

FEMSPORT

Women's Strength & Fitness Challenge

FEMSPORT Fort Saskatchewan Challenge – July 23rd, 2016



CHI /CSNA Bursary Winner: Tricia Lukow

NOVICE TEAM RANKING

*** Each competitor received 1 point each for Inverted Rows
which were not performed at this event ***

	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	
Infinite Dumbells							269.0	1
Cassie Williams	6	18	24	4	12	9		
Jessica Zapata	2	11	8	10	8	5		
Kelly Vandenberg	21	33	31	32	24	28		
Boomchickas							325.0	2
Angela McKiernan	10	23	3	25	30	14		
Halle Bouma	16	3	2	15	2	3		
Joey Bauma	47	32	14	33	34	35		
IronFist							327.5	3
Karen Powers	37	22	6	22	33	21		
Maryann Gillam	27	4	7	13	6	7		
Paige Wilson	39	38	22	8	14	19		
Honey Badgers							417.5	4
Sarah Fritzel	7	10	29	23	17	12		
Sasha Lewis	49	30	25	20	46	39		
Tanja Stoll	25	21	20	34	18	18		
Littlest Livewire							424.0	5
Gabrielle Engli	46	29	48	38	52	50		
Jennifer Selk	38	14	15	21	36	23		
Michelle Relling	13	5	11	5	4	4		
Sorry I'm Late I didn't Want to Come							506.5	6
Jenna MacAulay	41	28	42	28	27	36		
Mandy Milliken	18	24	40	40	35	33		
Trina Terry	28	27	12	27	37	27		

Hurtin Albertans							530.5	7
	Ashley Wright	17	7	44	45	7	17	
	Christi Nagel	33	13	32	3	40	22	
	Paula Wischoff Yerama	51	53	50	52	38	52	
Infinite Barbells							548.0	8
	Julie Herringshaw	11	34	4	1	10	8	
	Lisa Martinuk	50	52	49	51	53	53	
	Tracey White	44	44	20	14	51	41	
Chicks with Guns							549.0	9
	Katherine Fisher	24	20	5	26	49	25	
	Michelle Fillmore	35	50	35	49	40	49	
	Natane Veogtlin	26	39	16	29	39	31	
Femme Fatales							585.5	10
	Anna Wallace	45	36	18	11	43	33	
	Emma Reyes	22	51	41	50	29	45	
	Wendy MacKay	31	45	26	31	45	42	
Daytona Play Hard							593.0	11
	Amanda Friesen	19	31	36	39	24	29	
	Chantelle Pingol	42	41	47	43	20	44	
	Robyn Becker	48	48	46	12	48	48	

NOVICE INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
68	Sherry Nelson		1	27.5
61	Leslie Quilter		2	30.5
21	Halle Bouma	Boomchickas	3	40.0
43	Michelle Relling	Littlest Livewire	4	41.0
36	Jessica Zapata	Infinite Dumbells	5	44.0
47	Amber Byron		6	48.0
39	Maryann Gillam	IronFist	7	61.0
32	Julie Herringshaw	Infinite Barbells	8	66.0
35	Cassie Williams	Infinite Dumbells	9	71.0
57	Kaitlin Lloyd		10	79.5
60	Kyla Gilchuk		11	91.0
66	Sarah Fritzel	Honey Badgers	12	95.5
59	Kristen Grise		13	103.5
20	Angela McKiernan	Boomchickas	14	107.0
49	Brittany Kennedy		15	111.0
53	Jana Chase		16	112.5
48	Ashley Wright	Hurtin Albertans	17	124.5
70	Tanja Stoll	Honey Badgers	18	128.0

40	Paige Wilson	IronFist	19	129.0
64	Salah Harmon		20	129.5
38	Karen Powers	IronFist	21	137.5
51	Christi Nagel	Hurtin Albertans	22	142.0
42	Jennifer Selk	Littlest Livewire	23	143.0
58	Karmen Sutor		23	143.0
23	Katherine Fisher	Chicks with Guns	25	149.5
52	Erin Scott		25	149.5
46	Trina Terry	Sorry I'm Late I didn't Want to Come	27	150.5
37	Kelly Vandenberg	Infinite Dumbbells	28	154.0
26	Amanda Friesen	Daytona Play Hard	29	162.0
71	Tara Gaspe		30	162.5
25	Natane Veogtlin	Chicks with Guns	31	169.5
55	Jodi Plitt		32	172.5
29	Anna Wallace	Femme Fatales	33	175.5
45	Mandy Milliken	Sorry I'm Late I didn't Want to Come	33	175.5
22	Joey Bauma	Boomchickas	35	178.0
44	Jenna MacAulay	Sorry I'm Late I didn't Want to Come	36	180.5
69	Stephanie Rogers		37	185.0
50	Chantelle Kilbourn		38	193.0
67	Sasha Lewis	Honey Badgers	39	194.0
65	Sam Bilodeau		40	195.0
34	Tracey White	Infinite Barbells	41	199.5
31	Wendy MacKay	Femme Fatales	42	201.5
56	Julie Hickey		43	202.5
27	Chantelle Pingol	Daytona Play Hard	44	204.0
30	Emma Reyes	Femme Fatales	45	208.5
54	Jessica Salsman		46	213.0
72	Tina O'Toole		47	223.5
28	Robyn Becker	Daytona Play Hard	48	227.0
24	Michelle Fillmore	Chicks with Guns	49	230.0
41	Gabrielle Engli	Littlest Livewire	50	240.0
62	Lisa Rohatinsky		51	258.0
63	Paula Wischoff Yerama	Hurtin Albertans	52	264.0
33	Lisa Martinuk	Infinite Barbells	53	282.5

NOVICE EVENT RANKING

OBSTACLE COURSE

*** Obstacle Course is worth 1.5x ***

NOVICE DIVISION			OBSTACLE COURSE			Rank	Points
#	NAME	TEAM	Timer	Penalty	OC TIME		
61	Leslie Quilter		01:21.34	00:04.00	01:25.34	1	1.5
21	Halle Bouma	Boomchickas	01:24.75	00:02.00	01:26.75	2	3.0
47	Amber Byron		01:24.75	00:02.00	01:26.75	2	3.0
43	Michelle Relling	Littlest Livewire	01:28.13	00:02.00	01:30.13	4	6.0
64	Salah Harmon		01:31.50		01:31.50	5	7.5
39	Maryann Gillam	IronFist	01:32.04		01:32.04	6	9.0
48	Ashley Wright	Hurtin Albertans	01:32.28	00:01.00	01:33.28	7	10.5
36	Jessica Zapata	Infinite Dumbells	01:32.52	00:01.00	01:33.52	8	12.0
68	Sherry Nelson		01:34.38		01:34.38	9	13.5
32	Julie Herringshaw	Infinite Barbells	01:33.94	00:01.00	01:34.94	10	15.0
53	Jana Chase		01:35.79		01:35.79	11	16.5
35	Cassie Williams	Infinite Dumbells	01:34.00	00:02.00	01:36.00	12	18.0
59	Kristen Grise		01:33.06	00:03.00	01:36.06	13	19.5
40	Paige Wilson	IronFist	01:36.25		01:36.25	14	21.0
52	Erin Scott		01:35.81	00:01.00	01:36.81	15	22.5
60	Kyla Gilchuk		01:35.00	00:02.00	01:37.00	16	24.0
66	Sarah Fritzel	Honey Badgers	01:37.28		01:37.28	17	25.5
70	Tanja Stoll	Honey Badgers	01:36.72	00:01.00	01:37.72	18	27.0
71	Tara Gaspé		01:37.54	00:01.00	01:38.54	19	28.5
27	Chantelle Pingol	Daytona Play Hard	01:38.56	00:01.00	01:39.56	20	30.0
57	Kaitlin Lloyd		01:38.66	00:01.00	01:39.66	21	31.5
54	Jessica Salsman		01:40.75		01:40.75	22	33.0
55	Jodi Plitt		01:39.47	00:02.00	01:41.47	23	34.5
37	Kelly Vandenberg	Infinite Dumbells	01:42.00		01:42.00	24	36.0
26	Amanda Friesen	Daytona Play Hard	01:42.00		01:42.00	24	36.0
58	Karmen Suitor		01:41.09	00:01.00	01:42.09	26	39.0
44	Jenna MacAulay	Sorry I'm Late I didn't Want to Come	01:41.19	00:01.00	01:42.19	27	40.5
69	Stephanie Rogers		01:38.47	00:04.00	01:42.47	28	42.0
30	Emma Reyes	Femme Fatales	01:42.75		01:42.75	29	43.5
20	Angela McKiernan	Boomchickas	01:43.37		01:43.37	30	45.0
56	Julie Hickey		01:43.59		01:43.59	31	46.5
49	Brittany Kennedy		01:43.40	00:01.00	01:44.40	32	48.0
38	Karen Powers	IronFist	01:44.69		01:44.69	33	49.5
22	Joey Bauma	Boomchickas	01:44.85		01:44.85	34	51.0
45	Mandy Milliken	Sorry I'm Late I didn't Want to Come	01:45.38		01:45.38	35	52.5
42	Jennifer Selk	Littlest Livewire	01:42.12	00:04.00	01:46.12	36	54.0
46	Trina Terry	Sorry I'm Late I didn't Want to	01:46.62		01:46.62	37	55.5

		Come					
63	Paula Wischoff Yerama	Hurtin Albertans	01:46.84		01:46.84	38	57.0
25	Natane Veogtlin	Chicks with Guns	01:47.93		01:47.93	39	58.5
24	Michelle Fillmore	Chicks with Guns	01:47.72	00:01.00	01:48.72	40	60.0
51	Christi Nagel	Hurtin Albertans	01:46.72	00:02.00	01:48.72	40	60.0
65	Sam Bilodeau		01:51.90	00:01.00	01:52.90	42	63.0
29	Anna Wallace	Femme Fatales	01:52.97		01:52.97	43	64.5
62	Lisa Rohatinsky		01:53.59		01:53.59	44	66.0
31	Wendy MacKay	Femme Fatales	01:53.63		01:53.63	45	67.5
67	Sasha Lewis	Honey Badgers	01:51.97	00:02.00	01:53.97	46	69.0
72	Tina O'Toole		01:53.78	00:01.00	01:54.78	47	70.5
28	Robyn Becker	Daytona Play Hard	01:54.96		01:54.96	48	72.0
23	Katherine Fisher	Chicks with Guns	01:54.88	00:01.00	01:55.88	49	73.5
50	Chantelle Kilbourn		01:56.19		01:56.19	50	75.0
34	Tracey White	Infinite Barbells	01:57.00	00:01.00	01:58.00	51	76.5
41	Gabrielle Engli	Littlest Livewire	02:06.50	00:01.00	02:07.50	52	78.0
33	Lisa Martinuk	Infinite Barbells	02:20.35	00:01.00	02:21.35	53	79.5

BOX JUMPS

NOVICE DIVISION				BOX JUMPS		Box Rank	Points
#	NAME	TEAM	Box Reps	Box TIME			
61	Leslie Quilter		50	00:45.03	1	1	
36	Jessica Zapata	Infinite Dumbells	50	00:47.68	2	2	
64	Salah Harmon		50	00:49.53	3	3	
47	Amber Byron		50	00:52.31	4	4	
60	Kyla Gilchuk		50	00:52.53	5	5	
35	Cassie Williams	Infinite Dumbells	50	00:53.62	6	6	
66	Sarah Fritzel	Honey Badgers	50	00:54.75	7	7	
52	Erin Scott		50	00:55.13	8	8	
68	Sherry Nelson		50	00:56.38	9	9	
20	Angela McKiernan	Boomchickas	50	00:56.63	10	10	
32	Julie Herringshaw	Infinite Barbells	50	00:57.56	11	11	
59	Kristen Grise		50	00:59.06	12	12	
43	Michelle Relling	Littlest Livewire	50	00:59.62	13	13	
49	Brittany Kennedy		50	00:59.66	14	14	
57	Kaitlin Lloyd		50	01:01.28	15	15	
21	Halle Bouma	Boomchickas	50	01:04.37	16	16	
48	Ashley Wright	Hurtin Albertans	50	01:05.19	17	17	
45	Mandy Milliken	Sorry I'm Late I didn't Want to Come	50	01:13.93	18	18	
26	Amanda Friesen	Daytona Play Hard	50	01:15.13	19	19	
55	Jodi Plitt		50	01:15.93	20	20	
37	Kelly Vandenberg	Infinite Dumbells	50	01:17.28	21	21	
30	Emma Reyes	Femme Fatales	50	01:19.34	22	22	
69	Stephanie Rogers		50	01:19.78	23	23	

23	Katherine Fisher	Chicks with Guns	50	01:20.90	24	24
70	Tanja Stoll	Honey Badgers	50	01:24.28	25	25
25	Natane Veogtlin	Chicks with Guns	50	01:28.28	26	26
39	Maryann Gillam	IronFist	50	01:33.68	27	27
46	Trina Terry	Sorry I'm Late I didn't Want to Come	50	01:34.75	28	28
71	Tara Gaspé		50	01:35.53	29	29
56	Julie Hickey		50	01:35.94	30	30
31	Wendy MacKay	Femme Fatales	50	01:45.22	31	31
58	Karmen Sutor		50	01:48.93	32	32
51	Christi Nagel	Hurtin Albertans	50	01:50.34	33	33
54	Jessica Salsman		50	02:00.28	34	34
24	Michelle Fillmore	Chicks with Guns	50	02:00.47	35	35
53	Jana Chase		50	02:01.75	36	36
38	Karen Powers	IronFist	50	02:01.91	37	37
42	Jennifer Selk	Littlest Livewire	50	02:02.53	38	38
40	Paige Wilson	IronFist	50	02:09.02	39	39
65	Sam Bilodeau		50	02:14.28	40	40
44	Jenna MacAulay	Sorry I'm Late I didn't Want to Come	50	02:18.38	41	41
27	Chantelle Pingol	Daytona Play Hard	50	02:23.75	42	42
72	Tina O'Toole		50	02:30.28	43	43
34	Tracey White	Infinite Barbells	50	02:38.96	44	44
29	Anna Wallace	Femme Fatales	50	02:46.66	45	45
41	Gabrielle Engli	Littlest Livewire	50	02:51.40	46	46
22	Joey Bauma	Boomchickas	48	03:00.00	47	47
28	Robyn Becker	Daytona Play Hard	45	03:00.00	48	48
67	Sasha Lewis	Honey Badgers	44	03:00.00	49	49
33	Lisa Martinuk	Infinite Barbells	20	03:00.00	50	50
62	Lisa Rohatinsky				51	51
63	Paula Wischoff Yerama	Hurtin Albertans			51	51
50	Chantelle Kilbourn				51	51

TIRE FLIPS

NOVICE DIVISION				TIRE FLIP		Rank	Points
#	NAME	TEAM	Flips	Flip Time			
68	Sherry Nelson		05	00:21.94	1	1	
21	Halle Bouma	Boomchickas	05	00:23.62	2	2	
20	Angela McKiernan	Boomchickas	05	00:23.69	3	3	
32	Julie Herringshaw	Infinite Barbells	05	00:24.50	4	4	
23	Katherine Fisher	Chicks with Guns	05	00:24.72	5	5	
38	Karen Powers	IronFist	05	00:24.82	6	6	
39	Maryann Gillam	IronFist	05	00:25.19	7	7	
36	Jessica Zapata	Infinite Dumbells	05	00:26.35	8	8	
61	Leslie Quilter		05	00:26.38	9	9	

57	Kaitlin Lloyd		05	00:30.09	10	10
43	Michelle Relling	Littlest Livewire	05	00:31.72	11	11
46	Trina Terry	Sorry I'm Late I didn't Want to Come	05	00:31.75	12	12
53	Jana Chase		05	00:32.34	13	13
22	Joey Bauma	Boomchickas	05	00:32.37	14	14
42	Jennifer Selk	Littlest Livewire	05	00:32.94	15	15
25	Natane Veogtlin	Chicks with Guns	05	00:33.69	16	16
47	Amber Byron		05	00:35.34	17	17
29	Anna Wallace	Femme Fatales	05	00:35.47	18	18
50	Chantelle Kilbourn		05	00:36.00	19	19
34	Tracey White	Infinite Barbells	05	00:36.68	20	20
70	Tanja Stoll	Honey Badgers	05	00:36.68	20	20
40	Paige Wilson	IronFist	05	00:38.19	22	22
60	Kyla Gilchuk		05	00:38.31	23	23
35	Cassie Williams	Infinite Dumbells	05	00:38.50	24	24
67	Sasha Lewis	Honey Badgers	05	00:39.50	25	25
31	Wendy MacKay	Femme Fatales	05	00:39.66	26	26
49	Brittany Kennedy		05	00:42.59	27	27
64	Salah Harmon		05	00:42.69	28	28
66	Sarah Fritzel	Honey Badgers	05	00:43.05	29	29
59	Kristen Grise		05	00:44.06	30	30
37	Kelly Vandenberg	Infinite Dumbells	05	00:46.13	31	31
51	Christi Nagel	Hurtin Albertans	05	00:47.00	32	32
65	Sam Bilodeau		05	00:47.19	33	33
58	Karmen Sutor		05	00:49.41	34	34
24	Michelle Fillmore	Chicks with Guns	05	00:50.00	35	35
26	Amanda Friesen	Daytona Play Hard	05	00:55.15	36	36
71	Tara Gaspé		05	00:55.62	37	37
69	Stephanie Rogers		05	00:57.97	38	38
72	Tina O'Toole		05	00:58.75	39	39
45	Mandy Milliken	Sorry I'm Late I didn't Want to Come	05	01:01.91	40	40
30	Emma Reyes	Femme Fatales	05	01:05.73	41	41
44	Jenna MacAulay	Sorry I'm Late I didn't Want to Come	05	01:08.97	42	42
56	Julie Hickey		05	01:11.00	43	43
48	Ashley Wright	Hurtin Albertans	05	01:20.28	44	44
55	Jodi Plitt		05	01:50.88	45	45
28	Robyn Becker	Daytona Play Hard	05	01:57.69	46	46
27	Chantelle Pingol	Daytona Play Hard	05	02:01.97	47	47
41	Gabrielle Engli	Littlest Livewire	05	02:09.28	48	48
33	Lisa Martinuk	Infinite Barbells	02	02:22.69	49	49
52	Erin Scott				50	50
54	Jessica Salsman				50	50
62	Lisa Rohatinsky				50	50
63	Paula Wischoff Yerama	Hurtin Albertans			50	50

KETTLEBELL LIFT

NOVICE DIVISION			KETTLE BELLS			KB Rank	Points
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME		
68	Sherry Nelson		00:34.35		00:34.35	1	1
61	Leslie Quilter		00:34.81		00:34.81	2	2
21	Halle Bouma	Boomchickas	00:36.69		00:36.69	3	3
39	Maryann Gillam	IronFist	00:36.71		00:36.71	4	4
43	Michelle Relling	Littlest Livewire	00:36.78		00:36.78	5	5
47	Amber Byron		00:37.22		00:37.22	6	6
48	Ashley Wright	Hurtin Albertans	00:37.34		00:37.34	7	7
60	Kyla Gilchuk		00:37.59		00:37.59	8	8
53	Jana Chase		00:37.87		00:37.87	9	9
66	Sarah Fritzel	Honey Badgers	00:38.53		00:38.53	10	10
36	Jessica Zapata	Infinite Dumbells	00:38.91		00:38.91	11	11
49	Brittany Kennedy		00:37.97	00:01.00	00:38.97	12	12
51	Christi Nagel	Hurtin Albertans	00:39.12		00:39.12	13	13
42	Jennifer Selk	Littlest Livewire	00:39.17		00:39.17	14	14
57	Kaitlin Lloyd		00:39.19		00:39.19	15	15
52	Erin Scott		00:39.34		00:39.34	16	16
59	Kristen Grise		00:39.47		00:39.47	17	17
35	Cassie Williams	Infinite Dumbells	00:39.62		00:39.62	18	18
58	Karmen Sutor		00:40.41		00:40.41	19	19
23	Katherine Fisher	Chicks with Guns	00:40.56		00:40.56	20	20
70	Tanja Stoll	Honey Badgers	00:38.72	00:02.00	00:40.72	21	21
38	Karen Powers	IronFist	00:39.78	00:01.00	00:40.78	22	22
20	Angela McKiernan	Boomchickas	00:41.34		00:41.34	23	23
45	Mandy Milliken	Sorry I'm Late I didn't Want to Come	00:41.54		00:41.54	24	24
71	Tara Gaspé		00:41.56		00:41.56	25	25
55	Jodi Plitt		00:41.60		00:41.60	26	26
46	Trina Terry	Sorry I'm Late I didn't Want to Come	00:41.63		00:41.63	27	27
44	Jenna MacAulay	Sorry I'm Late I didn't Want to Come	00:41.66		00:41.66	28	28
41	Gabrielle Engli	Littlest Livewire	00:41.91		00:41.91	29	29
67	Sasha Lewis	Honey Badgers	00:42.00		00:42.00	30	30
26	Amanda Friesen	Daytona Play Hard	00:42.04		00:42.04	31	31
22	Joey Bauma	Boomchickas	00:42.09		00:42.09	32	32
37	Kelly Vandenberg	Infinite Dumbells	00:42.15		00:42.15	33	33
32	Julie Herringshaw	Infinite Barbells	00:39.31	00:03.00	00:42.31	34	34
72	Tina O'Toole		00:42.62		00:42.62	35	35
29	Anna Wallace	Femme Fatales	00:42.63		00:42.63	36	36
69	Stephanie Rogers		00:41.71	00:01.00	00:42.71	37	37
40	Paige Wilson	IronFist	00:42.83		00:42.83	38	38
25	Natane Veogtlin	Chicks with Guns	00:43.03		00:43.03	39	39
65	Sam Bilodeau		00:43.03		00:43.03	39	39

27	Chantelle Pingol	Daytona Play Hard	00:43.06		00:43.06	41	41
50	Chantelle Kilbourn		00:43.07		00:43.07	42	42
64	Salah Harmon		00:38.47	00:05.00	00:43.47	43	43
34	Tracey White	Infinite Barbells	00:43.50		00:43.50	44	44
31	Wendy MacKay	Femme Fitaes	00:44.09		00:44.09	45	45
56	Julie Hickey		00:44.78		00:44.78	46	46
54	Jessica Salsman		00:43.78	00:01.00	00:44.78	47	47
28	Robyn Becker	Daytona Play Hard	00:45.82		00:45.82	48	48
62	Lisa Rohatinsky		00:46.79		00:46.79	49	49
24	Michelle Fillmore	Chicks with Guns	00:47.29		00:47.29	50	50
30	Emma Reyes	Femme Fitaes	00:47.41		00:47.41	51	51
33	Lisa Martinuk	Infinite Barbells	00:56.19		00:56.19	52	52
63	Paula Wischoff Yerama	Hurtin Albertans			04:00.00	53	53

TIRE DRAG

NOVICE DIVISION				TIRE DRAG		
#	NAME	TEAM	Tire TIME	Tire Rank	Points	
32	Julie Herringshaw	Infinite Barbells	00:16.50	1	1	
68	Sherry Nelson		00:21.28	2	2	
51	Christi Nagel	Hurtin Albertans	00:22.69	3	3	
35	Cassie Williams	Infinite Dumbells	00:22.72	4	4	
43	Michelle Relling	Littlest Livewire	00:22.88	5	5	
50	Chantelle Kilbourn		00:22.88	5	5	
57	Kaitlin Lloyd		00:23.10	7	7	
40	Paige Wilson	IronFist	00:23.47	8	8	
49	Brittany Kennedy		00:23.57	9	9	
36	Jessica Zapata	Infinite Dumbells	00:24.03	10	10	
29	Anna Wallace	Femme Fitaes	00:24.06	11	11	
28	Robyn Becker	Daytona Play Hard	00:24.69	12	12	
39	Maryann Gillam	IronFist	00:24.84	13	13	
34	Tracey White	Infinite Barbells	00:25.78	14	14	
21	Halle Bouma	Boomchickas	00:27.03	15	15	
61	Leslie Quilter		00:27.88	16	16	
47	Amber Byron		00:27.91	17	17	
58	Karmen Suitor		00:28.25	18	18	
65	Sam Bilodeau		00:28.56	19	19	
67	Sasha Lewis	Honey Badgers	00:28.60	20	20	
42	Jennifer Selk	Littlest Livewire	00:29.18	21	21	
38	Karen Powers	IronFist	00:29.31	22	22	
66	Sarah Fritzel	Honey Badgers	00:30.03	23	23	
59	Kristen Grise		00:30.28	24	24	
20	Angela McKiernan	Boomchickas	00:30.44	25	25	

23	Katherine Fisher	Chicks with Guns	00:30.53	26	26
46	Trina Terry	Sorry I'm Late I didn't Want to Come	00:30.84	27	27
44	Jenna MacAulay	Sorry I'm Late I didn't Want to Come	00:31.10	28	28
25	Natane Veogtlin	Chicks with Guns	00:31.78	29	29
60	Kyla Gilchuk		00:32.97	30	30
31	Wendy MacKay	Femme Fatales	00:34.00	31	31
37	Kelly Vandenberg	Infinite Dumbbells	00:34.07	32	32
22	Joey Bauma	Boomchickas	00:34.19	33	33
70	Tanja Stoll	Honey Badgers	00:34.50	34	34
72	Tina O'Toole		00:35.12	35	35
56	Julie Hickey		00:35.54	36	36
53	Jana Chase		00:36.06	37	37
41	Gabrielle Engli	Littlest Livewire	00:36.38	38	38
26	Amanda Friesen	Daytona Play Hard	00:36.41	39	39
45	Mandy Milliken	Sorry I'm Late I didn't Want to Come	00:39.00	40	40
62	Lisa Rohatinsky		00:40.79	41	41
71	Tara Gaspé		00:41.28	42	42
27	Chantelle Pingol	Daytona Play Hard	00:41.37	43	43
69	Stephanie Rogers		00:41.62	44	44
48	Ashley Wright	Hurtin Albertans	00:49.38	45	45
55	Jodi Plitt		00:49.59	46	46
64	Salah Harmon		00:54.09	47	47
54	Jessica Salsman		00:56.97	48	48
24	Michelle Fillmore	Chicks with Guns	00:57.84	49	49
30	Emma Reyes	Femme Fatales	03:07.03	50	50
33	Lisa Martinuk	Infinite Barbells	03:55.47	51	51
52	Erin Scott			52	52
63	Paula Wischoff Yerama	Hurtin Albertans		52	52

INVERTED ROWS

**** Each competitor received 1 point for Inverted Rows which was not performed at this event ****