

FEMSPORT

Women's Strength + Fitness Challenge



FEMSPORT Edmonton Challenge – July 27, 2013



CHI Bursary Winner: Danielle Smith



NOVICE

TEAM: TOTALS

TEAM NAME - NOVICE	POINTS	PLACE
Pumas	161.5	1
The She Ra's	253.0	2
Crazy Train	280.5	3
Faithful Fitness Foxes	347.5	4
Throws Like a Girl	415.0	5
Triple Threat	483.0	6
WOD Squad	540.0	7
The Donna's	564.0	8
Faithful Fitness Females	564.0	8
Girls on Fire	603.0	10
Artemis 3	730.0	11
Adrenaline Rush	755.5	12

NOVICE

INDIVIDUAL: TOTALS

#	NOVICE NAME	TEAM	Final Rank	Overall Points
26	Hala Kaiss	The She Ra's	1	27.0
20	Feliscia Iannetti	Pumas	2	34.5
53	Tala Humen		3	51.5
19	Anne-Marie Nelson	Pumas	4	53.5
29	Kari Skierka	Throws Like a Girl	5	64.0
45	Jana Tabaka		6	65.0
17	Nicole Tremblay	Girls on Fire	6	65.0
47	Khalia Van Iderstine		8	71.5
21	Leanne Bruce	Pumas	9	73.5
52	Shawna Persaud		10	77.5
8	Chelsea Kyle	Crazy Train	11	81.0
33	Terri Drynan	Triple Threat	12	85.5
13	Amanda Hamel	Faithful Fitness Foxes	13	88.5
7	Alysha Carlson	Crazy Train	14	89.0
25	Michele Nesbitt	The She Ra's	15	90.0
41	Dru Becker		16	92.5
36	Deanna Hamilton	WOD Squad	17	94.0
14	Sophie Coutu	Faithful Fitness Foxes	18	96.0

56	Victoria Jessome		19	99.5
50	Monique St., Pierre		20	105.5
9	Kate Foreman	Crazy Train	21	110.5
30	Phoebe Hugo	Throws Like a Girl	22	123.0
27	Kristi Larson	The She Ra's	23	136.0
39	Courtney White		24	139.0
12	Terri Martin	Faithful Fitness Females	25	140.5
44	Jamie Arthurs		26	153.5
23	Tracy Stadnik	The Donna's	27	157.5
15	Vicki Westerdorf	Faithful Fitness Foxes	28	163.0
46	Jennifer Clifford		29	167.0
37	Anita Weiler		30	168.5
49	Marlo McNelly		31	170.5
40	Cynthia Smith		31	170.5
55	Valerie Schneider		33	182.0
35	Christine Flis	WOD Squad	33	182.0
31	Gina Derksen	Triple Threat	35	190.5
11	Jessica Law	Faithful Fitness Females	36	191.0
24	Wendy Teefy	The Donna's	37	197.5
51	Rebecca Bell		38	200.5
38	Carrol Heinsma		39	204.0
32	Shannon Olsen	Triple Threat	40	207.0
6	Pamela Culligan	Artemis 3	41	208.5
22	Dawn-Marie Jack	The Donna's	42	209.0
43	Holly Forbes		43	216.0
3	Leanne White	Adrenaline Rush	44	228.0
28	Ashley Jacobsen	Throws Like a Girl	44	228.0
10	Elizabeth McGregor	Faithful Fitness Females	46	232.5
42	Gail Roddick		47	236.5
4	Crystal Wiersma	Artemis 3	48	244.5
18	Shawna Lemiski	Girls on Fire	49	246.0
2	Jessi Sears	Adrenaline Rush	50	247.5
34	Cerri Durrant	WOD Squad	51	264.0
54	Tanya Kaliel		52	276.5
5	Darlene Evanoff	Artemis 3	53	277.0
1	Beckie Kuefler	Adrenaline Rush	54	280.0
48	Kim Ashley		55	280.5
16	Heidi Swabey	Girls on Fire	56	292.0

NOVICE

INDIVIDUAL: EVENT RESULTS

Note: Each competitor received 1 point for Inverted Rows which were not performed at this event.

KETTLEBELL LIFT – NOVICE							
#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
26	Hala Kaiss	The She Ra's	00:34.47		00:34.47	1	1
20	Feliscia Iannetti	Pumas	00:34.81		00:34.81	2	2
7	Alysha Carlson	Crazy Train	00:37.19		00:37.19	3	3
13	Amanda Hamel	Faithful Fitness Foxes	00:37.22		00:37.22	4	4
14	Sophie Coutu	Faithful Fitness Foxes	00:37.41		00:37.41	5	5
17	Nicole Tremblay	Girls on Fire	00:37.66		00:37.66	6	6

25	Michele Nesbitt	The She Ra's	00:37.75		00:37.75	7	7
8	Chelsea Kyle	Crazy Train	00:37.84		00:37.84	8	8
41	Dru Becker		00:38.16		00:38.16	9	9
19	Anne-Marie Nelson	Pumas	00:35.38	00:03.00	00:38.38	10	10
45	Jana Tabaka		00:38.56		00:38.56	11	11
33	Terri Drynan	Triple Threat	00:38.69		00:38.69	12	12
21	Leanne Bruce	Pumas	00:37.69	00:01.00	00:38.69	13	13
29	Kari Skierka	Throws Like a Girl	00:36.81	00:02.00	00:38.81	14	14
53	Tala Humen		00:37.94	00:01.00	00:38.94	15	15
36	Deanna Hamilton	WOD Squad	00:39.12		00:39.12	16	16
50	Monique St., Pierre		00:39.22		00:39.22	17	17
9	Kate Foreman	Crazy Train	00:39.62		00:39.62	18	18
39	Courtney White		00:39.88		00:39.88	19	19
27	Kristi Larson	The She Ra's	00:40.34		00:40.34	20	20
47	Khalia Van Iderstine		00:40.62		00:40.62	21	21
37	Anita Weiler		00:40.62		00:40.62	21	21
56	Victoria Jessome		00:40.94		00:40.94	23	23
52	Shawna Persaud		00:40.22	00:01.00	00:41.22	24	24
44	Jamie Arthurs		00:41.53		00:41.53	25	25
12	Terri Martin	Faithful Fitness Females	00:41.63		00:41.63	26	26
40	Cynthia Smith		00:41.65		00:41.65	27	27
6	Pamela Culligan	Artemis 3	00:41.72		00:41.72	28	28
31	Gina Derksen	Triple Threat	00:42.12		00:42.12	29	29
30	Phoebe Hugo	Throws Like a Girl	00:40.22	00:02.00	00:42.22	30	30
23	Tracy Stadnik	The Donna's	00:41.60	00:01.00	00:42.60	31	31
24	Wendy Teefy	The Donna's	00:42.85		00:42.85	32	32
22	Dawn-Marie Jack	The Donna's	00:42.97		00:42.97	33	33
55	Valerie Schneider		00:43.34		00:43.34	34	34
32	Shannon Olsen	Triple Threat	00:42.00	00:02.00	00:44.00	35	35
49	Marlo McNelly		00:41.10	00:03.00	00:44.10	36	36
4	Crystal Wiersma	Artemis 3	00:44.59		00:44.59	37	37
15	Vicki Westerdorf	Faithful Fitness Foxes	00:44.66		00:44.66	38	38
28	Ashley Jacobsen	Throws Like a Girl	00:44.78		00:44.78	39	39
10	Elizabeth McGregor	Faithful Fitness Females	00:44.81		00:44.81	40	40
11	Jessica Law	Faithful Fitness Females	00:44.97		00:44.97	41	41
46	Jennifer Clifford		00:45.53		00:45.53	42	42
43	Holly Forbes		00:45.68		00:45.68	43	43
38	Carrol Heinsma		00:45.78		00:45.78	44	44
35	Christine Flis	WOD Squad	00:46.00		00:46.00	45	45
51	Rebecca Bell		00:45.18	00:01.00	00:46.18	46	46
42	Gail Roddick		00:46.10	00:01.00	00:47.10	47	47
34	Cerri Durrant	WOD Squad	00:50.25		00:50.25	48	48
18	Shawna Lemiski	Girls on Fire	00:50.47		00:50.47	49	49
1	Beckie Kuefler	Adrenaline Rush	00:51.03		00:51.03	50	50
2	Jessi Sears	Adrenaline Rush	00:51.09		00:51.09	51	51
5	Darlene Evanoff	Artemis 3	00:51.25	00:01.00	00:52.25	52	52
3	Leanne White	Adrenaline Rush	00:51.47	00:02.00	00:53.47	53	53
16	Heidi Swabey	Girls on Fire	00:52.19	00:02.00	00:54.19	54	54
54	Tanya Kaliel		01:05.72		01:05.72	55	55
48	Kim Ashley		01:09.65		01:09.65	56	56

TIRE DRAG – NOVICE							
#	NAME	TEAM	DRAG TIME	PENALTY	FINAL DRAG TIME	Rank	Point Score
50	Monique St., Pierre		00:11.84	00:01.00	00:12.84	1	1

47	Khalia Van Iderstine		00:13.62		00:13.62	2	2
44	Jamie Arthurs		00:13.81		00:13.81	3	3
17	Nicole Tremblay	Girls on Fire	00:13.97		00:13.97	4	4
39	Courtney White		00:14.06		00:14.06	5	5
52	Shawna Persaud		00:14.59		00:14.59	6	6
36	Deanna Hamilton	WOD Squad	00:15.31		00:15.31	7	7
45	Jana Tabaka		00:15.53		00:15.53	8	8
53	Tala Humen		00:15.65		00:15.65	9	9
19	Anne-Marie Nelson	Pumas	00:15.85		00:15.85	10	10
37	Anita Weiler		00:15.96		00:15.96	11	11
33	Terri Drynan	Triple Threat	00:15.97		00:15.97	12	12
29	Kari Skierka	Throws Like a Girl	00:16.00		00:16.00	13	13
56	Victoria Jessome		00:16.06		00:16.06	14	14
26	Hala Kaiss	The She Ra's	00:15.75	00:01.00	00:16.75	15	15
35	Christine Flis	WOD Squad	00:16.97		00:16.97	16	16
49	Marlo McNelly		00:17.15		00:17.15	17	17
41	Dru Becker		00:17.25		00:17.25	18	18
40	Cynthia Smith		00:17.59		00:17.59	19	19
42	Gail Roddick		00:17.65		00:17.65	20	20
20	Feliscia Iannetti	Pumas	00:17.84		00:17.84	21	21
25	Michele Nesbitt	The She Ra's	00:18.38		00:18.38	22	22
43	Holly Forbes		00:19.03		00:19.03	23	23
46	Jennifer Clifford		00:19.13		00:19.13	24	24
51	Rebecca Bell		00:19.40		00:19.40	25	25
28	Ashley Jacobsen	Throws Like a Girl	00:19.41		00:19.41	26	26
24	Wendy Teefy	The Donna's	00:19.75		00:19.75	27	27
21	Leanne Bruce	Pumas	00:19.94		00:19.94	28	28
55	Valerie Schneider		00:20.28		00:20.28	29	29
30	Phoebe Hugo	Throws Like a Girl	00:20.44		00:20.44	30	30
27	Kristi Larson	The She Ra's	00:20.54		00:20.54	31	31
38	Carrol Heinsma		00:20.75		00:20.75	32	32
31	Gina Derksen	Triple Threat	00:22.34		00:22.34	33	33
7	Alysha Carlson	Crazy Train	00:23.53		00:23.53	34	34
18	Shawna Lemiski	Girls on Fire	00:23.59		00:23.59	35	35
14	Sophie Coutu	Faithful Fitness Foxes	00:23.75		00:23.75	36	36
23	Tracy Stadnik	The Donna's	00:24.03		00:24.03	37	37
22	Dawn-Marie Jack	The Donna's	00:25.06		00:25.06	38	38
13	Amanda Hamel	Faithful Fitness Foxes	00:25.62		00:25.62	39	39
8	Chelsea Kyle	Crazy Train	00:26.44		00:26.44	40	40
32	Shannon Olsen	Triple Threat	00:27.35		00:27.35	41	41
48	Kim Ashley		00:28.00		00:28.00	42	42
15	Vicki Westerdorf	Faithful Fitness Foxes	00:29.28		00:29.28	43	43
54	Tanya Kaliel		00:32.69		00:32.69	44	44
9	Kate Foreman	Crazy Train	00:34.62		00:34.62	45	45
34	Cerri Durrant	WOD Squad	00:36.38		00:36.38	46	46
11	Jessica Law	Faithful Fitness Females	00:38.19		00:38.19	47	47
16	Heidi Swabey	Girls on Fire	00:38.97		00:38.97	48	48
5	Darlene Evanoff	Artemis 3	00:40.22		00:40.22	49	49
2	Jessi Sears	Adrenaline Rush	00:40.22		00:40.22	49	49
4	Crystal Wiersma	Artemis 3	00:41.32		00:41.32	51	51
12	Terri Martin	Faithful Fitness Females	00:42.60		00:42.60	52	52
3	Leanne White	Adrenaline Rush	00:53.06		00:53.06	53	53
10	Elizabeth McGregor	Faithful Fitness Females	01:00.81	00:01.00	01:01.81	54	54
6	Pamela Culligan	Artemis 3	01:02.22		01:02.22	55	55
1	Beckie Kuefler	Adrenaline Rush	01:32.53		01:32.53	56	56

BOX JUMPS – NOVICE

#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
12	Terri Martin	Faithful Fitness Females	50	00:45.03	1	1
26	Hala Kaiss	The She Ra's	50	00:48.22	2	2
25	Michele Nesbitt	The She Ra's	50	00:50.00	3	3
53	Tala Humen		50	00:51.66	4	4
20	Feliscia Iannetti	Pumas	50	00:52.34	5	5
29	Kari Skierka	Throws Like a Girl	50	00:52.81	6	6
17	Nicole Tremblay	Girls on Fire	50	00:53.22	7	7
21	Leanne Bruce	Pumas	50	00:53.75	8	8
45	Jana Tabaka		50	00:54.31	9	9
33	Terri Drynan	Triple Threat	50	01:00.53	10	10
19	Anne-Marie Nelson	Pumas	50	01:01.75	11	11
56	Victoria Jessome		50	01:07.03	12	12
14	Sophie Coutu	Faithful Fitness Foxes	50	01:08.41	13	13
10	Elizabeth McGregor	Faithful Fitness Females	50	01:08.72	14	14
9	Kate Foreman	Crazy Train	50	01:09.25	15	15
52	Shawna Persaud		50	01:10.41	16	16
13	Amanda Hamel	Faithful Fitness Foxes	50	01:13.39	17	17
47	Khalia Van Iderstine		50	01:20.07	18	18
15	Vicki Westerdorf	Faithful Fitness Foxes	50	01:25.41	19	19
7	Alysha Carlson	Crazy Train	50	01:30.59	20	20
51	Rebecca Bell		50	01:35.07	21	21
8	Chelsea Kyle	Crazy Train	50	01:37.00	22	22
27	Kristi Larson	The She Ra's	50	01:37.56	23	23
41	Dru Becker		50	01:37.66	24	24
6	Pamela Culligan	Artemis 3	50	01:38.50	25	25
36	Deanna Hamilton	WOD Squad	50	01:40.68	26	26
22	Dawn-Marie Jack	The Donna's	50	01:40.87	27	27
30	Phoebe Hugo	Throws Like a Girl	50	01:47.32	28	28
32	Shannon Olsen	Triple Threat	50	01:47.59	29	29
3	Leanne White	Adrenaline Rush	50	01:49.91	30	30
11	Jessica Law	Faithful Fitness Females	50	01:50.53	31	31
35	Christine Flis	WOD Squad	50	01:51.10	32	32
46	Jennifer Clifford		50	01:51.91	33	33
50	Monique St., Pierre		50	01:53.93	34	34
23	Tracy Stadnik	The Donna's	50	01:55.16	35	35
40	Cynthia Smith		50	02:04.25	36	36
24	Wendy Teefy	The Donna's	50	02:05.66	37	37
4	Crystal Wiersma	Artemis 3	50	02:08.75	38	38
2	Jessi Sears	Adrenaline Rush	50	02:15.22	39	39
55	Valerie Schneider		50	02:16.72	40	40
49	Marlo McNelly		50	02:18.41	41	41
39	Courtney White		50	02:19.00	42	42
1	Beckie Kuefler	Adrenaline Rush	50	02:21.16	43	43
37	Anita Weiler		50	02:24.59	44	44
31	Gina Derksen	Triple Threat	50	02:28.28	45	45
44	Jamie Arthurs		50	02:31.41	46	46
18	Shawna Lemiski	Girls on Fire	50	02:53.57	47	47
48	Kim Ashley		47	03:00.00	48	48
42	Gail Roddick		45	03:00.00	49	49
38	Carrol Heinsma		44	03:00.00	50	50
5	Darlene Evanoff	Artemis 3	36	03:00.00	51	51
16	Heidi Swabey	Girls on Fire	26	03:00.00	52	52

34	Cerri Durrant	WOD Squad	23	03:00.00	53	53
28	Ashley Jacobsen	Throws Like a Girl	01	03:00.00	54	54
43	Holly Forbes			03:00.00	55	55
54	Tanya Kaliel			03:00.00	55	55

TIRE FLIP – NOVICE					
#	NAME	TEAM	Flip Time	Rank	Point Score
8	Chelsea Kyle	Crazy Train	00:13.22	1	1
13	Amanda Hamel	Faithful Fitness Foxes	00:13.66	2	2
9	Kate Foreman	Crazy Train	00:14.09	3	3
20	Feliscia Iannetti	Pumas	00:14.47	4	4
26	Hala Kaiss	The She Ra's	00:14.53	5	5
29	Kari Skierka	Throws Like a Girl	00:14.66	6	6
47	Khalia Van Iderstine		00:14.69	7	7
36	Deanna Hamilton	WOD Squad	00:15.12	8	8
50	Monique St., Pierre		00:15.22	9	9
7	Alysha Carlson	Crazy Train	00:15.28	10	10
44	Jamie Arthurs		00:15.30	11	11
56	Victoria Jessome		00:15.50	12	12
21	Leanne Bruce	Pumas	00:15.75	13	13
19	Anne-Marie Nelson	Pumas	00:15.81	14	14
39	Courtney White		00:16.15	15	15
46	Jennifer Clifford		00:16.41	16	16
52	Shawna Persaud		00:16.47	17	17
53	Tala Humen		00:16.50	18	18
23	Tracy Stadnik	The Donna's	00:16.62	19	19
17	Nicole Tremblay	Girls on Fire	00:16.81	20	20
45	Jana Tabaka		00:17.03	21	21
30	Phoebe Hugo	Throws Like a Girl	00:17.07	22	22
11	Jessica Law	Faithful Fitness Females	00:17.09	23	23
37	Anita Weiler		00:17.28	24	24
41	Dru Becker		00:17.28	24	24
40	Cynthia Smith		00:17.38	26	26
25	Michele Nesbitt	The She Ra's	00:17.85	27	27
27	Kristi Larson	The She Ra's	00:18.28	28	28
12	Terri Martin	Faithful Fitness Females	00:18.59	29	29
28	Ashley Jacobsen	Throws Like a Girl	00:18.62	30	30
33	Terri Drynan	Triple Threat	00:18.82	31	31
38	Carrol Heinsma		00:19.12	32	32
31	Gina Derksen	Triple Threat	00:19.19	33	33
35	Christine Flis	WOD Squad	00:19.75	34	34
14	Sophie Coutu	Faithful Fitness Foxes	00:19.81	35	35
49	Marlo McNelly		00:19.81	35	35
42	Gail Roddick		00:20.19	37	37
32	Shannon Olsen	Triple Threat	00:20.65	38	38
55	Valerie Schneider		00:21.03	39	39
5	Darlene Evanoff	Artemis 3	00:21.15	40	40
4	Crystal Wiersma	Artemis 3	00:21.47	41	41
18	Shawna Lemiski	Girls on Fire	00:21.69	42	42
2	Jessi Sears	Adrenaline Rush	00:21.75	43	43
15	Vicki Westerdorf	Faithful Fitness Foxes	00:22.31	44	44
24	Wendy Teefy	The Donna's	00:22.78	45	45
3	Leanne White	Adrenaline Rush	00:23.00	46	46
6	Pamela Culligan	Artemis 3	00:23.62	47	47
54	Tanya Kaliel		00:25.59	48	48

51	Rebecca Bell		00:26.53	49	49
34	Cerri Durrant	WOD Squad	00:27.56	50	50
22	Dawn-Marie Jack	The Donna's	00:27.56	50	50
43	Holly Forbes		00:27.57	52	52
10	Elizabeth McGregor	Faithful Fitness Females	00:28.10	53	53
48	Kim Ashley		00:28.16	54	54
1	Beckie Kuefler	Adrenaline Rush	00:30.97	55	55
16	Heidi Swabey	Girls on Fire	00:36.09	56	56

OBSTACLE COURSE (x 1.5) – NOVICE							
#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
20	Feliscia Iannetti	Pumas	01:14.25		01:14.25	1	1.5
26	Hala Kaiss	The She Ra's	01:16.09		01:16.09	2	3.0
53	Tala Humen		01:17.10		01:17.10	3	4.5
14	Sophie Coutu	Faithful Fitness Foxes	01:18.22		01:18.22	4	6.0
19	Anne-Marie Nelson	Pumas	01:18.31		01:18.31	5	7.5
8	Chelsea Kyle	Crazy Train	01:18.37		01:18.37	6	9.0
21	Leanne Bruce	Pumas	01:18.57		01:18.57	7	10.5
30	Phoebe Hugo	Throws Like a Girl	01:18.72	00:01.00	01:19.72	8	12.0
52	Shawna Persaud		01:20.32		01:20.32	9	13.5
45	Jana Tabaka		01:19.81	00:01.00	01:20.81	10	15.0
41	Dru Becker		01:21.03		01:21.03	11	16.5
15	Vicki Westerdorf	Faithful Fitness Foxes	01:22.00		01:22.00	12	18.0
33	Terri Drynan	Triple Threat	01:21.03	00:01.00	01:22.03	13	19.5
7	Alysha Carlson	Crazy Train	01:23.09		01:23.09	14	21.0
47	Khalia Van Iderstine		01:23.25		01:23.25	15	22.5
29	Kari Skierka	Throws Like a Girl	01:23.47		01:23.47	16	24.0
13	Amanda Hamel	Faithful Fitness Foxes	01:23.85		01:23.85	17	25.5
17	Nicole Tremblay	Girls on Fire	01:24.10		01:24.10	18	27.0
9	Kate Foreman	Crazy Train	01:25.72	00:01.00	01:26.72	19	28.5
25	Michele Nesbitt	The She Ra's	01:27.03		01:27.03	20	30.0
12	Terri Martin	Faithful Fitness Females	01:27.25		01:27.25	21	31.5
27	Kristi Larson	The She Ra's	01:27.44		01:27.44	22	33.0
23	Tracy Stadnik	The Donna's	01:27.47	00:01.00	01:28.47	23	34.5
36	Deanna Hamilton	WOD Squad	01:28.78		01:28.78	24	36.0
56	Victoria Jessome		01:28.97		01:28.97	25	37.5
55	Valerie Schneider		01:29.40		01:29.40	26	39.0
49	Marlo McNelly		01:29.72		01:29.72	27	40.5
43	Holly Forbes		01:30.59		01:30.59	28	42.0
50	Monique St., Pierre		01:31.25		01:31.25	29	43.5
3	Leanne White	Adrenaline Rush	01:32.94		01:32.94	30	45.0
38	Carrol Heinsma		01:32.94		01:32.94	30	45.0
11	Jessica Law	Faithful Fitness Females	01:33.94		01:33.94	32	48.0
31	Gina Derksen	Triple Threat	01:34.72		01:34.72	33	49.5
46	Jennifer Clifford		01:34.81		01:34.81	34	51.0
6	Pamela Culligan	Artemis 3	01:35.09		01:35.09	35	52.5
35	Christine Flis	WOD Squad	01:35.37		01:35.37	36	54.0
24	Wendy Teefy	The Donna's	01:35.85		01:35.85	37	55.5
39	Courtney White		01:37.47		01:37.47	38	57.0
51	Rebecca Bell		01:37.79		01:37.79	39	58.5
22	Dawn-Marie Jack	The Donna's	01:39.97	00:01.00	01:40.97	40	60.0
40	Cynthia Smith		01:41.00		01:41.00	41	61.5
32	Shannon Olsen	Triple Threat	01:41.41		01:41.41	42	63.0
2	Jessi Sears	Adrenaline Rush	01:41.44		01:41.44	43	64.5

34	Cerri Durrant	WOD Squad	01:40.47	00:03.00	01:43.47	44	66.0
37	Anita Weiler		01:43.50		01:43.50	45	67.5
44	Jamie Arthurs		01:43.50		01:43.50	45	67.5
10	Elizabeth McGregor	Faithful Fitness Females	01:43.69		01:43.69	47	70.5
18	Shawna Lemiski	Girls on Fire	01:51.50		01:51.50	48	72.0
54	Tanya Kaliel		01:52.07		01:52.07	49	73.5
1	Beckie Kuefler	Adrenaline Rush	01:53.93		01:53.93	50	75.0
4	Crystal Wiersma	Artemis 3	01:54.57		01:54.57	51	76.5
28	Ashley Jacobsen	Throws Like a Girl	01:58.75		01:58.75	52	78.0
48	Kim Ashley		02:01.60		02:01.60	53	79.5
16	Heidi Swabey	Girls on Fire	02:02.17		02:02.17	54	81.0
42	Gail Roddick		02:12.03		02:12.03	55	82.5
5	Darlene Evanoff	Artemis 3	02:38.82		02:38.82	56	84.0

OPEN

TEAM: TOTALS

TEAM NAME – OPEN	POINTS	PLACE
Train Insane or Remain the Same	150.0	1
She Wolves	152.0	2
The Rainmakers	169.5	3
More Roses with Guns	230.0	4
JBF Bombshells	237.5	5
Iron Maidens	273.0	6
Princess' of Power	312.5	7
Roses with Guns	368.5	8

OPEN

INDIVIDUAL: TOTALS

#	NAME – OPEN	TEAM	Final Rank	Overall Points
72	Amanda Vaters	She Wolves	1	30.0
73	Kelly Acorn	She Wolves	2	32.0
78	Ana Pavic	Train Insane or Remain the Same	3	38.5
77	Jen Russell	The Rainmakers	4	45.0
79	Brittany Crowe	Train Insane or Remain the Same	5	48.5
63	Amanda Fex	More Roses with Guns	6	49.5
84	Stephanie Scholtens		7	50.5
75	Carmen Reinhardt	The Rainmakers	8	54.0
80	Cara Scheurman	Train Insane or Remain the Same	9	63.0
60	Amber Belyea	JBF Bombshells	10	67.0
76	Courtney Campbell	The Rainmakers	11	70.5
62	Tina Goulet	JBF Bombshells	12	73.5
58	Donamarie Lukie	Iron Maidens	12	73.5
65	Marnie Newell	More Roses with Guns	14	82.5
57	Chantelle Smearer	Iron Maidens	15	83.5
74	Monique Kabel	She Wolves	16	90.0
61	Nicole Ouellette	JBF Bombshells	17	97.0
64	Danielle Smith	More Roses with Guns	18	98.0
68	Jen Hamel	Princess' of Power	19	100.5
81	Amy Wedlock		20	102.5
66	Breanne Martiniuk	Princess' of Power	21	103.0

82	Brittany Arbanas		22	106.0
83	Leeanne Harvey		23	108.0
67	Ellen Molloy	Princess' of Power	24	109.0
59	Raeann Lacusta	Iron Maidens	25	116.0
70	Lee Bennetts	Roses with Guns	26	118.5
69	Jessica Monk	Roses with Guns	27	123.5
71	Shawntal Onneken	Roses with Guns	28	126.5

OPEN

INDIVIDUAL: EVENT RESULTS

Note: Each competitor received 1 point for Inverted Rows which were not performed at this event.

KETTLEBELL LIFT – OPEN							
#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
78	Ana Pavic	Train Insane or Remain the Same	00:33.75		00:33.75	1	1
72	Amanda Vaters	She Wolves	00:34.37		00:34.37	2	2
84	Stephanie Scholtens		00:34.85		00:34.85	3	3
62	Tina Goulet	JBF Bombshells	00:35.11		00:35.11	4	4
73	Kelly Acorn	She Wolves	00:35.12		00:35.12	5	5
60	Amber Belyea	JBF Bombshells	00:35.59		00:35.59	6	6
80	Cara Scheurman	Train Insane or Remain the Same	00:36.25		00:36.25	7	7
61	Nicole Ouellette	JBF Bombshells	00:36.53		00:36.53	8	8
77	Jen Russell	The Rainmakers	00:36.56		00:36.56	9	9
63	Amanda Fex	More Roses with Guns	00:35.75	00:01.00	00:36.75	10	10
75	Carmen Reinhardt	The Rainmakers	00:36.91		00:36.91	11	11
76	Courtney Campbell	The Rainmakers	00:37.31		00:37.31	12	12
58	Donamarie Lukie	Iron Maidens	00:37.88		00:37.88	13	13
81	Amy Wedlock		00:38.25		00:38.25	14	14
64	Danielle Smith	More Roses with Guns	00:38.31		00:38.31	15	15
66	Breanne Martiniuk	Princess' of Power	00:38.91		00:38.91	16	16
79	Brittany Crowe	Train Insane or Remain the Same	00:38.22	00:01.00	00:39.22	17	17
65	Marnie Newell	More Roses with Guns	00:38.34	00:01.00	00:39.34	18	18
68	Jen Hamel	Princess' of Power	00:39.81		00:39.81	19	19
69	Jessica Monk	Roses with Guns	00:39.84		00:39.84	20	20
74	Monique Kabel	She Wolves	00:39.91		00:39.91	21	21
67	Ellen Molloy	Princess' of Power	00:36.91	00:03.00	00:39.91	22	22
59	Raeann Lacusta	Iron Maidens	00:39.96		00:39.96	23	23
57	Chantelle Smearer	Iron Maidens	00:40.22		00:40.22	24	24
70	Lee Bennetts	Roses with Guns	00:41.50		00:41.50	25	25
82	Brittany Arbanas		00:40.51	00:01.00	00:41.51	26	26
71	Shawntal Onneken	Roses with Guns	00:41.69		00:41.69	27	27
83	Leeanne Harvey		00:42.69	00:01.00	00:43.69	28	28

TIRE DRAG – OPEN							
#	NAME	TEAM	DRAG TIME	PENALTY	FINAL DRAG TIME	Rank	Point Score
72	Amanda Vaters	She Wolves	00:12.72		00:12.72	1	1
78	Ana Pavic	Train Insane or Remain the Same	00:13.48		00:13.48	2	2
67	Ellen Molloy	Princess' of Power	00:13.53		00:13.53	3	3
84	Stephanie Scholtens		00:13.57		00:13.57	4	4
59	Raeann Lacusta	Iron Maidens	00:13.93		00:13.93	5	5

65	Marnie Newell	More Roses with Guns	00:14.38		00:14.38	6	6
76	Courtney Campbell	The Rainmakers	00:14.41		00:14.41	7	7
73	Kelly Acorn	She Wolves	00:14.75		00:14.75	8	8
79	Brittany Crowe	Train Insane or Remain the Same	00:15.10		00:15.10	9	9
83	Leeanne Harvey		00:15.19		00:15.19	10	10
60	Amber Belyea	JBF Bombshells	00:15.22		00:15.22	11	11
77	Jen Russell	The Rainmakers	00:15.31		00:15.31	12	12
82	Brittany Arbanas		00:15.31		00:15.31	12	12
63	Amanda Fex	More Roses with Guns	00:15.34		00:15.34	14	14
74	Monique Kabel	She Wolves	00:15.55		00:15.55	15	15
69	Jessica Monk	Roses with Guns	00:15.62		00:15.62	16	16
75	Carmen Reinhardt	The Rainmakers	00:15.63		00:15.63	17	17
57	Chantelle Smearer	Iron Maidens	00:15.66		00:15.66	18	18
61	Nicole Ouellette	JBF Bombshells	00:15.72		00:15.72	19	19
62	Tina Goulet	JBF Bombshells	00:16.31		00:16.31	20	20
80	Cara Scheurman	Train Insane or Remain the Same	00:16.50		00:16.50	21	21
81	Amy Wedlock		00:16.56		00:16.56	22	22
58	Donamarie Lukie	Iron Maidens	00:16.93		00:16.93	23	23
66	Breanne Martiniuk	Princess' of Power	00:16.38	00:01.00	00:17.38	24	24
64	Danielle Smith	More Roses with Guns	00:17.47		00:17.47	25	25
71	Shawntal Onneken	Roses with Guns	00:18.50		00:18.50	26	26
68	Jen Hamel	Princess' of Power	00:20.25		00:20.25	27	27
70	Lee Bennetts	Roses with Guns	00:20.57		00:20.57	28	28

BOX JUMPS – OPEN						
#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
79	Brittany Crowe	Train Insane or Remain the Same	50	00:43.93	1	1
77	Jen Russell	The Rainmakers	50	00:44.03	2	2
73	Kelly Acorn	She Wolves	50	00:44.29	3	3
78	Ana Pavic	Train Insane or Remain the Same	50	00:44.69	4	4
80	Cara Scheurman	Train Insane or Remain the Same	50	00:45.12	5	5
81	Amy Wedlock		50	00:45.57	6	6
74	Monique Kabel	She Wolves	50	00:46.81	7	7
58	Donamarie Lukie	Iron Maidens	50	00:47.38	8	8
68	Jen Hamel	Princess' of Power	50	00:48.28	9	9
63	Amanda Fex	More Roses with Guns	50	00:48.53	10	10
75	Carmen Reinhardt	The Rainmakers	50	00:49.84	11	11
72	Amanda Vaters	She Wolves	50	00:51.84	12	12
82	Brittany Arbanas		50	00:51.88	13	13
62	Tina Goulet	JBF Bombshells	50	00:52.86	14	14
70	Lee Bennetts	Roses with Guns	50	00:53.31	15	15
57	Chantelle Smearer	Iron Maidens	50	00:54.32	16	16
64	Danielle Smith	More Roses with Guns	50	00:56.69	17	17
84	Stephanie Scholtens		50	01:02.72	18	18
66	Breanne Martiniuk	Princess' of Power	50	01:04.10	19	19
71	Shawntal Onneken	Roses with Guns	50	01:10.84	20	20
76	Courtney Campbell	The Rainmakers	50	01:17.60	21	21
60	Amber Belyea	JBF Bombshells	50	01:18.32	22	22
83	Leeanne Harvey		50	01:20.06	23	23
65	Marnie Newell	More Roses with Guns	50	01:22.00	24	24
69	Jessica Monk	Roses with Guns	50	01:29.16	25	25
59	Raeann Lacusta	Iron Maidens	50	01:34.84	26	26
67	Ellen Molloy	Princess' of Power	50	01:58.44	27	27
61	Nicole Ouellette	JBF Bombshells	50	02:03.42	28	28

TIRE FLIP – OPEN					
#	NAME	TEAM	Flip Time	Rank	Point Score
76	Courtney Campbell	The Rainmakers	00:12.50	1	1
72	Amanda Vaters	She Wolves	00:12.84	2	2
77	Jen Russell	The Rainmakers	00:13.05	3	3
83	Leeanne Harvey		00:13.13	4	4
75	Carmen Reinhardt	The Rainmakers	00:13.34	5	5
60	Amber Belyea	JBF Bombshells	00:13.66	6	6
68	Jen Hamel	Princess' of Power	00:13.91	7	7
65	Marnie Newell	More Roses with Guns	00:14.03	8	8
73	Kelly Acorn	She Wolves	00:14.19	9	9
66	Breanne Martiniuk	Princess' of Power	00:14.43	10	10
84	Stephanie Scholtens		00:15.15	11	11
58	Donamarie Lukie	Iron Maidens	00:15.19	12	12
63	Amanda Fex	More Roses with Guns	00:15.50	13	13
57	Chantelle Smearer	Iron Maidens	00:15.63	14	14
62	Tina Goulet	JBF Bombshells	00:15.72	15	15
79	Brittany Crowe	Train Insane or Remain the Same	00:16.00	16	16
61	Nicole Ouellette	JBF Bombshells	00:16.03	17	17
71	Shawntal Onneken	Roses with Guns	00:16.10	18	18
74	Monique Kabel	She Wolves	00:16.52	19	19
67	Ellen Molloy	Princess' of Power	00:16.85	20	20
69	Jessica Monk	Roses with Guns	00:17.03	21	21
59	Raeann Lacusta	Iron Maidens	00:17.56	22	22
78	Ana Pavic	Train Insane or Remain the Same	00:17.62	23	23
82	Brittany Arbanas		00:18.19	24	24
64	Danielle Smith	More Roses with Guns	00:18.59	25	25
80	Cara Scheurman	Train Insane or Remain the Same	00:19.66	26	26
70	Lee Bennetts	Roses with Guns	00:22.59	27	27
81	Amy Wedlock		00:23.00	28	28

OBSTACLE COURSE (x 1.5) – OPEN							
#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
63	Amanda Fex	More Roses with Guns	01:13.46		01:13.46	1	1.5
80	Cara Scheurman	Train Insane or Remain the Same	01:13.91		01:13.91	2	3.0
79	Brittany Crowe	Train Insane or Remain the Same	01:12.97	00:01.00	01:13.97	3	4.5
73	Kelly Acorn	She Wolves	01:14.47		01:14.47	4	6.0
78	Ana Pavic	Train Insane or Remain the Same	01:14.56		01:14.56	5	7.5
75	Carmen Reinhardt	The Rainmakers	01:16.84		01:16.84	6	9.0
57	Chantelle Smearer	Iron Maidens	01:17.75		01:17.75	7	10.5
72	Amanda Vaters	She Wolves	01:18.22		01:18.22	8	12.0
84	Stephanie Scholtens		01:18.47		01:18.47	9	13.5
64	Danielle Smith	More Roses with Guns	01:18.59		01:18.59	10	15.0
58	Donamarie Lukie	Iron Maidens	01:17.65	00:01.00	01:18.65	11	16.5
77	Jen Russell	The Rainmakers	01:18.91		01:18.91	12	18.0
62	Tina Goulet	JBF Bombshells	01:18.50	00:01.00	01:19.50	13	19.5
60	Amber Belyea	JBF Bombshells	01:19.78		01:19.78	14	21.0
70	Lee Bennetts	Roses with Guns	01:20.56		01:20.56	15	22.5
61	Nicole Ouellette	JBF Bombshells	01:21.44		01:21.44	16	24.0
65	Marnie Newell	More Roses with Guns	01:20.53	00:02.00	01:22.53	17	25.5

74	Monique Kabel	She Wolves	01:23.44		01:23.44	18	27.0
76	Courtney Campbell	The Rainmakers	01:23.47		01:23.47	19	28.5
82	Brittany Arbanas		01:24.91		01:24.91	20	30.0
81	Amy Wedlock		01:27.28		01:27.28	21	31.5
66	Breanne Martiniuk	Princess' of Power	01:29.25		01:29.25	22	33.0
71	Shawntal Onneken	Roses with Guns	01:29.81		01:29.81	23	34.5
67	Ellen Molloy	Princess' of Power	01:30.22		01:30.22	24	36.0
68	Jen Hamel	Princess' of Power	01:30.69		01:30.69	25	37.5
59	Raeann Lacusta	Iron Maidens	01:30.85		01:30.85	26	39.0
69	Jessica Monk	Roses with Guns	01:41.35		01:41.35	27	40.5
83	Leeanne Harvey		01:43.75	00:01.00	01:44.75	28	42.0