

# FEMSPORT

Women's Strength + Fitness Challenge



## FEMSPORT Regina Challenge – August 23, 2014



CHI Bursary Winner: Lori Dencsak



### OPEN

#### TEAM: TOTALS

TEAM NAME - OPEN	POINTS	PLACE
Rainmakers	90.5	1
Team Burko	112.0	2
Island Insanity	148.5	3

#### INDIVIDUAL: TOTALS

#	OPEN NAME	TEAM	Final Rank	Overall Points
20	Jenn Russell	Rainmakers	1	11.5
27	Hailey Jones		2	15.0
25	Rebekah Hove	Team Burko	3	20.0
21	Jessica Barone	Rainmakers	4	23.5
17	Bailey Island	Island Insanity	5	30.0
24	Megan Weisenberger	Team Burko	6	44.5
23	Alanna Schweitzer	Team Burko	7	47.5
19	Paige Island	Island Insanity	8	54.0
22	Shawntal Onneken	Rainmakers	9	55.5
26	Erica Matthews		10	61.0
18	Dawn Island	Island Insanity	11	64.5

### OPEN

#### INDIVIDUAL: EVENT RESULTS

INVERTED ROWS – OPEN					
#	NAME	TEAM	Reps	Rank	Point Score
20	Jenn Russell	Rainmakers	69.5	1	1
27	Hailey Jones		56.5	2	2
25	Rebekah Hove	Team Burko	54.0	3	3
21	Jessica Barone	Rainmakers	52.0	4	4
17	Bailey Island	Island Insanity	48.5	5	5
23	Alanna Schweitzer	Team Burko	47.0	6	6

24	Megan Weisenberger	Team Burko	47.0	6	6
19	Paige Island	Island Insanity	42.0	8	8
18	Dawn Island	Island Insanity	36.5	9	9
22	Shawntal Onneken	Rainmakers	35.5	10	10
26	Erica Matthews		31.0	11	11

### KETTLEBELL LIFT – OPEN

#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
25	Rebekah Hove	Team Burko	00:32.34	00:01.00	00:33.34	1	1
20	Jenn Russell	Rainmakers	00:33.78		00:33.78	2	2
27	Hailey Jones		00:35.32		00:35.32	3	3
23	Alanna Schweitzer	Team Burko	00:36.35		00:36.35	4	4
21	Jessica Barone	Rainmakers	00:36.66		00:36.66	5	5
17	Bailey Island	Island Insanity	00:37.03		00:37.03	6	6
19	Paige Island	Island Insanity	00:38.53		00:38.53	7	7
24	Megan Weisenberger	Team Burko	00:38.88		00:38.88	8	8
26	Erica Matthews		00:40.00		00:40.00	9	9
22	Shawntal Onneken	Rainmakers	00:39.85	00:01.00	00:40.85	10	10
18	Dawn Island	Island Insanity	00:45.47		00:45.47	11	11

### TIRE DRAG – OPEN

#	NAME	TEAM	DRAG TIME	PENALTY	FINAL DRAG TIME	Rank	Point Score
21	Jessica Barone	Rainmakers	00:16.50		00:16.50	1	1
27	Hailey Jones		00:16.50		00:16.50	1	1
25	Rebekah Hove	Team Burko	00:16.71		00:16.71	3	3
20	Jenn Russell	Rainmakers	00:17.32		00:17.32	4	4
17	Bailey Island	Island Insanity	00:18.69		00:18.69	5	5
24	Megan Weisenberger	Team Burko	00:19.69		00:19.69	6	6
22	Shawntal Onneken	Rainmakers	00:21.60		00:21.60	7	7
26	Erica Matthews		00:25.41		00:25.41	8	8
18	Dawn Island	Island Insanity	00:26.75		00:26.75	9	9
19	Paige Island	Island Insanity	00:27.16		00:27.16	10	10
23	Alanna Schweitzer	Team Burko	00:28.16		00:28.16	11	11

### BOX JUMPS – OPEN

#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
17	Bailey Island	Island Insanity	50	00:42.00	1	1
20	Jenn Russell	Rainmakers	50	00:43.03	2	2
27	Hailey Jones		50	00:48.28	3	3
21	Jessica Barone	Rainmakers	50	00:49.06	4	4
25	Rebekah Hove	Team Burko	50	00:51.81	5	5
19	Paige Island	Island Insanity	50	01:05.82	6	6
23	Alanna Schweitzer	Team Burko	50	01:14.22	7	7
22	Shawntal Onneken	Rainmakers	50	01:26.75	8	8
18	Dawn Island	Island Insanity	50	01:41.75	9	9
26	Erica Matthews		50	01:57.12	10	10
24	Megan Weisenberger	Team Burko	50	02:02.28	11	11

TIRE FLIP – OPEN					
#	NAME	TEAM	Flip Time	Rank	Point Score
20	Jenn Russell	Rainmakers	00:09.59	1	1
25	Rebekah Hove	Team Burko	00:11.59	2	2
27	Hailey Jones		00:13.28	3	3
17	Bailey Island	Island Insanity	00:15.37	4	4
21	Jessica Barone	Rainmakers	00:15.47	5	5
24	Megan Weisenberger	Team Burko	00:16.19	6	6
22	Shawntal Onneken	Rainmakers	00:16.78	7	7
26	Erica Matthews		00:17.81	8	8
23	Alanna Schweitzer	Team Burko	00:18.53	9	9
18	Dawn Island	Island Insanity	00:20.47	10	10
19	Paige Island	Island Insanity	00:39.63	11	11

OBSTACLE COURSE (x 1.5) – OPEN							
#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
20	Jenn Russell	Rainmakers	01:02.37	00:01.00	01:03.37	1	1.5
27	Hailey Jones		01:03.84		01:03.84	2	3.0
21	Jessica Barone	Rainmakers	01:04.78	00:01.00	01:05.78	3	4.5
25	Rebekah Hove	Team Burko	01:06.46		01:06.46	4	6.0
24	Megan Weisenberger	Team Burko	01:08.44		01:08.44	5	7.5
17	Bailey Island	Island Insanity	01:08.62		01:08.62	6	9.0
23	Alanna Schweitzer	Team Burko	01:09.31		01:09.31	7	10.5
19	Paige Island	Island Insanity	01:15.90		01:15.90	8	12.0
22	Shawntal Onneken	Rainmakers	01:16.16	00:01.00	01:17.16	9	13.5
26	Erica Matthews		01:19.15		01:19.15	10	15.0
18	Dawn Island	Island Insanity	01:25.31		01:25.31	11	16.5