

FEMSPORT

Women's Strength + Fitness Challenge



FEMSPORT Kamloops Challenge – May 25, 2013

NOVICE

TEAM: TOTALS

TEAM NAME - NOVICE	POINTS	PLACE
Limitless	183.0	1
No Limit to Win It	256.0	2
Mack Attack	262.5	3
Valhalla Vikings	289.5	4
Valhalla Valkyrie's	321.0	5
F3 Fit, Fast & Furious	381.5	6
Fit by Design	418.0	7
Peak C	423.5	8
Infusions Average Jills	472.5	9
Fit by Design 1	480.5	10
Valhalla Vixens	548.5	11
Drop Kick Mollies	633.5	12
Fit by Design 2	723.5	13
Tough Love Bootcamp	724.5	14

NOVICE

INDIVIDUAL: TOTALS

#	NOVICE NAME	TEAM	Final Rank	Overall Points
52	Sarah Cochran		1	24.5
19	Jennifer Long	Limitless	2	25.5
20	Kelsie Jaques	Limitless	3	33.5
24	Megan Booth	Mack Attack	4	53.0
39	Sara Disney	Valhalla Vikings	5	54.0
25	Cayla Kivi	No Limit to Win It	6	57.5
6	Kendel Lavellee	F3 Fit, Fast & Furious	7	63.5
53	Shannon Hinds		8	68.0
15	Sarah Sandholm	Fit by Design 3	9	76.5
48	Kayla Keeping		10	81.0
28	Danielle Damel	Peak C	11	86.0
23	Kelli Cyca	Mack Attack	12	86.5
37	Allison Crosby	Valhalla Vikings	13	92.0
34	Aspen Wing	Valhalla Valkyrie's	13	92.0
36	Marni Beggs	Valhalla Valkyrie's	15	94.5
27	Melanie Lees	No Limit to Win It	16	97.5
26	Marla Ronnquist	No Limit to Win It	17	101.0
14	Jennifer Edwards	Fit by Design 3	18	106.5
7	Andrea Loughheed	Fit by Design 1	19	117.0
22	Amelie Deyaeger	Mack Attack	20	123.0
21	Sharon Harrison	Limitless	21	124.0
35	Eva Munson	Valhalla Valkyrie's	22	134.5
9	Sabrina Sinclair	Fit by Design 1	23	137.5

16	Ally Miller	Infusions Average Jills	24	141.0
38	Carolyn Spence	Valhalla Vikings	25	143.5
30	Mandy Ostapovich	Peak C	25	143.5
4	Brynn Gise	F3 Fit, Fast & Furious	27	147.0
17	Charlene Nichol	Infusions Average Jills	27	147.0
41	Genevieve Pierre	Valhalla Vixens	29	150.0
47	Gillian McRae		30	153.5
40	Anne Miles	Valhalla Vixens	31	160.0
5	Crystal Petrie	F3 Fit, Fast & Furious	32	171.0
32	Mackenzie Williams	Tough Love Bootcamp	33	172.5
1	Anndee King	Drop Kick Mollies	34	176.5
50	Manon Trembley		35	178.0
18	Shelly Harding	Infusions Average Jills	36	184.5
29	Lindsay Auld	Peak C	37	194.0
55	Tina Sorgen		38	196.5
51	Sandra Lavery		39	203.5
2	Audrey Poffenroth	Drop Kick Mollies	40	205.0
11	Jennier Stubbings	Fit by Design 2	41	209.5
44	Carlie Macfarlane		42	220.5
49	Lysle Barmby		43	224.0
46	Deanna McIntyre		44	226.0
8	Jennifer Miller	Fit by Design 1	44	226.0
13	Jaime Wilcox	Fit by Design 3	46	235.0
42	Kasey Morellie	Valhalla Vixens	47	238.5
54	Sonja Thomas		48	251.5
3	Deanna Goacher	Drop Kick Mollies	49	252.0
10	Colleen Ryan	Fit by Design 2	50	253.5
31	Donna Hahn	Tough Love Bootcamp	51	258.5
12	Nicole Teare	Fit by Design 2	52	260.5
43	Brenda Boyle		53	268.0
33	Marilyn Williams	Tough Love Bootcamp	54	293.5
45	Colleen Stewart		55	301.0

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
19	Jennifer Long	Limitless	00:32.84		00:32.84	1	1
28	Danielle Damel	Peak C	00:33.45		00:33.45	2	2
6	Kendel Lavellee	F3 Fit, Fast & Furious	00:33.53		00:33.53	3	3
52	Sarah Cochran		00:33.62		00:33.62	4	4
20	Kelsie Jaques	Limitless	00:34.07		00:34.07	5	5
48	Kayla Keeping		00:34.31	00:01.00	00:35.31	6	6
25	Cayla Kivi	No Limit to Win It	00:33.43	00:02.00	00:35.43	7	7
21	Sharon Harrison	Limitless	00:35.53		00:35.53	8	8
27	Melanie Lees	No Limit to Win It	00:36.12		00:36.12	9	9
15	Sarah Sandholm	Fit by Design 3	00:36.21		00:36.21	10	10
36	Marni Beggs	Valhalla Valkyrie's	00:36.22		00:36.22	11	11
34	Aspen Wing	Valhalla Valkyrie's	00:36.34		00:36.34	12	12

37	Allison Crosby	Valhalla Vikings	00:36.43		00:36.43	13	13
40	Anne Miles	Valhalla Vixens	00:39.06		00:36.47	14	14
24	Megan Booth	Mack Attack	00:36.57		00:36.57	15	15
26	Marla Ronnquist	No Limit to Win It	00:37.19		00:37.19	16	16
38	Carolyn Spence	Valhalla Vikings	00:37.25		00:37.25	17	17
22	Amelie Deyaeger	Mack Attack	00:36.56	00:01.00	00:37.56	18	18
7	Andrea Lougheed	Fit by Design 1	00:37.63		00:37.63	19	19
23	Kelli Cyca	Mack Attack	00:37.75		00:37.75	20	20
30	Mandy Ostapovich	Peak C	00:38.25		00:38.25	21	21
39	Sara Disney	Valhalla Vikings	00:38.28		00:38.28	22	22
4	Brynn Gise	F3 Fit, Fast & Furious	00:38.63		00:38.63	23	23
35	Eva Munson	Valhalla Valkyrie's	00:38.81		00:38.81	24	24
47	Gillian McRae		00:36.85	00:02.00	00:38.85	25	25
50	Manon Trembley		00:39.19		00:39.19	26	26
41	Genevieve Pierre	Valhalla Vixens	00:39.19		00:39.19	26	26
1	Anndee King	Drop Kick Mollies	00:39.47		00:39.47	28	28
32	Mackenzie Williams	Tough Love Bootcamp	00:39.80		00:39.80	29	29
14	Jennifer Edwards	Fit by Design 3	00:39.81		00:39.81	30	30
17	Charlene Nichol	Infusions Average Jills	00:39.84		00:39.84	31	31
5	Crystal Petrie	F3 Fit, Fast & Furious	00:38.84	00:01.00	00:39.84	32	32
53	Shannon Hinds		00:38.84	00:01.00	00:39.84	32	32
46	Deanna McIntyre		00:40.18		00:40.18	34	34
11	Jennier Stubbings	Fit by Design 2	00:40.50		00:40.50	35	35
29	Lindsay Auld	Peak C	00:40.78		00:40.78	36	36
2	Audrey Poffenroth	Drop Kick Mollies	00:41.34		00:41.34	37	37
18	Shelly Harding	Infusions Average Jills	00:41.50		00:41.50	38	38
13	Jaime Wilcox	Fit by Design 3	00:41.79		00:41.79	39	39
16	Ally Miller	Infusions Average Jills	00:41.85		00:41.85	40	40
51	Sandra Lavery		00:39.87	00:02.00	00:41.87	41	41
49	Lysle Barmby		00:41.88		00:41.88	42	42
8	Jennifer Miller	Fit by Design 1	00:41.90		00:41.90	43	43
10	Colleen Ryan	Fit by Design 2	00:40.12	00:02.00	00:42.12	44	44
42	Kasey Morellie	Valhalla Vixens	00:42.87		00:42.87	45	45
55	Tina Sorgen		00:41.87	00:01.00	00:42.87	46	46
9	Sabrina Sinclair	Fit by Design 1	00:43.34		00:43.34	47	47
43	Brenda Boyle		00:43.34		00:43.34	47	47
44	Carlie Macfarlane		00:44.25		00:44.25	49	49
54	Sonja Thomas		00:44.25		00:44.25	49	49
31	Donna Hahn	Tough Love Bootcamp	00:44.91		00:44.91	51	51
12	Nicole Teare	Fit by Design 2	00:48.53		00:48.53	52	52
3	Deanna Goacher	Drop Kick Mollies	00:50.72	00:01.00	00:51.72	53	53
33	Marilyn Williams	Tough Love Bootcamp	00:51.78		00:51.78	54	54
45	Colleen Stewart		00:54.19		00:54.19	55	55

TIRE DRAG – NOVICE							
#	NAME	TEAM	DRAG TIME	PENALTY	FINAL DRAG TIME	Rank	Point Score
52	Sarah Cochran		00:08.09		00:08.09	1	1
28	Danielle Damel	Peak C	00:08.90		00:08.90	2	2
24	Megan Booth	Mack Attack	00:09.37		00:09.37	3	3
15	Sarah Sandholm	Fit by Design 3	00:10.41		00:10.41	4	4
6	Kendel Lavellee	F3 Fit, Fast & Furious	00:10.84		00:10.84	5	5
20	Kelsie Jaques	Limitless	00:10.96		00:10.96	6	6
39	Sara Disney	Valhalla Vikings	00:10.97		00:10.97	7	7
34	Aspen Wing	Valhalla Valkyrie's	00:11.47		00:11.47	8	8

53	Shannon Hinds		00:11.68		00:11.68	9	9
23	Kelli Cyca	Mack Attack	00:11.69		00:11.69	10	10
9	Sabrina Sinclair	Fit by Design 1	00:11.94		00:11.94	11	11
19	Jennifer Long	Limitless	00:12.43		00:12.43	12	12
16	Ally Miller	Infusions Average Jills	00:12.53		00:12.53	13	13
51	Sandra Lavery		00:12.72		00:12.72	14	14
14	Jennifer Edwards	Fit by Design 3	00:12.90		00:12.90	15	15
36	Marni Beggs	Valhalla Valkyrie's	00:13.18		00:13.18	16	16
4	Brynn Gise	F3 Fit, Fast & Furious	00:13.37		00:13.37	17	17
5	Crystal Petrie	F3 Fit, Fast & Furious	00:13.53		00:13.53	18	18
38	Carolyn Spence	Valhalla Vikings	00:13.53		00:13.53	18	18
8	Jennifer Miller	Fit by Design 1	00:13.53		00:13.53	18	18
7	Andrea Lougheed	Fit by Design 1	00:13.59		00:13.59	21	21
48	Kayla Keeping		00:13.62		00:13.62	22	22
18	Shelly Harding	Infusions Average Jills	00:12.75	00:01.00	00:13.75	23	23
25	Cayla Kivi	No Limit to Win It	00:13.78		00:13.78	24	24
32	Mackenzie Williams	Tough Love Bootcamp	00:13.84		00:13.84	25	25
17	Charlene Nichol	Infusions Average Jills	00:13.90		00:13.90	26	26
30	Mandy Ostapovich	Peak C	00:14.00		00:14.00	27	27
54	Sonja Thomas		00:14.25		00:14.25	28	28
29	Lindsay Auld	Peak C	00:14.50		00:14.50	29	29
2	Audrey Poffenroth	Drop Kick Mollies	00:14.75		00:14.75	30	30
47	Gillian McRae		00:14.81		00:14.81	31	31
26	Marla Ronnquist	No Limit to Win It	00:14.82		00:14.82	32	32
11	Jennier Stubbings	Fit by Design 2	00:15.00		00:15.00	33	33
12	Nicole Teare	Fit by Design 2	00:15.09		00:15.09	34	34
55	Tina Sorgen		00:15.13		00:15.13	35	35
1	Anndee King	Drop Kick Mollies	00:15.16		00:15.16	36	36
50	Manon Trembley		00:15.34		00:15.34	37	37
21	Sharon Harrison	Limitless	00:15.35		00:15.35	38	38
49	Lysle Barmby		00:15.75		00:15.75	39	39
42	Kasey Morellie	Valhalla Vixens	00:15.91		00:15.91	40	40
27	Melanie Lees	No Limit to Win It	00:16.62		00:16.62	41	41
22	Amelie Deyaeger	Mack Attack	00:16.79		00:16.79	42	42
3	Deanna Goacher	Drop Kick Mollies	00:16.90		00:16.90	43	43
31	Donna Hahn	Tough Love Bootcamp	00:17.12		00:17.12	44	44
41	Genevieve Pierre	Valhalla Vixens	00:17.12		00:17.12	44	44
43	Brenda Boyle		00:17.13		00:17.13	46	46
37	Allison Crosby	Valhalla Vikings	00:17.91		00:17.91	47	47
10	Colleen Ryan	Fit by Design 2	00:18.00		00:18.00	48	48
40	Anne Miles	Valhalla Vixens	00:18.91		00:18.91	49	49
35	Eva Munson	Valhalla Valkyrie's	00:19.57		00:19.57	50	50
33	Marilyn Williams	Tough Love Bootcamp	00:19.81		00:19.81	51	51
13	Jaime Wilcox	Fit by Design 3	00:20.62		00:20.62	52	52
46	Deanna McIntyre		00:22.00		00:22.00	53	53
44	Carlie Macfarlane		00:22.31		00:22.31	54	54
45	Colleen Stewart		00:22.47		00:22.47	55	55

BOX JUMPS – NOVICE						
#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
19	Jennifer Long	Limitless	50	00:41.66	1	1
24	Megan Booth	Mack Attack	50	00:41.85	2	2
37	Allison Crosby	Valhalla Vikings	50	00:43.56	3	3
20	Kelsie Jaques	Limitless	50	00:44.28	4	4

6	Kendel Lavellee	F3 Fit, Fast & Furious	50	00:44.41	5	5
25	Cayla Kivi	No Limit to Win It	50	00:45.31	6	6
39	Sara Disney	Valhalla Vikings	50	00:46.72	7	7
21	Sharon Harrison	Limitless	50	00:46.84	8	8
53	Shannon Hinds		50	00:46.97	9	9
15	Sarah Sandholm	Fit by Design 3	50	00:49.37	10	10
5	Crystal Petrie	F3 Fit, Fast & Furious	50	00:50.87	11	11
9	Sabrina Sinclair	Fit by Design 1	50	00:51.00	12	12
36	Marni Beggs	Valhalla Valkyrie's	50	00:51.72	13	13
23	Kelli Cyca	Mack Attack	50	00:54.09	14	14
52	Sarah Cochran		50	00:54.38	15	15
14	Jennifer Edwards	Fit by Design 3	50	00:54.47	16	16
35	Eva Munson	Valhalla Valkyrie's	50	00:57.72	17	17
44	Carlie Macfarlane		50	00:58.22	18	18
40	Anne Miles	Valhalla Vixens	50	00:59.59	19	19
50	Manon Trembley		50	00:59.85	20	20
32	Mackenzie Williams	Tough Love Bootcamp	50	01:01.84	21	21
48	Kayla Keeping		50	01:01.84	21	21
47	Gillian McRae		50	01:03.00	23	23
4	Brynn Gise	F3 Fit, Fast & Furious	50	01:05.78	24	24
22	Amelie Deyaeger	Mack Attack	50	01:05.93	25	25
26	Marla Ronnquist	No Limit to Win It	50	01:07.37	26	26
30	Mandy Ostapovich	Peak C	50	01:09.41	27	27
38	Carolyn Spence	Valhalla Vikings	50	01:11.56	28	28
29	Lindsay Auld	Peak C	50	01:13.18	29	29
49	Lysle Barmby		50	01:14.91	30	30
27	Melanie Lees	No Limit to Win It	50	01:18.16	31	31
1	Anndee King	Drop Kick Mollies	50	01:21.38	32	32
46	Deanna McIntyre		50	01:29.22	33	33
41	Genevieve Pierre	Valhalla Vixens	50	01:30.50	34	34
55	Tina Sorgen		50	01:37.62	35	35
17	Charlene Nichol	Infusions Average Jills	50	01:39.00	36	36
13	Jaime Wilcox	Fit by Design 3	50	01:44.32	37	37
18	Shelly Harding	Infusions Average Jills	50	01:55.94	38	38
10	Colleen Ryan	Fit by Design 2	50	01:58.41	39	39
7	Andrea Lougheed	Fit by Design 1	50	02:01.69	40	40
16	Ally Miller	Infusions Average Jills	50	02:03.18	41	41
31	Donna Hahn	Tough Love Bootcamp	50	02:18.91	42	42
34	Aspen Wing	Valhalla Valkyrie's	50	02:20.81	43	43
12	Nicole Teare	Fit by Design 2	50	02:22.25	44	44
51	Sandra Lavery		50	02:27.84	45	45
42	Kasey Morellie	Valhalla Vixens	50	02:34.72	46	46
28	Danielle Damel	Peak C	50	02:39.50	47	47
11	Jennier Stubbings	Fit by Design 2	50	02:58.37	48	48
54	Sonja Thomas		46	03:00.00	49	49
8	Jennifer Miller	Fit by Design 1	45	03:00.00	50	50
2	Audrey Poffenroth	Drop Kick Mollies	42	03:00.00	51	51
33	Marilyn Williams	Tough Love Bootcamp	39	03:00.00	52	52
3	Deanna Goacher	Drop Kick Mollies	39	03:00.00	52	52
45	Colleen Stewart		36	03:00.00	54	54
43	Brenda Boyle			03:00.00	55	55

TIRE FLIP – NOVICE					
#	NAME	TEAM	Flip Time	Rank	Point Score
28	Danielle Damel	Peak C	00:11.56	1	1

27	Melanie Lees	No Limit to Win It	00:11.81	2	2
52	Sarah Cochran		00:11.81	2	2
34	Aspen Wing	Valhalla Valkyrie's	00:12.59	4	4
39	Sara Disney	Valhalla Vikings	00:12.93	5	5
19	Jennifer Long	Limitless	00:13.84	6	6
20	Kelsie Jaques	Limitless	00:13.87	7	7
26	Marla Ronnquist	No Limit to Win It	00:13.96	8	8
7	Andrea Lougheed	Fit by Design 1	00:14.06	9	9
16	Ally Miller	Infusions Average Jills	00:14.16	10	10
53	Shannon Hinds		00:14.37	11	11
25	Cayla Kivi	No Limit to Win It	00:14.63	12	12
37	Allison Crosby	Valhalla Vikings	00:14.84	13	13
17	Charlene Nichol	Infusions Average Jills	00:15.03	14	14
41	Genevieve Pierre	Valhalla Vixens	00:15.06	15	15
22	Amelie Deyaeger	Mack Attack	00:15.12	16	16
35	Eva Munson	Valhalla Valkyrie's	00:15.16	17	17
6	Kendel Lavellee	F3 Fit, Fast & Furious	00:15.22	18	18
23	Kelli Cyca	Mack Attack	00:15.47	19	19
2	Audrey Poffenroth	Drop Kick Mollies	00:15.66	20	20
21	Sharon Harrison	Limitless	00:16.06	21	21
48	Kayla Keeping		00:16.37	22	22
18	Shelly Harding	Infusions Average Jills	00:16.85	23	23
1	Anndee King	Drop Kick Mollies	00:16.88	24	24
36	Marni Beggs	Valhalla Valkyrie's	00:16.93	25	25
9	Sabrina Sinclair	Fit by Design 1	00:17.07	26	26
38	Carolyn Spence	Valhalla Vikings	00:17.12	27	27
14	Jennifer Edwards	Fit by Design 3	00:17.13	28	28
24	Megan Booth	Mack Attack	00:17.53	29	29
47	Gillian McRae		00:17.66	30	30
3	Deanna Goacher	Drop Kick Mollies	00:18.17	31	31
15	Sarah Sandholm	Fit by Design 3	00:18.22	32	32
30	Mandy Ostapovich	Peak C	00:18.32	33	33
11	Jennier Stubbings	Fit by Design 2	00:18.75	34	34
40	Anne Miles	Valhalla Vixens	00:19.18	35	35
42	Kasey Morellie	Valhalla Vixens	00:19.25	36	36
4	Brynn Gise	F3 Fit, Fast & Furious	00:19.56	37	37
51	Sandra Lavery		00:19.60	38	38
8	Jennifer Miller	Fit by Design 1	00:20.25	39	39
5	Crystal Petrie	F3 Fit, Fast & Furious	00:20.91	40	40
43	Brenda Boyle		00:21.09	41	41
55	Tina Sorgen		00:21.13	42	42
50	Manon Trembley		00:22.00	43	43
31	Donna Hahn	Tough Love Bootcamp	00:22.19	44	44
29	Lindsay Auld	Peak C	00:22.50	45	45
13	Jaime Wilcox	Fit by Design 3	00:24.03	46	46
32	Mackenzie Williams	Tough Love Bootcamp	00:26.22	47	47
46	Deanna McIntyre		00:28.56	48	48
49	Lysle Barmby		00:28.81	49	49
12	Nicole Teare	Fit by Design 2	00:28.88	50	50
54	Sonja Thomas		00:34.60	51	51
44	Carlie Macfarlane		00:34.88	52	52
33	Marilyn Williams	Tough Love Bootcamp	00:36.91	53	53
10	Colleen Ryan	Fit by Design 2	00:39.90	54	54
45	Colleen Stewart		02:00.00	55	55

OBSTACLE COURSE (x 1.5) – NOVICE

#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
52	Sarah Cochran		01:02.53		01:02.53	1	1.5
24	Megan Booth	Mack Attack	01:05.97		01:05.97	2	3.0
19	Jennifer Long	Limitless	01:06.15		01:06.15	3	4.5
53	Shannon Hinds		01:07.10	00:01.00	01:08.10	4	6.0
25	Cayla Kivi	No Limit to Win It	01:07.13	00:01.00	01:08.13	5	7.5
48	Kayla Keeping		01:08.22		01:08.22	6	9.0
20	Kelsie Jaques	Limitless	01:06.00	00:04.00	01:10.00	7	10.5
39	Sara Disney	Valhalla Vikings	01:09.04	00:02.00	01:11.04	8	12.0
27	Melanie Lees	No Limit to Win It	01:12.38		01:12.38	9	13.5
37	Allison Crosby	Valhalla Vikings	01:12.53		01:12.53	10	15.0
14	Jennifer Edwards	Fit by Design 3	01:13.00		01:13.00	11	16.5
26	Marla Ronnquist	No Limit to Win It	01:13.25		01:13.25	12	18.0
15	Sarah Sandholm	Fit by Design 3	01:13.50		01:13.50	13	19.5
22	Amelie Deyaeger	Mack Attack	01:14.35		01:14.35	14	21.0
23	Kelli Cyca	Mack Attack	01:14.44		01:14.44	15	22.5
34	Aspen Wing	Valhalla Valkyrie's	01:14.56		01:14.56	16	24.0
35	Eva Munson	Valhalla Valkyrie's	01:14.78		01:14.78	17	25.5
7	Andrea Lougheed	Fit by Design 1	01:15.16		01:15.16	18	27.0
36	Marni Beggs	Valhalla Valkyrie's	01:16.06		01:16.06	19	28.5
41	Genevieve Pierre	Valhalla Vixens	01:16.35		01:16.35	20	30.0
6	Kendel Lavellee	F3 Fit, Fast & Furious	01:15.47	00:01.00	01:16.47	21	31.5
28	Danielle Damel	Peak C	01:17.25		01:17.25	22	33.0
30	Mandy Ostapovich	Peak C	01:17.90		01:17.90	23	34.5
16	Ally Miller	Infusions Average Jills	01:17.06	00:01.00	01:18.06	24	36.0
55	Tina Sorgen		01:18.16		01:18.16	25	37.5
17	Charlene Nichol	Infusions Average Jills	01:18.38		01:18.38	26	39.0
9	Sabrina Sinclair	Fit by Design 1	01:18.59		01:18.59	27	40.5
40	Anne Miles	Valhalla Vixens	01:18.81		01:18.81	28	42.0
47	Gillian McRae		01:19.65		01:19.65	29	43.5
4	Brynn Gise	F3 Fit, Fast & Furious	01:19.97		01:19.97	30	45.0
44	Carlie Macfarlane		01:20.31		01:20.31	31	46.5
21	Sharon Harrison	Limitless	01:20.34		01:20.34	32	48.0
32	Mackenzie Williams	Tough Love Bootcamp	01:20.53		01:20.53	33	49.5
50	Manon Trembley		01:20.56		01:20.56	34	51.0
38	Carolyn Spence	Valhalla Vikings	01:20.96		01:20.96	35	52.5
29	Lindsay Auld	Peak C	01:21.50		01:21.50	36	54.0
1	Anndee King	Drop Kick Mollies	01:21.31	00:01.00	01:22.31	37	55.5
46	Deanna McIntyre		01:22.59		01:22.59	38	57.0
11	Jennier Stubbings	Fit by Design 2	01:22.65		01:22.65	39	58.5
13	Jaime Wilcox	Fit by Design 3	01:23.06		01:23.06	40	60.0
18	Shelly Harding	Infusions Average Jills	01:23.28		01:23.28	41	61.5
49	Lysle Barmby		01:24.00		01:24.00	42	63.0
51	Sandra Lavery		01:24.03		01:24.03	43	64.5
2	Audrey Poffenroth	Drop Kick Mollies	01:24.29	00:01.00	01:25.29	44	66.0
10	Colleen Ryan	Fit by Design 2	01:25.72	00:01.00	01:26.72	45	67.5
5	Crystal Petrie	F3 Fit, Fast & Furious	01:28.06		01:28.06	46	69.0
42	Kasey Morellie	Valhalla Vixens	01:28.10		01:28.10	47	70.5
3	Deanna Goacher	Drop Kick Mollies	01:28.53		01:28.53	48	72.0
54	Sonja Thomas		01:28.78		01:28.78	49	73.5
8	Jennifer Miller	Fit by Design 1	01:30.09		01:30.09	50	75.0
31	Donna Hahn	Tough Love Bootcamp	01:30.31		01:30.31	51	76.5
43	Brenda Boyle		01:34.57		01:34.57	52	78.0
12	Nicole Teare	Fit by Design 2	01:35.65		01:35.65	53	79.5

45	Colleen Stewart		01:47.19		01:47.19	54	81.0
33	Marilyn Williams	Tough Love Bootcamp	01:51.97	00:01.00	01:52.97	55	82.5

OPEN

TEAM: TOTALS

TEAM NAME – OPEN	POINTS	PLACE
Peak A	126.0	1
No Limits	145.5	2
The Rainmakers	152.5	3
Laydeez On The Edge	194.0	4
The BTG Mighty Mice	291.0	5

OPEN

INDIVIDUAL: TOTALS

#	NAME – OPEN	TEAM	Final Rank	Overall Points
62	Kim Tuckey	Peak A	1	18.0
74	Heather Brown		2	21.5
60	Meagan Mason	No Limits	3	25.0
69	Jennifer Russell	The Rainmakers	4	28.0
57	Lorrie Bailey	Laydeez On The Edge	5	32.5
68	Carmen Reinhardt	The Rainmakers	6	38.5
71	Aleah Morris		7	42.5
63	Kristen Ralf	Peak A	7	42.5
61	Shalni Prowse	No Limits	9	53.0
76	Theresa Braaten		10	60.0
72	Alica Lockhart		11	64.5
64	Rachel deRuiter	Peak A	12	65.5
59	Candace Marcynuik	No Limits	13	67.5
56	Casey Lindquist	Laydeez On The Edge	14	79.5
66	Tanya Preston	The BTG Mighty Mice	15	80.5
58	Sue Speers	Laydeez On The Edge	16	82.0
70	Shawntal Onneken	The Rainmakers	17	86.0
75	Ralan Bernardin		18	93.0
73	Denise Arnold		19	99.0
65	Lauri Bernard	The BTG Mighty Mice	20	104.0
67	Wendy Jordan-Olive	The BTG Mighty Mice	21	106.5

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
57	Lorrie Bailey	Laydeez On The Edge	00:33.37		00:33.37	1	1
62	Kim Tuckey	Peak A	00:33.78		00:33.78	2	2
74	Heather Brown		00:34.00		00:34.00	3	3

60	Meagan Mason	No Limits	00:34.20		00:34.20	4	4
63	Kristen Ralf	Peak A	00:35.75		00:35.75	5	5
71	Aleah Morris		00:35.88		00:35.88	6	6
68	Carmen Reinhardt	The Rainmakers	00:35.43	00:01.00	00:36.43	7	7
69	Jennifer Russell	The Rainmakers	00:36.75		00:36.75	8	8
64	Rachel deRuiter	Peak A	00:37.50		00:37.50	9	9
56	Casey Lindquist	Laydeez On The Edge	00:37.78		00:37.78	10	10
59	Candace Marcynuik	No Limits	00:37.78		00:37.78	10	10
61	Shalni Prowse	No Limits	00:36.82	00:01.00	00:37.82	12	12
66	Tanya Preston	The BTG Mighty Mice	00:38.22		00:38.22	13	13
58	Sue Speers	Laydeez On The Edge	00:38.84		00:38.84	14	14
72	Alica Lockhart		00:38.03	00:01.00	00:39.03	15	15
76	Theresa Braaten		00:38.59	00:01.00	00:39.59	16	16
70	Shawntal Onneken	The Rainmakers	00:39.69		00:39.69	17	17
75	Ralan Bernardin		00:39.90		00:39.90	18	18
73	Denise Arnold		00:40.97		00:40.97	19	19
67	Wendy Jordan-Olive	The BTG Mighty Mice	00:41.01		00:41.01	20	20
65	Lauri Bernard	The BTG Mighty Mice	00:42.81		00:42.81	21	21

TIRE DRAG – OPEN

#	NAME	TEAM	DRAG TIME	PENALTY	FINAL DRAG TIME	Rank	Point Score
63	Kristen Ralf	Peak A	00:09.19		00:09.19	1	1
60	Meagan Mason	No Limits	00:10.19		00:10.19	2	2
56	Casey Lindquist	Laydeez On The Edge	00:11.03		00:11.03	3	3
62	Kim Tuckey	Peak A	00:11.10		00:11.10	4	4
76	Theresa Braaten		00:11.90		00:11.90	5	5
69	Jennifer Russell	The Rainmakers	00:12.28		00:12.28	6	6
61	Shalni Prowse	No Limits	00:13.22		00:13.22	7	7
71	Aleah Morris		00:13.31		00:13.31	8	8
68	Carmen Reinhardt	The Rainmakers	00:13.44		00:13.44	9	9
66	Tanya Preston	The BTG Mighty Mice	00:13.44		00:13.44	9	9
58	Sue Speers	Laydeez On The Edge	00:13.84		00:13.84	11	11
74	Heather Brown		00:13.91		00:13.91	12	12
70	Shawntal Onneken	The Rainmakers	00:14.12		00:14.12	13	13
64	Rachel deRuiter	Peak A	00:14.65		00:14.65	14	14
57	Lorrie Bailey	Laydeez On The Edge	00:14.88		00:14.88	15	15
72	Alica Lockhart		00:15.16		00:15.16	16	16
65	Lauri Bernard	The BTG Mighty Mice	00:17.09		00:17.09	17	17
73	Denise Arnold		00:17.15		00:17.15	18	18
75	Ralan Bernardin		00:18.40		00:18.40	19	19
59	Candace Marcynuik	No Limits	00:19.03		00:19.03	20	20
67	Wendy Jordan-Olive	The BTG Mighty Mice	00:19.47		00:19.47	21	21

BOX JUMPS – OPEN

#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
59	Candace Marcynuik	No Limits	50	00:44.28	1	1
74	Heather Brown		50	00:46.75	2	2
69	Jennifer Russell	The Rainmakers	50	00:47.53	3	3
62	Kim Tuckey	Peak A	50	00:48.59	4	4
60	Meagan Mason	No Limits	50	00:48.72	5	5
68	Carmen Reinhardt	The Rainmakers	50	00:51.72	6	6
72	Alica Lockhart		50	00:52.72	7	7

57	Lorrie Bailey	Laydeez On The Edge	50	00:54.40	8	8
76	Theresa Braaten		50	01:02.10	9	9
63	Kristen Ralf	Peak A	50	01:09.50	10	10
61	Shalni Prowse	No Limits	50	01:17.59	11	11
71	Aleah Morris		50	01:19.75	12	12
66	Tanya Preston	The BTG Mighty Mice	50	01:21.65	13	13
70	Shawntal Onneken	The Rainmakers	50	01:28.22	14	14
67	Wendy Jordan-Olive	The BTG Mighty Mice	50	01:34.37	15	15
64	Rachel deRuiter	Peak A	50	01:45.87	16	16
65	Lauri Bernard	The BTG Mighty Mice	50	01:46.91	17	17
73	Denise Arnold		50	01:48.88	18	18
56	Casey Lindquist	Laydeez On The Edge	50	02:05.44	19	19
75	Ralan Bernardin		50	02:12.87	20	20
58	Sue Speers	Laydeez On The Edge	50	02:24.94	21	21

TIRE FLIP – OPEN						
#	NAME	TEAM	Flip Time	Rank	Point Score	
69	Jennifer Russell	The Rainmakers	00:12.84	1	1	
74	Heather Brown		00:12.88	2	2	
57	Lorrie Bailey	Laydeez On The Edge	00:13.31	3	3	
62	Kim Tuckey	Peak A	00:13.79	4	4	
71	Aleah Morris		00:14.03	5	5	
63	Kristen Ralf	Peak A	00:14.28	6	6	
60	Meagan Mason	No Limits	00:14.72	7	7	
68	Carmen Reinhardt	The Rainmakers	00:15.47	8	8	
64	Rachel deRuiter	Peak A	00:16.06	9	9	
61	Shalni Prowse	No Limits	00:16.65	10	10	
76	Theresa Braaten		00:16.72	11	11	
72	Alica Lockhart		00:19.16	12	12	
59	Candace Marcynuik	No Limits	00:19.34	13	13	
58	Sue Speers	Laydeez On The Edge	00:19.50	14	14	
56	Casey Lindquist	Laydeez On The Edge	00:20.34	15	15	
73	Denise Arnold		00:21.16	16	16	
70	Shawntal Onneken	The Rainmakers	00:27.00	17	17	
65	Lauri Bernard	The BTG Mighty Mice	00:27.93	18	18	
66	Tanya Preston	The BTG Mighty Mice	00:28.41	19	19	
75	Ralan Bernardin		00:33.72	20	20	
67	Wendy Jordan-Olive	The BTG Mighty Mice	00:34.91	21	21	

OBSTACLE COURSE (x 1.5) – OPEN							
#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
74	Heather Brown		01:03.00	00:02.00	01:05.00	1	1.5
62	Kim Tuckey	Peak A	01:05.57		01:05.57	2	3.0
57	Lorrie Bailey	Laydeez On The Edge	01:06.28		01:06.28	3	4.5
60	Meagan Mason	No Limits	01:07.91		01:07.91	4	6.0
68	Carmen Reinhardt	The Rainmakers	01:08.38	00:01.00	01:09.38	5	7.5
69	Jennifer Russell	The Rainmakers	01:09.47		01:09.47	6	9.0
71	Aleah Morris		01:10.63		01:10.63	7	10.5
61	Shalni Prowse	No Limits	01:14.10	00:01.00	01:15.10	8	12.0
72	Alica Lockhart		01:14.28	00:01.00	01:15.28	9	13.5
75	Ralan Bernardin		01:15.68		01:15.68	10	15.0
64	Rachel deRuiter	Peak A	01:15.91		01:15.91	11	16.5
76	Theresa Braaten		01:16.35		01:16.35	12	18.0

63	Kristen Ralf	Peak A	01:16.63	00:01.00	01:17.63	13	19.5
58	Sue Speers	Laydeez On The Edge	01:18.18		01:18.18	14	21.0
59	Candace Marcynuik	No Limits	01:17.19	00:01.00	01:18.19	15	22.5
70	Shawntal Onneken	The Rainmakers	01:21.04		01:21.04	16	24.0
66	Tanya Preston	The BTG Mighty Mice	01:22.25		01:22.25	17	25.5
73	Denise Arnold		01:20.56	00:02.00	01:22.56	18	27.0
67	Wendy Jordan-Olive	The BTG Mighty Mice	01:24.09		01:24.09	19	28.5
65	Lauri Bernard	The BTG Mighty Mice	01:26.38		01:26.38	20	30.0
56	Casey Lindquist	Laydeez On The Edge	01:27.72		01:27.72	21	31.5