST by TOOR,VICK	--			
	03:20			MISS 3PTR by PAHL,ADAM
REBOUND DEF by BAINS,SUKHRAJ	--			
MISS 3PTR by BAJWA,JASKARN	03:11			
REBOUND OFF by SEKHON,JORDYN	--			
	03:07			FOUL by TOMIE,HOLT
	03:07			SUB OUT by TAYLOR,QUINN
	03:07			SUB OUT by ANDERSON,LINCOLN
	03:07			SUB IN by PETRONE,NATE
	03:07			SUB IN by LUTES,DYLAN
FOUL by BAINS,SUKHJOT	03:01			
TURNOVER by BAINS,SUKHJOT	03:01			
	02:51			TURNOVER by PETRONE,NATE
GOOD JUMPER by TOOR,VICK(in the paint)	02:44	60-53	V 7	
	02:32			MISS LAYUP by PAHL,ADAM(in the paint)
REBOUND DEF by BAINS,SUKHJOT	--			
GOOD DUNK by BAJWA,JASKARN(fastbreak)(in the paint)	02:27	62-53	V 9	
	02:26			TIMEOUT TEAM by TEAM
	02:26			SUB OUT by PAHL,ADAM
	02:26			SUB IN by MAWIEN,MAWIEN
FOUL by TOOR,VICK	02:18			
	02:17			TURNOVER by GUINTO,MATTHEW
	02:17			SUB OUT by TOMIE,HOLT
	02:17			SUB IN by FULLERTON,MATTHEW
MISS 3PTR by BAJWA,JASKARN	02:06			
	--			REBOUND DEF by PETRONE,NATE
	01:48	62-56	V 6	GOOD 3PTR by LUTES,DYLAN

	--	ASSIST	by	GUINTO,MATTHEW
MISS 3PTR by SEKHON,JORDYN	01:30			
	--	REBOUND DEF	by	LUTES,DYLAN
	01:20	MISS JUMPER	by	GUINTO,MATTHEW
REBOUND DEF by BAINS,SUKHJOT	--			
MISS LAYUP by BAINS,SUKHJOT(in the paint)	01:11			
REBOUND OFF by BAINS,SUKHJOT	--			
MISS LAYUP by BAINS,SUKHJOT(in the paint)	01:08			
REBOUND OFF by BAINS,SUKHJOT	--			
MISS LAYUP by BAINS,SUKHJOT(in the paint)	01:04			
REBOUND OFF by BAINS,SUKHRAJ	--			
GOOD LAYUP by BAINS,SUKHRAJ(in the paint)	01:00	64-56	V	8
	00:37	MISS 3PTR	by	PETRONE,NATE
	--	REBOUND OFF	by	LUTES,DYLAN
FOUL	00:34			
SUB OUT by BAINS,SUKHRAJ	00:34			
SUB IN by COOLEY,MATT	00:34			
	00:34	SUB OUT	by	GUINTO,MATTHEW
	00:34	SUB IN	by	AMADOU,MOREAU
	00:34	MISS FT	by	LUTES,DYLAN
	--	REBOUND DEADB	by	TEAM
	00:34	64-57	V	7
MISS JUMPER by SEKHON,JORDYN(in the paint)	00:27	GOOD FT	by	LUTES,DYLAN
	--	REBOUND DEF	by	LUTES,DYLAN
	00:07	MISS 3PTR	by	FULLERTON,MATTHEW
REBOUND DEF by TEAM	--			

4th Play By Play

VISITORS: Fraser Valley Cascades (M)	Time	Score	Margin	HOME TEAM: Mount Royal Cougars (M)
FOUL	09:53			
	09:44			TURNOVER
	09:31			by
GOOD FT by SEKHON,JORDYN	09:31	65-57	V	8
MISS FT by SEKHON,JORDYN	09:31			
	--			REBOUND DEF
FOUL	09:27			by
SUB OUT by TOOR,VICK	09:27			
SUB IN by BAINS,PARM	09:27			
	09:27	65-58	V	7
	09:27			GOOD FT
REBOUND DEF by COOLEY,MATT	--			MISS FT
	09:14			by
MISS 3PTR by BAINS,PARM	08:59			
REBOUND OFF by BAINS,SUKHJOT	--			
MISS 3PTR by SEKHON,JORDYN	08:51			
REBOUND OFF by BAINS,SUKHJOT	--			
GOOD LAYUP by BAINS,SUKHJOT(in the paint)	08:40	67-58	V	9
FOUL	08:36			
SUB OUT by BAJWA,JASKARN	08:36			
SUB IN by TOOR,VICK	08:36			
	08:36	67-59	V	8
	08:36	67-60	V	7
	08:34			GOOD FT
MISS FT by BAINS,SUKHJOT(fastbreak)	08:34			FOUL
REBOUND DEADB by TEAM	--			by
GOOD FT by BAINS,SUKHJOT(fastbreak)	08:34	68-60	V	8
FOUL	08:16			
	08:05	68-62	V	6
	07:54			GOOD JUMPER
	07:54			FOUL
				by
				SUB OUT

	07:54			SUB IN by PAHL,ADAM
GOOD FT by BAINS,PARM	07:54	69-62	V 7	
GOOD FT by BAINS,PARM	07:54	70-62	V 8	
	07:36	70-64	V 6	GOOD JUMPER by LUTES,DYLAN(in the paint)
GOOD 3PTR by BAINS,PARM	07:25	73-64	V 9	
	06:57			MISS JUMPER by FULLERTON,MATTHEW
	--			REBOUND OFF by LUTES,DYLAN
	06:53			MISS JUMPER by LUTES,DYLAN(in the paint)
REBOUND DEF by BAINS,SUKHJOT	--			
GOOD LAYUP by SEKHON,JORDYN(in the paint)	06:39	75-64	V 11	
ASSIST by BAINS,PARM	--			
	06:37			TIMEOUT TEAM by TEAM
	06:37			SUB OUT by AMADOU,MOREAU
	06:37			SUB OUT by FULLERTON,MATTHEW
	06:37			SUB IN by TOMIE,HOLT
	06:37			SUB IN by GUINTO,MATTHEW
SUB OUT by COOLEY,MATT	06:37			
SUB IN by AEEDIRAN,DANIEL	06:37			
	06:27	75-66	V 9	GOOD JUMPER by PETRONE,NATE(in the paint)
	06:14			FOUL by LUTES,DYLAN
MISS FT by BAINS,SUKHJOT	06:14			
REBOUND DEADB by TEAM	--			
GOOD FT by BAINS,SUKHJOT	06:14	76-66	V 10	
	06:04			TURNOVER by GUINTO,MATTHEW
STEAL by BAINS,SUKHJOT	06:04			
GOOD LAYUP by AEEDIRAN,DANIEL(fastbreak)(in the paint)	05:58	78-66	V 12	
ASSIST by BAINS,SUKHJOT	--			
	05:43	78-68	V 10	GOOD JUMPER by PETRONE,NATE(in the paint)
GOOD LAYUP by BAINS,PARM(in the paint)	05:28	80-68	V 12	
	05:18	80-70	V 10	GOOD LAYUP by PETRONE,NATE(in the paint)
MISS LAYUP by AEEDIRAN,DANIEL(in the paint)	05:00			
	--			REBOUND DEF by TOMIE,HOLT
	04:46			MISS JUMPER by PAHL,ADAM(in the paint)
	--			REBOUND OFF by LUTES,DYLAN
	04:39			MISS JUMPER by LUTES,DYLAN
REBOUND DEF by BAINS,SUKHJOT	--			
GOOD LAYUP by TOOR,VICK(in the paint)	04:22	82-70	V 12	
	04:11			MISS JUMPER by TOMIE,HOLT
	--			REBOUND OFF by LUTES,DYLAN
	04:07			MISS JUMPER by LUTES,DYLAN(in the paint)
	--			REBOUND OFF by PAHL,ADAM
	04:03	82-72	V 10	GOOD LAYUP by PAHL,ADAM(in the paint)
GOOD LAYUP by BAINS,SUKHJOT(in the paint)	03:44	84-72	V 12	
	03:28	84-74	V 10	GOOD JUMPER by PETRONE,NATE(in the paint)
MISS 3PTR by BAINS,SUKHJOT	03:11			
	--			REBOUND DEF by GUINTO,MATTHEW
FOUL by TOOR,VICK	03:03			
	03:03			SUB OUT by LUTES,DYLAN
	03:03			SUB IN by ANDERSON,LINCOLN
SUB OUT by SEKHON,JORDYN	03:03			
SUB IN by COOLEY,MATT	03:03			
	03:03	84-75	V 9	GOOD FT by GUINTO,MATTHEW(fastbreak)
	03:03	84-76	V 8	GOOD FT by GUINTO,MATTHEW(fastbreak)
GOOD JUMPER by BAINS,SUKHJOT(in the paint)	02:48	86-76	V 10	
	02:48			FOUL by TOMIE,HOLT
MISS FT by BAINS,SUKHJOT	02:48			
	--			REBOUND DEF by ANDERSON,LINCOLN
	02:36	86-78	V 8	GOOD LAYUP by PAHL,ADAM(in the paint)
	--			ASSIST by GUINTO,MATTHEW
MISS LAYUP by COOLEY,MATT(in the paint)	02:19			
REBOUND OFF by COOLEY,MATT	--			
FOUL by COOLEY,MATT	02:14			

TURNOVER by COOLEY,MATT	02:14			
	02:06	86-81	V 5	GOOD 3PTR by GUINTO,MATTHEW
	--			ASSIST by TOMIE,HOLT
	01:47			FOUL by GUINTO,MATTHEW
GOOD FT by BAINS,SUKHJOT	01:47	87-81	V 6	
GOOD FT by BAINS,SUKHJOT	01:47	88-81	V 7	
	01:40			MISS 3PTR by GUINTO,MATTHEW
REBOUND DEF by ADEDIRAN,DANIEL	--			
GOOD LAYUP by ADEDIRAN,DANIEL(in the paint)	01:12	90-81	V 9	
ASSIST by TOOR,VICK	--			
	01:01	90-83	V 7	GOOD JUMPER by PAHL,ADAM(in the paint)
MISS 3PTR by BAINS,PARM	00:43			
REBOUND OFF by ADEDIRAN,DANIEL	--			
	00:36			FOUL TECH by TEAM
GOOD FT by BAINS,PARM	00:36	91-83	V 8	
	00:34			FOUL by PETRONE,NATE
MISS FT by COOLEY,MATT	00:34			
REBOUND DEADB by TEAM	--			
MISS FT by COOLEY,MATT	00:34			
	--			REBOUND DEF by TOMIE,HOLT
	00:27	91-85	V 6	GOOD LAYUP by GUINTO,MATTHEW(in the paint)
FOUL by BAINS,PARM	00:27			
	00:27	91-86	V 5	GOOD FT by GUINTO,MATTHEW
TIMEOUT TEAM by TEAM	00:27			
	00:27			SUB OUT by ANDERSON,LINCOLN
	00:27			SUB IN by TAYLOR,QUINN
	00:25			FOUL by PETRONE,NATE
GOOD FT by BAINS,PARM(fastbreak)	00:25	92-86	V 6	
GOOD FT by BAINS,PARM(fastbreak)	00:25	93-86	V 7	
	00:25			TIMEOUT TEAM by TEAM
	00:18			MISS 3PTR by GUINTO,MATTHEW
REBOUND DEF by TOOR,VICK	--			
	00:14			FOUL by PETRONE,NATE
	00:14			SUB OUT by PETRONE,NATE
	00:14			SUB IN by ANDERSON,LINCOLN
GOOD FT by TOOR,VICK(fastbreak)	00:14	94-86	V 8	
GOOD FT by TOOR,VICK(fastbreak)	00:14	95-86	V 9	
	00:09			MISS 3PTR by PAHL,ADAM
REBOUND DEF by TOOR,VICK	--			