

FEMSPORT

Women's Strength & Fitness Challenge

FEMSPORT Fort Saskatchewan Challenge – July 23rd, 2016



CHI /CSNA Bursary Winner: Tricia Lukow

OPEN 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	
Thunder Cats	20	11	59	29	26	24	161	1
Chelsea Leslie	6	6	31	8	19	13		
Julie Snijder	2	1	10	6	1	1		
Syvonna Bennett	12	4	18	15	6	10		
Triple Threat	29	27	15	61	18	23	162	2
Alana Everett-Yim	21	12	5	22	4	11		
Tamsyn Irwin	5	7	4	19	5	5		
Elsa Oberg	3	8	6	20	9	7		
Livewire Legends	41	30	48	44	25	33	203.5	3
Abbie Gottert	30	22	28	27	20	28		
Erin Strohschein	1	3	12	7	3	2		
Liesel Bienert	10	5	8	10	2	3		
Chicks and Kicks	49	40	31	42	49	42	238.5	4
Christina Grundner	9	10	15	5	10	9		
Shannon Giles	27	21	13	21	32	25		
Shaylene Roth	13	9	3	16	7	8		
Beast Mode	60	57	35	13	65	47	265.5	5
Bobbi-Jo Atchison	16	11	1	3	11	6		
Jessica Impola	29	28	14	1	23	20		
Kari Medd	15	18	20	9	31	21		
The Last Livewire Team	65	80	53	44	79	66	363.5	6
Cara Lavergne	32	32	26	31	33	33		
Elizabeth Halpin	8	25	25	11	18	17		
Mallory van Dyke	25	23	2	2	28	16		

Daytona Train Hard	60	87	65	71	52	70	364	7
Candace Weiss	24	31	24	33	22	29		
Miranda Spencer	14	32	19	25	14	22		
Rechelle Folden	22	24	22	13	16	19		
Daytona Work Hard	68	79	74	84	71	77	414.5	8
Amanda Drader	23	29	33	32	29	32		
Heather Stirling	34	34	32	34	34	34		
Meaghan MacKinnon	11	16	9	18	8	11		
Triple Threat #1	92	70	78	67	72	84	418	9
Kim Kaiser	31	26	30	23	24	30		
Pamela Culligan	28	30	21	30	27	31		
Trish Kuhn	33	14	27	14	21	23		

OPEN INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
103	Julie Snijder	Thunder Cats	1	21.5
97	Erin Strohschein	Livewire Legends	2	28.5
98	Liesel Bienert	Livewire Legends	3	37.0
111	Angela Wegleitner		4	37.5
107	Tamsyn Irwin	Triple Threat	5	43.5
84	Bobbi-Jo Atchison	Beast Mode	6	48.5
106	Elsa Oberg	Triple Threat	7	51.5
89	Shaylene Roth	Chicks and Kicks	8	52.5
87	Christina Grundner	Chicks and Kicks	9	55.0
104	Syvonna Bennett	Thunder Cats	10	59.0
95	Meaghan MacKinnon	Daytona Work Hard	11	67.0
105	Alana Everett-Yim	Triple Threat	11	67.0
102	Chelsea Leslie	Thunder Cats	13	80.5
116	Nicole Haugan		14	88.5
115	Nadelle Schiller		15	94.0
101	Mallory van Dyke	The Last Livewire Team	16	95.0
100	Elizabeth Halpin	The Last Livewire Team	17	97.0
112	Jennifer Arneson		18	105.0
92	Rechelle Folden	Daytona Train Hard	19	106.0
85	Jessica Impola	Beast Mode	20	107.5
86	Kari Medd	Beast Mode	21	109.5
91	Miranda Spencer	Daytona Train Hard	22	112.0
110	Trish Kuhn	Triple Threat #1	23	120.5
117	Susanne Venaas		24	125.5
88	Shannon Giles	Chicks and Kicks	25	131.0
113	Lindsay Orange		26	131.5
114	Melissa Lliselle		27	133.0

96	Abbie Gottert	Livewire Legends	28	138.0
90	Candace Weiss	Daytona Train Hard	29	146.0
108	Kim Kaiser	Triple Threat #1	30	147.0
109	Pamela Culligan	Triple Threat #1	31	150.5
93	Amanda Drader	Daytona Work Hard	32	161.5
99	Cara Lavergne	The Last Livewire Team	33	171.5
94	Heather Stirling	Daytona Work Hard	34	186.0

OPEN EVENT RANKING

OBSTACLE COURSE

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

OPEN			OBSTACLE COURSE			OC Rank	Points
#	NAME	TEAM	Timer	Penalty	OC TIME		
103	Julie Snijder	Thunder Cats	01:26.81		01:26.81	1	1.5
98	Liesel Bienert	Livewire Legends	01:26.91		01:26.91	2	3.0
97	Erin Strohschein	Livewire Legends	01:27.00		01:27.00	3	4.5
105	Alana Everett-Yim	Triple Threat	01:27.22		01:27.22	4	6.0
107	Tamsyn Irwin	Triple Threat	01:26.75	00:01.00	01:27.75	5	7.5
104	Syonna Bennett	Thunder Cats	01:28.88		01:28.88	6	9.0
89	Shaylene Roth	Chicks and Kicks	01:27.94	00:01.00	01:28.94	7	10.5
95	Meaghan MacKinnon	Daytona Work Hard	01:29.47		01:29.47	8	12.0
106	Elsa Oberg	Triple Threat	01:30.81		01:30.81	9	13.5
87	Christina Grundner	Chicks and Kicks	01:28.06	00:03.00	01:31.06	10	15.0
84	Bobbi-Jo Atchison	Beast Mode	01:31.56		01:31.56	11	16.5
115	Nadelle Schiller		01:32.09		01:32.09	12	18.0
111	Angela Wegleitner		01:30.16	00:02.00	01:32.16	13	19.5
91	Miranda Spencer	Daytona Train Hard	01:32.25		01:32.25	14	21.0
116	Nicole Haugan		01:32.28	00:01.00	01:33.28	15	22.5
92	Rechelle Folden	Daytona Train Hard	01:33.35		01:33.35	16	24.0
117	Susanne Venaas		01:30.38	00:03.00	01:33.38	17	25.5
100	Elizabeth Halpin	The Last Livewire Team	01:33.75		01:33.75	18	27.0
102	Chelsea Leslie	Thunder Cats	01:34.37		01:34.37	19	28.5
96	Abbie Gottert	Livewire Legends	01:38.71		01:38.71	20	30.0
110	Trish Kuhn	Triple Threat #1	01:39.16		01:39.16	21	31.5
90	Candace Weiss	Daytona Train Hard	01:40.88		01:40.88	22	33.0
85	Jessica Impola	Beast Mode	01:42.10		01:42.10	23	34.5
108	Kim Kaiser	Triple Threat #1	01:41.19	00:01.00	01:42.19	24	36.0
113	Lindsay Orange		01:40.34	00:02.00	01:42.34	25	37.5
112	Jennifer Arneson		01:43.22	00:01.00	01:44.22	26	39.0
109	Pamela Culligan	Triple Threat #1	01:44.44		01:44.44	27	40.5
101	Mallory van Dyke	The Last Livewire Team	01:44.53		01:44.53	28	42.0
93	Amanda Drader	Daytona Work Hard	01:46.06		01:46.06	29	43.5

114	Melissa Lliselle		01:43.43	00:03.00	01:46.43	30	45.0
86	Kari Medd	Beast Mode	01:40.25	00:09.00	01:49.25	31	46.5
88	Shannon Giles	Chicks and Kicks	01:48.78	00:01.00	01:49.78	32	48.0
99	Cara Lavergne	The Last Livewire Team	01:51.85		01:51.85	33	49.5
94	Heather Stirling	Daytona Work Hard	01:52.69	00:01.00	01:53.69	34	51.0

BOX JUMPS

OPEN			BOX JUMPS		Box Rank	Points
#	NAME	TEAM	Box Reps	Box TIME		
97	Erin Strohschein	Livewire Legends	50	00:42.07	1	1
103	Julie Snijder	Thunder Cats	50	00:42.90	2	2
106	Elsa Oberg	Triple Threat	50	00:43.66	3	3
111	Angela Wegleitner		50	00:43.91	4	4
107	Tamsyn Irwin	Triple Threat	50	00:45.28	5	5
102	Chelsea Leslie	Thunder Cats	50	00:49.79	6	6
112	Jennifer Arneson		50	00:51.09	7	7
100	Elizabeth Halpin	The Last Livewire Team	50	00:53.59	8	8
87	Christina Grundner	Chicks and Kicks	50	00:53.82	9	9
98	Liesel Bienert	Livewire Legends	50	00:55.47	10	10
95	Meaghan MacKinnon	Daytona Work Hard	50	00:55.60	11	11
104	Syvonna Bennett	Thunder Cats	50	00:57.25	12	12
89	Shaylene Roth	Chicks and Kicks	50	00:57.59	13	13
91	Miranda Spencer	Daytona Train Hard	50	00:58.12	14	14
86	Kari Medd	Beast Mode	50	01:04.87	15	15
84	Bobbi-Jo Atchison	Beast Mode	50	01:06.04	16	16
116	Nicole Haugan		50	01:12.81	17	17
114	Melissa Lliselle		50	01:13.10	18	18
115	Nadelle Schiller		50	01:15.19	19	19
113	Lindsay Orange		50	01:16.59	20	20
105	Alana Everett-Yim	Triple Threat	50	01:23.41	21	21
92	Rechelle Folden	Daytona Train Hard	50	01:32.58	22	22
93	Amanda Drader	Daytona Work Hard	50	01:32.97	23	23
90	Candace Weiss	Daytona Train Hard	50	01:37.88	24	24
101	Mallory van Dyke	The Last Livewire Team	50	01:43.13	25	25
117	Susanne Venaas		50	01:49.13	26	26
88	Shannon Giles	Chicks and Kicks	50	01:51.56	27	27
109	Pamela Culligan	Triple Threat #1	50	01:53.41	28	28
85	Jessica Impola	Beast Mode	50	01:54.25	29	29
96	Abbie Gottert	Livewire Legends	50	01:54.72	30	30
108	Kim Kaiser	Triple Threat #1	50	01:59.50	31	31
99	Cara Lavergne	The Last Livewire Team	50	02:17.53	32	32
110	Trish Kuhn	Triple Threat #1	50	02:25.90	33	33
94	Heather Stirling	Daytona Work Hard	50	02:32.93	34	34

TIRE FLIPS

OPEN			TIRE FLIP		Rank	Points
#	NAME	TEAM	Flips	Flip Time		
84	Bobbi-Jo Atchison	Beast Mode	05	00:17.44	1	1
101	Mallory van Dyke	The Last Livewire Team	05	00:20.31	2	2
89	Shaylene Roth	Chicks and Kicks	05	00:20.90	3	3
107	Tamsyn Irwin	Triple Threat	05	00:21.25	4	4
105	Alana Everett-Yim	Triple Threat	05	00:22.31	5	5
106	Elsa Oberg	Triple Threat	05	00:22.62	6	6
111	Angela Wegleitner		05	00:23.01	7	7
98	Liesel Bienert	Livewire Legends	05	00:25.70	8	8
95	Meaghan MacKinnon	Daytona Work Hard	05	00:25.72	9	9
103	Julie Snijder	Thunder Cats	05	00:26.07	10	10
115	Nadelle Schiller		05	00:26.41	11	11
97	Erin Strohschein	Livewire Legends	05	00:26.63	12	12
88	Shannon Giles	Chicks and Kicks	05	00:27.16	13	13
85	Jessica Impcola	Beast Mode	05	00:29.41	14	14
87	Christina Grundner	Chicks and Kicks	05	00:30.47	15	15
116	Nicole Haugan		05	00:31.00	16	16
112	Jennifer Arneson		05	00:32.22	17	17
104	Syonna Bennett	Thunder Cats	05	00:34.25	18	18
91	Miranda Spencer	Daytona Train Hard	05	00:34.57	19	19
86	Kari Medd	Beast Mode	05	00:35.19	20	20
109	Pamela Culligan	Triple Threat #1	05	00:36.03	21	21
92	Rechelle Folden	Daytona Train Hard	05	00:36.76	22	22
114	Melissa Lliselle		05	00:36.81	23	23
90	Candace Weiss	Daytona Train Hard	05	00:37.56	24	24
100	Elizabeth Halpin	The Last Livewire Team	05	00:41.00	25	25
99	Cara Lavergne	The Last Livewire Team	05	00:44.06	26	26
110	Trish Kuhn	Triple Threat #1	05	00:45.18	27	27
96	Abbie Gottert	Livewire Legends	05	00:45.69	28	28
113	Lindsay Orange		05	00:55.59	29	29
108	Kim Kaiser	Triple Threat #1	05	01:19.53	30	30
102	Chelsea Leslie	Thunder Cats	05	01:27.69	31	31
94	Heather Stirling	Daytona Work Hard	05	01:29.71	32	32
93	Amanda Drader	Daytona Work Hard	05	02:29.12	33	33
117	Susanne Venaas		05	02:51.28	34	34

KETTLEBELL LIFT

OPEN			KETTLE BELLS			KB Rank	Points
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME		
103	Julie Snijder	Thunder Cats	00:31.81		00:31.81	1	1
111	Angela Wegleitner		00:33.63		00:33.63	2	2
97	Erin Strohschein	Livewire Legends	00:33.97		00:33.97	3	3
104	Syonna Bennett	Thunder Cats	00:34.06		00:34.06	4	4
98	Liesel Bienert	Livewire Legends	00:34.50		00:34.50	5	5
102	Chelsea Leslie	Thunder Cats	00:35.19		00:35.19	6	6
107	Tamsyn Irwin	Triple Threat	00:35.37		00:35.37	7	7
106	Elsa Oberg	Triple Threat	00:36.22		00:36.22	8	8
89	Shaylene Roth	Chicks and Kicks	00:36.32		00:36.32	9	9
87	Christina Grundner	Chicks and Kicks	00:36.43		00:36.43	10	10
84	Bobbi-Jo Atchison	Beast Mode	00:36.88		00:36.88	11	11
105	Alana Everett-Yim	Triple Threat	00:36.50	00:01.00	00:37.50	12	12
112	Jennifer Arneson		00:37.78		00:37.78	13	13
110	Trish Kuhn	Triple Threat #1	00:38.09		00:38.09	14	14
117	Susanne Venaas		00:38.37		00:38.37	15	15
95	Meaghan MacKinnon	Daytona Work Hard	00:38.38		00:38.38	16	16
114	Melissa Lliselle		00:38.44		00:38.44	17	17
86	Kari Medd	Beast Mode	00:38.72		00:38.72	18	18
115	Nadelle Schiller		00:36.78	00:02.00	00:38.78	19	19
116	Nicole Haugan		00:37.47	00:02.00	00:39.47	20	20
88	Shannon Giles	Chicks and Kicks	00:39.62		00:39.62	21	21
96	Abbie Gottert	Livewire Legends	00:39.72		00:39.72	22	22
101	Mallory van Dyke	The Last Livewire Team	00:39.94		00:39.94	23	23
92	Rechelle Folden	Daytona Train Hard	00:40.90		00:40.90	24	24
100	Elizabeth Halpin	The Last Livewire Team	00:39.91	00:01.00	00:40.91	25	25
108	Kim Kaiser	Triple Threat #1	00:40.96		00:40.96	26	26
113	Lindsay Orange		00:41.56		00:41.56	27	27
85	Jessica Impola	Beast Mode	00:40.81	00:01.00	00:41.81	28	28
93	Amanda Drader	Daytona Work Hard	00:41.84		00:41.84	29	29
109	Pamela Culligan	Triple Threat #1	00:42.81		00:42.81	30	30
90	Candace Weiss	Daytona Train Hard	00:44.25		00:44.25	31	31
91	Miranda Spencer	Daytona Train Hard	00:45.50		00:45.50	32	32
99	Cara Lavergne	The Last Livewire Team	00:45.50		00:45.50	32	32
94	Heather Stirling	Daytona Work Hard	00:47.25		00:47.25	34	34

TIRE DRAG

OPEN			TIRE DRAG			Tire Rank	Points
#	NAME	TEAM	TD Timer	Tire Penalty	Tire TIME		
85	Jessica Imppola	Beast Mode	00:20.47		00:20.47	1	1
101	Mallory van Dyke	The Last Livewire Team	00:21.66		00:21.66	2	2
84	Bobbi-Jo Atchison	Beast Mode	00:21.68		00:21.68	3	3
111	Angela Wegleitner		00:21.87		00:21.87	4	4
87	Christina Grundner	Chicks and Kicks	00:21.90		00:21.90	5	5
103	Julie Snijder	Thunder Cats	00:21.97		00:21.97	6	6
97	Erin Strohschein	Livewire Legends	00:22.87		00:22.87	7	7
102	Chelsea Leslie	Thunder Cats	00:24.00		00:24.00	8	8
86	Kari Medd	Beast Mode	00:24.91		00:24.91	9	9
98	Liesel Bienert	Livewire Legends	00:26.56		00:26.56	10	10
100	Elizabeth Halpin	The Last Livewire Team	00:26.78		00:26.78	11	11
116	Nicole Haugan		00:27.88		00:27.88	12	12
92	Rechelle Folden	Daytona Train Hard	00:27.97		00:27.97	13	13
110	Trish Kuhn	Triple Threat #1	00:28.03		00:28.03	14	14
104	Syonna Bennett	Thunder Cats	00:28.12		00:28.12	15	15
89	Shaylene Roth	Chicks and Kicks	00:28.97		00:28.97	16	16
113	Lindsay Orange		00:29.15		00:29.15	17	17
95	Meaghan MacKinnon	Daytona Work Hard	00:29.31		00:29.31	18	18
107	Tamsyn Irwin	Triple Threat	00:30.25		00:30.25	19	19
106	Elsa Oberg	Triple Threat	00:30.87		00:30.87	20	20
88	Shannon Giles	Chicks and Kicks	00:31.13		00:31.13	21	21
105	Alana Everett-Yim	Triple Threat	00:31.38		00:31.38	22	22
108	Kim Kaiser	Triple Threat #1	00:32.91		00:32.91	23	23
117	Susanne Venaas		00:33.28		00:33.28	24	24
91	Miranda Spencer	Daytona Train Hard	00:35.22		00:35.22	25	25
115	Nadelle Schiller		00:35.90		00:35.90	26	26
96	Abbie Gottert	Livewire Legends	00:37.35		00:37.35	27	27
112	Jennifer Arneson		00:39.16		00:39.16	28	28
114	Melissa Lliselle		00:39.93		00:39.93	29	29
109	Pamela Culligan	Triple Threat #1	00:43.03		00:43.03	30	30
99	Cara Lavergne	The Last Livewire Team	00:45.38		00:45.38	31	31
93	Amanda Drader	Daytona Work Hard	00:45.72		00:45.72	32	32
90	Candace Weiss	Daytona Train Hard	00:58.06		00:58.06	33	33
94	Heather Stirling	Daytona Work Hard	01:11.78		01:11.78	34	34

INVERTED ROWS

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