

FEMSPORT

Women's Strength + Fitness Challenge



FEMSPORT Calgary Challenge – June 22, 2013

This event was dedicated to all those who suffered during the Alberta floods.

NOVICE

TEAM: TOTALS

TEAM NAME - NOVICE	POINTS	PLACE
Team Extreme	130.5	1
Train Insane	236.5	2
Bam Bam's Newfie Chicks	301.5	3
The Blister Sisters	304.5	4
Strong Mamas	376.5	5
Just Winging It	377.5	6
Brassknuckle Betties	397.0	7
Chica Chaleeka	507.5	8
The Wanna Be More Fits	517.5	9
Iron Sisters	587.0	10
Bemore Fitness Babes	614.5	11
Midlife Missfitz	650.0	12
Short and Curly's	750.0	13

NOVICE

INDIVIDUAL: TOTALS

#	NOVICE NAME	TEAM	Final Rank	Overall Points
35	Kendra Bigoraj	Team Extreme	1	21.0
32	Lisa Simonson	Strong Mamas	2	34.5
45	Melissa Feenstra	Train Insane	3	40.5
36	Tracy Brown Ewert	Team Extreme	4	44.0
43	Bailey Island	Train Insane	5	44.5
54	Colleen Caprarie		6	56.0
11	Hailey Jones	Brassknuckle Betties	7	62.5
34	Deborah Kuhl	Team Extreme	8	65.5
1	Clarine Wall-Linthorne	Bam Bam's Newfie Chicks	9	75.5
38	Kerie Prystay	The Blister Sisters	10	79.0
27	Juliea Brooks	Just Winging It	11	92.0
57	Kerry Smith		12	101.0
68	Robin McFadyen		12	101.0
37	Jamie Prystay	The Blister Sisters	14	109.5
3	Michelle Grant	Bam Bam's Newfie Chicks	15	110.0
2	Melissa Shevchenko	Bam Bam's Newfie Chicks	16	116.0
39	Kim Barch	The Blister Sisters	16	116.0

13	Chantelle Brown	Chica Chaleeka	18	118.5
5	Holly Franz		19	120.0
67	Nicole Wiens		20	122.0
10	Erica Matthews	Brassknuckle Betties	21	130.5
33	Nina Hand	Strong Mamas	21	130.5
7	Belinda Morrison	Bemore Fitness Babes	23	131.5
62	Megan Adams		23	131.5
26	Heather Kennedy	Just Winging It	25	132.5
41	Monica Koeksal	The Wanna Be More Fits	26	138.0
23	Melissa Sterna	Iron Sisters	27	146.5
44	Joanna Campbell	Train Insane	28	151.5
25	Goldie Wong	Just Winging It	29	153.0
15	Leah Guevarra	Chica Chaleeka	30	154.5
42	Vanessa Sayers	The Wanna Be More Fits	31	168.5
28	Leslie Joorisity-Dickie	Midlife Missfitz	32	173.0
47	Angel Kazakoff		33	175.5
22	Courtney Walkeden	Iron Sisters	34	182.5
9	Jo-Anne Barrett	Bemore Fitness Babes	35	188.0
49	Anita Walter		36	195.0
12	Melissa Paczay	Brassknuckle Betties	37	204.0
40	Kimberly Kettner	The Wanna Be More Fits	38	211.0
31	Erin Penaluna	Strong Mamas	39	211.5
63	Michelle Balsillie		40	214.5
52	Christy Cullen	Short and Curly's	41	219.0
30	Miranda Spencer	Midlife Missfitz	42	222.0
53	Cindy Saskiw	Short and Curly's	43	225.5
72	Toni Merchant		43	225.5
4	Brenda Davis		45	226.0
60	Loreen Mitchell		46	227.0
21	Sue Johnson		47	232.5
14	Katie Millette	Chica Chaleeka	48	234.5
64	Michelle Perron		49	253.0
29	Lindsee Michel	Midlife Missfitz	50	255.0
24	Monique Huebner	Iron Sisters	51	258.0
46	Amanda Shute		52	259.0
20	Laura Kozma		53	260.5
56	Glenda Hinse		54	264.5
59	Lisa Johnson		55	265.0
69	Sarah Machan		56	284.5
8	Colleen Salsman	Bemore Fitness Babes	57	295.0
89	Trish Adams	Short and Curly's	58	305.5
51	Christine Thomson		59	320.5

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
36	Tracy Brown Ewert	Team Extreme	00:34.78		00:34.78	1	1
34	Deborah Kuhl	Team Extreme	00:34.94		00:34.94	2	2

35	Kendra Bigoraj	Team Extreme	00:36.00		00:36.00	3	3
54	Colleen Caprarie		00:36.75		00:36.75	4	4
45	Melissa Feenstra	Train Insane	00:37.72		00:37.72	5	5
43	Bailey Island	Train Insane	00:37.78		00:37.78	6	6
11	Hailey Jones	Brassknuckle Betties	00:38.72		00:38.72	7	7
26	Heather Kennedy	Just Winging It	00:39.60		00:39.60	8	8
7	Belinda Morrison	Bemore Fitness Babes	00:40.00		00:40.00	9	9
33	Nina Hand	Strong Mamas	00:40.07		00:40.07	10	10
27	Juliea Brooks	Just Winging It	00:40.22		00:40.22	11	11
39	Kim Bartch	The Blister Sisters	00:40.25		00:40.25	12	12
32	Lisa Simonson	Strong Mamas	00:40.72		00:40.72	13	13
5	Holly Franz		00:40.75		00:40.75	14	14
47	Angel Kazakoff		00:40.84		00:40.84	15	15
10	Erica Matthews	Brassknuckle Betties	00:40.91		00:40.91	16	16
23	Melissa Sterna	Iron Sisters	00:41.00		00:41.00	17	17
1	Clarine Wall-Linthorne	Bam Bam's Newfie Chicks	00:41.09		00:41.09	18	18
25	Goldie Wong	Just Winging It	00:41.25		00:41.25	19	19
67	Nicole Wiens		00:41.32		00:41.32	20	20
37	Jamie Prystay	The Blister Sisters	00:41.97		00:41.97	21	21
31	Erin Penaluna	Strong Mamas	00:42.38		00:42.38	22	22
2	Melissa Shevchenko	Bam Bam's Newfie Chicks	00:42.59		00:42.59	23	23
68	Robin McFadyen		00:42.62		00:42.62	24	24
22	Courtney Walkeden	Iron Sisters	00:42.68		00:42.68	25	25
57	Kerry Smith		00:42.91		00:42.91	26	26
13	Chantelle Brown	Chica Chaleeka	00:42.97		00:42.97	27	27
42	Vanessa Sayers	The Wanna Be More Fits	00:43.03		00:43.03	28	28
72	Toni Merchant		00:43.22		00:43.22	29	29
62	Megan Adams		00:43.32		00:43.32	30	30
44	Joanna Campbell	Train Insane	00:43.47		00:43.47	31	31
60	Loreen Mitchell		00:43.53		00:43.53	32	32
40	Kimberly Kettner	The Wanna Be More Fits	00:43.78		00:43.78	33	33
28	Leslie Joorisity-Dickie	Midlife Missfitz	00:43.53	00:01.00	00:44.53	34	34
53	Cindy Saskiw	Short and Curly's	00:44.57		00:44.57	35	35
38	Kerie Prystay	The Blister Sisters	00:43.60	00:01.00	00:44.60	36	36
3	Michelle Grant	Bam Bam's Newfie Chicks	00:44.91		00:44.91	37	37
9	Jo-Anne Barrett	Bemore Fitness Babes	00:44.93		00:44.93	38	38
52	Christy Cullen	Short and Curly's	00:44.97		00:44.97	39	39
12	Melissa Paczay	Brassknuckle Betties	00:45.22		00:45.22	40	40
64	Michelle Perron		00:45.28		00:45.28	41	41
20	Laura Kozma		00:45.84		00:45.84	42	42
30	Miranda Spencer	Midlife Missfitz	00:45.87		00:45.87	43	43
41	Monica Koeksal	The Wanna Be More Fits	00:46.47		00:46.47	44	44
21	Sue Johnson		00:47.07		00:47.07	45	45
29	Lindsee Michel	Midlife Missfitz	00:47.19		00:47.19	46	46
4	Brenda Davis		00:48.13		00:48.13	47	47
69	Sarah Machan		00:47.47	00:01.00	00:48.47	48	48
15	Leah Guevarra	Chica Chaleeka	00:47.56	00:01.00	00:48.56	49	49
49	Anita Walter		00:48.59		00:48.59	50	50
59	Lisa Johnson		00:48.63		00:48.63	51	51
63	Michelle Balsillie		00:49.07		00:49.07	52	52
56	Glenda Hinse		00:49.40		00:49.40	53	53
46	Amanda Shute		00:50.85		00:50.85	54	54
14	Katie Millette	Chica Chaleeka	00:51.03		00:51.03	55	55
24	Monique Huebner	Iron Sisters	00:52.91		00:52.91	56	56
8	Colleen Salsman	Bemore Fitness Babes	00:59.62		00:59.62	57	57
89	Trish Adams	Short and Curly's	01:05.56		01:05.56	58	58
51	Christine Thomson		01:27.47		01:27.47	59	59

TIRE DRAG – NOVICE

#	NAME	TEAM	DRAG TIME	PENALTY	FINAL DRAG TIME	Rank	Point Score
35	Kendra Bigoraj	Team Extreme	00:13.94		00:13.94	1	1
34	Deborah Kuhl	Team Extreme	00:14.16		00:14.16	2	2
32	Lisa Simonson	Strong Mamas	00:14.50		00:14.50	3	3
41	Monica Koeksal	The Wanna Be More Fits	00:15.06		00:15.06	4	4
36	Tracy Brown Ewert	Team Extreme	00:15.97		00:15.97	5	5
1	Clarine Wall-Linthorne	Bam Bam's Newfie Chicks	00:16.31		00:16.31	6	6
57	Kerry Smith		00:16.53		00:16.53	7	7
45	Melissa Feenstra	Train Insane	00:16.56		00:16.56	8	8
11	Hailey Jones	Brassknuckle Betties	00:16.81		00:16.81	9	9
40	Kimberly Kettner	The Wanna Be More Fits	00:17.12		00:17.12	10	10
38	Kerie Prystay	The Blister Sisters	00:17.31		00:17.31	11	11
37	Jamie Prystay	The Blister Sisters	00:17.31		00:17.31	11	11
3	Michelle Grant	Bam Bam's Newfie Chicks	00:17.31		00:17.31	11	11
63	Michelle Balsillie		00:17.41		00:17.41	14	14
27	Juliea Brooks	Just Winging It	00:17.81		00:17.81	15	15
42	Vanessa Sayers	The Wanna Be More Fits	00:18.03		00:18.03	16	16
5	Holly Franz		00:18.09		00:18.09	17	17
62	Megan Adams		00:18.97		00:18.97	18	18
9	Jo-Anne Barrett	Bemore Fitness Babes	00:18.97		00:18.97	18	18
28	Leslie Joorisity-Dickie	Midlife Missfitz	00:19.07		00:19.07	20	20
2	Melissa Shevchenko	Bam Bam's Newfie Chicks	00:19.25		00:19.25	21	21
68	Robin McFadyen		00:19.63		00:19.63	22	22
59	Lisa Johnson		00:20.12		00:20.12	23	23
67	Nicole Wiens		00:20.13		00:20.13	24	24
10	Erica Matthews	Brassknuckle Betties	00:20.19		00:20.19	25	25
15	Leah Guevarra	Chica Chaleeka	00:20.37		00:20.37	26	26
54	Colleen Caprarie		00:20.38		00:20.38	27	27
13	Chantelle Brown	Chica Chaleeka	00:20.44		00:20.44	28	28
43	Bailey Island	Train Insane	00:20.75		00:20.75	29	29
47	Angel Kazakoff		00:20.87		00:20.87	30	30
22	Courtney Walkeden	Iron Sisters	00:20.90		00:20.90	31	31
56	Glenda Hinse		00:21.06		00:21.06	32	32
7	Belinda Morrison	Bemore Fitness Babes	00:21.25		00:21.25	33	33
39	Kim Bartch	The Blister Sisters	00:21.38		00:21.38	34	34
64	Michelle Perron		00:21.75		00:21.75	35	35
44	Joanna Campbell	Train Insane	00:22.03		00:22.03	36	36
26	Heather Kennedy	Just Winging It	00:22.25		00:22.25	37	37
60	Loreen Mitchell		00:22.44		00:22.44	38	38
49	Anita Walter		00:22.82		00:22.82	39	39
53	Cindy Saskiw	Short and Curly's	00:23.34		00:23.34	40	40
33	Nina Hand	Strong Mamas	00:23.72		00:23.72	41	41
23	Melissa Sterna	Iron Sisters	00:24.13		00:24.13	42	42
30	Miranda Spencer	Midlife Missfitz	00:24.16		00:24.16	43	43
4	Brenda Davis		00:24.91		00:24.91	44	44
24	Monique Huebner	Iron Sisters	00:25.12		00:25.12	45	45
29	Lindsee Michel	Midlife Missfitz	00:26.35		00:26.35	46	46
72	Toni Merchant		00:26.72		00:26.72	47	47
14	Katie Millette	Chica Chaleeka	00:26.87		00:26.87	48	48
12	Melissa Paczay	Brassknuckle Betties	00:27.19		00:27.19	49	49
69	Sarah Machan		00:27.44		00:27.44	50	50
25	Goldie Wong	Just Winging It	00:27.53		00:27.53	51	51

31	Erin Penaluna	Strong Mamas	00:28.13		00:28.13	52	52
20	Laura Kozma		00:29.44		00:29.44	53	53
46	Amanda Shute		00:30.00		00:30.00	54	54
52	Christy Cullen	Short and Curly's	00:31.15		00:31.15	55	55
51	Christine Thomson		00:38.25		00:38.25	56	56
21	Sue Johnson		00:38.75		00:38.75	57	57
8	Colleen Salsman	Bemore Fitness Babes	00:44.00		00:44.00	58	58
89	Trish Adams	Short and Curly's	02:55.44		02:55.44	59	59

BOX JUMPS – NOVICE						
#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
43	Bailey Island	Train Insane	50	00:42.81	1	1
32	Lisa Simonson	Strong Mamas	50	00:49.03	2	2
25	Goldie Wong	Just Winging It	50	00:51.56	3	3
68	Robin McFadyen		50	00:52.59	4	4
35	Kendra Bigoraj	Team Extreme	50	00:52.68	5	5
38	Kerie Prystay	The Blister Sisters	50	00:55.81	6	6
44	Joanna Campbell	Train Insane	50	00:56.03	7	7
45	Melissa Feenstra	Train Insane	50	00:56.78	8	8
54	Colleen Caprarie		50	00:59.81	9	9
57	Kerry Smith		50	01:02.12	10	10
31	Erin Penaluna	Strong Mamas	50	01:02.69	11	11
23	Melissa Sterna	Iron Sisters	50	01:06.65	12	12
37	Jamie Prystay	The Blister Sisters	50	01:09.07	13	13
62	Megan Adams		50	01:09.75	14	14
15	Leah Guevarra	Chica Chaleeka	50	01:11.03	15	15
1	Clarine Wall-Linthorne	Bam Bam's Newfie Chicks	50	01:13.81	16	16
33	Nina Hand	Strong Mamas	50	01:13.97	17	17
39	Kim Bartch	The Blister Sisters	50	01:15.38	18	18
11	Hailey Jones	Brassknuckle Betties	50	01:18.81	19	19
49	Anita Walter		50	01:19.60	20	20
30	Miranda Spencer	Midlife Missfitz	50	01:22.43	21	21
36	Tracy Brown Ewert	Team Extreme	50	01:23.78	22	22
3	Michelle Grant	Bam Bam's Newfie Chicks	50	01:26.21	23	23
41	Monica Koeksal	The Wanna Be More Fits	50	01:29.35	24	24
67	Nicole Wiens		50	01:31.57	25	25
27	Juliea Brooks	Just Winging It	50	01:34.22	26	26
10	Erica Matthews	Brassknuckle Betties	50	01:39.16	27	27
2	Melissa Shevchenko	Bam Bam's Newfie Chicks	50	01:39.56	28	28
5	Holly Franz		50	01:39.85	29	29
9	Jo-Anne Barrett	Bemore Fitness Babes	50	01:39.97	30	30
24	Monique Huebner	Iron Sisters	50	01:43.34	31	31
22	Courtney Walkeden	Iron Sisters	50	01:47.18	32	32
12	Melissa Paczay	Brassknuckle Betties	50	01:47.34	33	33
13	Chantelle Brown	Chica Chaleeka	50	01:49.63	34	34
46	Amanda Shute		50	01:51.97	35	35
52	Christy Cullen	Short and Curly's	50	01:55.47	36	36
60	Loreen Mitchell		50	01:58.38	37	37
26	Heather Kennedy	Just Winging It	50	02:00.35	38	38
34	Deborah Kuhl	Team Extreme	50	02:00.56	39	39
20	Laura Kozma		50	02:01.22	40	40
8	Colleen Salsman	Bemore Fitness Babes	50	02:02.28	41	41
72	Toni Merchant		50	02:09.06	42	42
29	Lindsee Michel	Midlife Missfitz	50	02:09.69	43	43

14	Katie Millette	Chica Chaleeka	50	02:14.31	44	44
4	Brenda Davis		50	02:15.03	45	45
28	Leslie Joorisity-Dickie	Midlife Missfitz	50	02:17.34	46	46
89	Trish Adams	Short and Curly's	50	02:19.28	47	47
53	Cindy Saskiw	Short and Curly's	50	02:21.32	48	48
56	Glenda Hinse		50	02:22.40	49	49
21	Sue Johnson		50	02:22.75	50	50
47	Angel Kazakoff		50	02:23.00	51	51
63	Michelle Balsillie		50	02:24.28	52	52
40	Kimberly Kettner	The Wanna Be More Fits	50	02:26.31	53	53
59	Lisa Johnson		50	02:42.85	54	54
42	Vanessa Sayers	The Wanna Be More Fits	45	03:00.00	55	55
64	Michelle Perron		39	03:00.00	56	56
7	Belinda Morrison	Bemore Fitness Babes		03:00.00	57	57
51	Christine Thomson			03:00.00	57	57
69	Sarah Machan			03:00.00	57	57

TIRE FLIP – NOVICE					
#	NAME	TEAM	Flip Time	Rank	Point Score
11	Hailey Jones	Brassknuckle Betties	00:13.84	1	1
45	Melissa Feenstra	Train Insane	00:14.75	2	2
54	Colleen Caprarie		00:14.84	3	3
62	Megan Adams		00:15.21	4	4
35	Kendra Bigoraj	Team Extreme	00:15.22	5	5
43	Bailey Island	Train Insane	00:16.25	6	6
38	Kerie Prystay	The Blister Sisters	00:16.90	7	7
32	Lisa Simonson	Strong Mamas	00:17.03	8	8
13	Chantelle Brown	Chica Chaleeka	00:17.65	9	9
63	Michelle Balsillie		00:17.78	10	10
5	Holly Franz		00:17.84	11	11
36	Tracy Brown Ewert	Team Extreme	00:18.13	12	12
67	Nicole Wiens		00:18.15	13	13
26	Heather Kennedy	Just Winging It	00:18.40	14	14
10	Erica Matthews	Brassknuckle Betties	00:18.50	15	15
2	Melissa Shevchenko	Bam Bam's Newfie Chicks	00:18.66	16	16
34	Deborah Kuhl	Team Extreme	00:18.69	17	17
7	Belinda Morrison	Bemore Fitness Babes	00:19.09	18	18
14	Katie Millette	Chica Chaleeka	00:19.16	19	19
41	Monica Koeksal	The Wanna Be More Fits	00:19.19	20	20
44	Joanna Campbell	Train Insane	00:19.25	21	21
39	Kim Bartch	The Blister Sisters	00:19.25	21	21
3	Michelle Grant	Bam Bam's Newfie Chicks	00:19.31	23	23
1	Clarine Wall-Linthorne	Bam Bam's Newfie Chicks	00:19.59	24	24
42	Vanessa Sayers	The Wanna Be More Fits	00:19.69	25	25
47	Angel Kazakoff		00:19.97	26	26
12	Melissa Paczay	Brassknuckle Betties	00:20.09	27	27
49	Anita Walter		00:20.37	28	28
68	Robin McFadyen		00:20.40	29	29
27	Juliea Brooks	Just Winging It	00:20.56	30	30
28	Leslie Joorisity-Dickie	Midlife Missfitz	00:20.56	30	30
15	Leah Guevarra	Chica Chaleeka	00:20.62	32	32
57	Kerry Smith		00:20.87	33	33
23	Melissa Sterna	Iron Sisters	00:21.75	34	34
37	Jamie Prystay	The Blister Sisters	00:21.78	35	35
64	Michelle Perron		00:21.88	36	36

52	Christy Cullen	Short and Curly's	00:22.03	37	37
9	Jo-Anne Barrett	Bemore Fitness Babes	00:22.44	38	38
33	Nina Hand	Strong Mamas	00:22.68	39	39
46	Amanda Shute		00:22.88	40	40
29	Lindsee Michel	Midlife Missfitz	00:23.28	41	41
21	Sue Johnson		00:23.29	42	42
53	Cindy Saskiw	Short and Curly's	00:23.46	43	43
22	Courtney Walkeden	Iron Sisters	00:23.75	44	44
72	Toni Merchant		00:23.97	45	45
25	Goldie Wong	Just Winging It	00:24.47	46	46
60	Loreen Mitchell		00:24.72	47	47
40	Kimberly Kettner	The Wanna Be More Fits	00:25.09	48	48
59	Lisa Johnson		00:25.31	49	49
56	Glenda Hinse		00:25.91	50	50
20	Laura Kozma		00:27.88	51	51
69	Sarah Machan		00:27.94	52	52
4	Brenda Davis		00:28.72	53	53
30	Miranda Spencer	Midlife Missfitz	00:28.97	54	54
31	Erin Penaluna	Strong Mamas	00:29.88	55	55
24	Monique Huebner	Iron Sisters	00:30.34	56	56
8	Colleen Salsman	Bemore Fitness Babes	00:48.62	57	57
89	Trish Adams	Short and Curly's	00:58.03	58	58
51	Christine Thomson		01:34.78	59	59

OBSTACLE COURSE (x 1.5) – NOVICE							
#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
43	Bailey Island	Train Insane	01:04.37		01:04.37	1	1.5
36	Tracy Brown Ewert	Team Extreme	01:06.31		01:06.31	2	3.0
34	Deborah Kuhl	Team Extreme	01:06.90		01:06.90	3	4.5
35	Kendra Bigoraj	Team Extreme	01:07.63		01:07.63	4	6.0
32	Lisa Simonson	Strong Mamas	01:09.00		01:09.00	5	7.5
27	Juliea Brooks	Just Winging It	01:09.81		01:09.81	6	9.0
1	Clarine Wall-Linthorne	Bam Bam's Newfie Chicks	01:10.41		01:10.41	7	10.5
54	Colleen Caprarie		01:09.59	00:01.00	01:10.59	8	12.0
7	Belinda Morrison	Bemore Fitness Babes	01:10.72		01:10.72	9	13.5
3	Michelle Grant	Bam Bam's Newfie Chicks	01:10.87		01:10.87	10	15.0
45	Melissa Feenstra	Train Insane	01:11.32		01:11.32	11	16.5
38	Kerie Prystay	The Blister Sisters	01:10.40	00:01.00	01:11.40	12	18.0
13	Chantelle Brown	Chica Chaleeka	01:11.97		01:11.97	13	19.5
68	Robin McFadyen		01:12.00		01:12.00	14	21.0
33	Nina Hand	Strong Mamas	01:12.41		01:12.41	15	22.5
57	Kerry Smith		01:12.44		01:12.44	16	24.0
11	Hailey Jones	Brassknuckle Betties	01:12.47		01:12.47	17	25.5
2	Melissa Shevchenko	Bam Bam's Newfie Chicks	01:13.47		01:13.47	18	27.0
37	Jamie Prystay	The Blister Sisters	01:13.94		01:13.94	19	28.5
39	Kim Bartch	The Blister Sisters	01:14.40		01:14.40	20	30.0
15	Leah Guevarra	Chica Chaleeka	01:14.44		01:14.44	21	31.5
25	Goldie Wong	Just Winging It	01:14.50		01:14.50	22	33.0
26	Heather Kennedy	Just Winging It	01:15.00		01:15.00	23	34.5
4	Brenda Davis		01:15.29		01:15.29	24	36.0
21	Sue Johnson		01:15.44		01:15.44	25	37.5
67	Nicole Wiens		01:15.60		01:15.60	26	39.0
23	Melissa Sterna	Iron Sisters	01:16.06		01:16.06	27	40.5
28	Leslie Joorisity-Dickie	Midlife Missfitz	01:16.88		01:16.88	28	42.0

42	Vanessa Sayers	The Wanna Be More Fits	01:16.97		01:16.97	29	43.5
41	Monica Koeksal	The Wanna Be More Fits	01:17.22		01:17.22	30	45.0
10	Erica Matthews	Brassknuckle Betties	01:17.25		01:17.25	31	46.5
5	Holly Franz		01:17.40		01:17.40	32	48.0
22	Courtney Walkeden	Iron Sisters	01:17.54		01:17.54	33	49.5
52	Christy Cullen	Short and Curly's	01:17.66		01:17.66	34	51.0
47	Angel Kazakoff		01:17.00	00:01.00	01:18.00	35	52.5
12	Melissa Paczay	Brassknuckle Betties	01:18.90		01:18.90	36	54.0
44	Joanna Campbell	Train Insane	01:18.79	00:01.00	01:19.79	37	55.5
49	Anita Walter		01:19.94		01:19.94	38	57.0
53	Cindy Saskiw	Short and Curly's	01:20.34		01:20.34	39	58.5
30	Miranda Spencer	Midlife Missfitz	01:20.38		01:20.38	40	60.0
72	Toni Merchant		01:20.43		01:20.43	41	61.5
9	Jo-Anne Barrett	Bemore Fitness Babes	01:20.44		01:20.44	42	63.0
62	Megan Adams		01:20.60		01:20.60	43	64.5
40	Kimberly Kettner	The Wanna Be More Fits	01:20.72		01:20.72	44	66.0
14	Katie Millette	Chica Chaleeka	01:21.19		01:21.19	45	67.5
24	Monique Huebner	Iron Sisters	01:21.62		01:21.62	46	69.0
31	Erin Penaluna	Strong Mamas	01:21.69		01:21.69	47	70.5
60	Loreen Mitchell		01:21.90		01:21.90	48	72.0
20	Laura Kozma		01:22.65		01:22.65	49	73.5
46	Amanda Shute		01:24.03		01:24.03	50	75.0
69	Sarah Machan		01:23.37	00:01.00	01:24.37	51	76.5
29	Lindsee Michel	Midlife Missfitz	01:25.50		01:25.50	52	78.0
56	Glenda Hinse		01:26.60		01:26.60	53	79.5
8	Colleen Salsman	Bemore Fitness Babes	01:28.63		01:28.63	54	81.0
89	Trish Adams	Short and Curly's	01:29.34		01:29.34	55	82.5
64	Michelle Perron		01:30.47		01:30.47	56	84.0
63	Michelle Balsillie		01:30.90		01:30.90	57	85.5
59	Lisa Johnson		01:31.85		01:31.85	58	87.0
51	Christine Thomson		03:00.00		03:00.00	59	88.5

OPEN

TEAM: TOTALS

TEAM NAME – OPEN	POINTS	PLACE
Van Der Jacked	97.5	1
The Rainmakers	103.5	2
3 Peas in a WOD	153.0	3

OPEN

INDIVIDUAL: TOTALS

#	NAME – OPEN	TEAM	Final Rank	Overall Points
80	Ilona Van Der Reijden	Van Der Jacked	1	12.0
88	Ana Pavic		2	24.5
85	Bonni Rogers		3	27.5
76	Carmen Reinhardt	The Rainmakers	4	28.5
78	Jennifer Russell	The Rainmakers	5	29.0
81	Rachel Bohlender	Van Der Jacked	6	34.0
87	Pam Goll		7	35.0
73	Chelsey Krochmal	3 Peas in a WOD	8	41.5

74	Erin Shannon	3 Peas in a WOD	9	44.5
77	Courtney Campbell	The Rainmakers	10	46.0
79	Elise Stiphout	Van Der Jacked	11	51.5
75	Kyla Currie	3 Peas in a WOD	12	67.0
86	Nomi Jeyapal		13	70.5

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
80	Ilona Van Der Reijden	Van Der Jacked	00:34.06		00:34.06	1	1
85	Bonni Rogers		00:35.90		00:35.90	2	2
76	Carmen Reinhardt	The Rainmakers	00:36.53		00:36.53	3	3
87	Pam Goll		00:36.53		00:36.53	3	3
81	Rachel Bohlender	Van Der Jacked	00:37.03		00:37.03	5	5
88	Ana Pavic		00:37.35		00:37.35	6	6
78	Jennifer Russell	The Rainmakers	00:36.94	00:01.00	00:37.94	7	7
77	Courtney Campbell	The Rainmakers	00:38.79		00:38.79	8	8
74	Erin Shannon	3 Peas in a WOD	00:40.59		00:40.59	9	9
79	Elise Stiphout	Van Der Jacked	00:39.60	00:01.00	00:40.60	10	10
73	Chelsey Krochmal	3 Peas in a WOD	00:40.69		00:40.69	11	11
75	Kyla Currie	3 Peas in a WOD	00:43.97		00:43.97	12	12
86	Nomi Jeyapal		00:46.21		00:46.21	13	13

TIRE DRAG – OPEN							
#	NAME	TEAM	DRAG TIME	PENALTY	FINAL DRAG TIME	Rank	Point Score
80	Ilona Van Der Reijden	Van Der Jacked	00:13.44		00:13.44	1	1
81	Rachel Bohlender	Van Der Jacked	00:14.34		00:14.34	2	2
73	Chelsey Krochmal	3 Peas in a WOD	00:15.09		00:15.09	3	3
79	Elise Stiphout	Van Der Jacked	00:15.09		00:15.09	3	3
85	Bonni Rogers		00:15.10		00:15.10	5	5
87	Pam Goll		00:15.59		00:15.59	6	6
74	Erin Shannon	3 Peas in a WOD	00:16.07		00:16.07	7	7
77	Courtney Campbell	The Rainmakers	00:16.25		00:16.25	8	8
88	Ana Pavic		00:16.31		00:16.31	9	9
78	Jennifer Russell	The Rainmakers	00:17.53		00:17.53	10	10
76	Carmen Reinhardt	The Rainmakers	00:18.84		00:18.84	11	11
75	Kyla Currie	3 Peas in a WOD	00:20.12		00:20.12	12	12
86	Nomi Jeyapal		00:35.94		00:35.94	13	13

BOX JUMPS – OPEN						
#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
78	Jennifer Russell	The Rainmakers	50	00:45.62	1	1
88	Ana Pavic		50	00:50.53	2	2
80	Ilona Van Der Reijden	Van Der Jacked	50	00:50.81	3	3

76	Carmen Reinhardt	The Rainmakers	50	01:02.18	4	4
81	Rachel Bohlender	Van Der Jacked	50	01:08.69	5	5
73	Chelsey Krochmal	3 Peas in a WOD	50	01:11.59	6	6
74	Erin Shannon	3 Peas in a WOD	50	01:12.15	7	7
85	Bonni Rogers		50	01:14.12	8	8
77	Courtney Campbell	The Rainmakers	50	01:24.91	9	9
87	Pam Goll		50	01:27.18	10	10
86	Nomi Jeyapal		50	01:33.41	11	11
75	Kyla Currie	3 Peas in a WOD	50	01:39.34	12	12
79	Elise Stiphout	Van Der Jacked	50	01:51.35	13	13

TIRE FLIP – OPEN					
#	NAME	TEAM	Flip Time	Rank	Point Score
78	Jennifer Russell	The Rainmakers	00:11.29	1	1
76	Carmen Reinhardt	The Rainmakers	00:12.59	2	2
80	Ilona Van Der Reijden	Van Der Jacked	00:14.29	3	3
74	Erin Shannon	3 Peas in a WOD	00:15.41	4	4
88	Ana Pavic		00:15.75	5	5
81	Rachel Bohlender	Van Der Jacked	00:16.41	6	6
85	Bonni Rogers		00:16.56	7	7
77	Courtney Campbell	The Rainmakers	00:16.91	8	8
87	Pam Goll		00:17.09	9	9
73	Chelsey Krochmal	3 Peas in a WOD	00:17.69	10	10
79	Elise Stiphout	Van Der Jacked	00:18.03	11	11
75	Kyla Currie	3 Peas in a WOD	00:19.97	12	12
86	Nomi Jeyapal		00:33.75	13	13

OBSTACLE COURSE (x 1.5) – OPEN							
#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
88	Ana Pavic		01:01.94		01:01.94	1	1.5
80	Ilona Van Der Reijden	Van Der Jacked	01:02.50	00:01.00	01:03.50	2	3.0
85	Bonni Rogers		01:04.13		01:04.13	3	4.5
87	Pam Goll		01:05.56		01:05.56	4	6.0
76	Carmen Reinhardt	The Rainmakers	01:05.78		01:05.78	5	7.5
78	Jennifer Russell	The Rainmakers	01:06.87		01:06.87	6	9.0
73	Chelsey Krochmal	3 Peas in a WOD	01:07.22		01:07.22	7	10.5
77	Courtney Campbell	The Rainmakers	01:07.88		01:07.88	8	12.0
79	Elise Stiphout	Van Der Jacked	01:10.50		01:10.50	9	13.5
81	Rachel Bohlender	Van Der Jacked	01:10.62		01:10.62	10	15.0
74	Erin Shannon	3 Peas in a WOD	01:14.84		01:14.84	11	16.5
75	Kyla Currie	3 Peas in a WOD	01:17.34		01:17.34	12	18.0
86	Nomi Jeyapal		01:26.09	00:01.00	01:27.09	13	19.5