

ROUND 16 GAME DAY PROGRAM





1 FEBRUARY 5PM TIP-OFF NCCC

GAME PREVIEW

The last game of the 2019-20 regular season is here, and while the top four teams are certain, the ladder is not.

The UC Capitals will play the Adelaide Lightning and as much as this game is about a championship rivalry and what could well be a grand final preview, it's also the Capitals' final battle with the Melbourne Boomers for home-court advantage.

The semi-final series will be between 1 v 4 (the Southside Flyers and the Lightning) and 2 v 3 (the UC Capitals and the Melbourne Boomers).

The Caps and the Boomers remain equal in wins and losses, but since the reigning champs have the series split over the Boomers, the Caps currently hold the advantage.

So, here are the possible outcomes:

- Both the Capitals and Boomers win or lose their Round 16 games, and Canberra will secure a home semi-final series
- The Capitals lose and Melbourne win, and Canberra will drop to third and Melbourne takes the advantage

The UC Capitals last played the Adelaide Lightning in Round 11 on the road, not long after Kelsey Griffin was ruled out with her ankle injury. Despite going to overtime, the Caps ultimately fell by 10 points.

However, the Caps will be at home where they're notoriously tough to play having only lost one game in Canberra so far this season. Keely Froling will make a return after a broken nose and fractured cheek two weeks ago and Kelsey Griffin will continue to work back up to her usual minutes.

Round 16 is also a double-header for the Lightning, who are coming off a win over the Perth Lynx on Thursday night. It's not all good news for Adelaide, though. Nicole Seekamp hurt her ankle in the game, and it is currently uncertain how severe the injury is as she awaits scans, but it may mean she won't play on Saturday.

This will also be the final regular season game for Natalie Hurst, who played for the Capitals for over a decade and was a part of the club's seven of eight championship teams. After the Lightning's season ends, Hurst will retire and return to Canberra for a coaching gig with the Canberra Nationals.

With the two-week FIBA break before playoffs, Paul Goriss, Marianna Tolo, Kia Nurse and Olivia Epoupa will all depart after the game to meet their national teams ahead of the Pre-Olympic Qualifying Tournaments in Europe.

Let's turn it up and support the UC Capitals as they fight for the home advantage for the semi-final series.

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KELSEY GRIFFIN Height: 188cm DOB: 02/07/1987 Position: Forward



MARIANNA TOLO Height: 196cm DOB: 02/07/1989 Position: Centre



KIA NURSE Height: 183cm DOB: 22/02/1996 Position: Guard



MIKAELA RUEF Height: 191cm DOB: 20/10/1990 Position: Forward-Centre



OLIVIA EPOUPA Height: 165cm DOB: 30/04/1994 Position: Point Guard



KEELY FROLING Height: 188cm DOB: 31/01/1996 Position: Forward



MADDY ROCCI Height: 169cm DOB: 01/06/1998 Position: Guard



ABBY CUBILLO Height: 168cm DOB: 18/05/1999 Position: Guard





ALEX DELANEY Height: 183cm DOB: 21/06/1995 Position: Forward



LILY SCANLON Height: 175cm DOB: 21/02/2001 Position: Point Guard



KRISTY WALACE Height: 180cm DOB: 03/01/1996 Position: Guard



GEMMA POTTER Height: 183cm DOB: 27/02/2002 Position: Guard-Forward



SHAKERA REILLY Height: 178cm DOB: 08/09/1999 Position: Forward



MADDY WHEATLEY Height: 180cm DOB: 03/06/2002 Position: Guard



Height: 187cm DOB: 02/07/2002 Position: Forward





Official partner of the Canberra Capitals

Peoplecare Health Cover are back for another season with the University of Canberra Capitals after a steller 2018/2019 season . We wish the team the best of luck in 2019/20 WNBL season and we'll be there to cheer the team on throughout the season so make sure you come and say hi!

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Please see peoplecare.com.au/capitals for more info.





NO.	PLAYER	HEIGHT (CM)	POSITION
1	Lauren Nicholson	183	Forward
2	Crystal Langhorne	188	Forward
3	Hannah Kaser	178	Guard
6	Sarah Elsworthy	171	Guard
7	Steph Talbot	188	Guard
8	Chelsea Brook	189	Forward
10	Laura Hodges	189	Forward
11	Brianna Turner	190	Forward
16	Nat Hurst	163	Guard
21	Ruby Porter	178	Forward
35	Nicole Seekamp	178	Guard

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