



## FEMSPORT Moose Jaw Challenge – Aug 19th, 2017



### CHI Bursary Winner: Christine Cardenas

#### SCORING:

- ★ Low points place first
- ★ Placing is equal to points (i.e. 1st place = 1 point, 2nd place = 2 points, etc.)
- ★ Obstacle Course placing is equal to 1.5 x (i.e. 1st place = 1.5 points, 2nd place = 3 points, etc.)

### OPEN TEAM RANKING

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

|                            | SB Rank | Box Rank | KB Rank | Flip Rank | Tire Rank | OC Rank | Overall Rank | Overall Points | TEAM RANK |
|----------------------------|---------|----------|---------|-----------|-----------|---------|--------------|----------------|-----------|
| <b>Goal Digger</b>         |         |          |         |           |           |         |              | <b>112.5</b>   | <b>1</b>  |
| Kristy Straub              | 4       | 7        | 5       | 7         | 9         | 6       | 6            |                |           |
| Leigh Bollinger            | 3       | 9        | 4       | 10        | 11        | 9       | 8            |                |           |
| Lorna Montgomery           | 8       | 4        | 3       | 1         | 2         | 2       | 2            |                |           |
| <b>Three Peas in a WOD</b> |         |          |         |           |           |         |              | <b>148.5</b>   | <b>2</b>  |
| Kim Pastachak              | 10      | 6        | 11      | 11        | 10        | 10      | 11           |                |           |
| Jennifer Olfert            | 1       | 8        | 6       | 6         | 6         | 5       | 4            |                |           |
| Natasha Tinant             | 7       | 11       | 9       | 4         | 8         | 8       | 9            |                |           |
| <b>Machine Legs</b>        |         |          |         |           |           |         |              | <b>160.0</b>   | <b>3</b>  |
| Krystle Hagen              | 6       | 2        | 8       | 3         | 5         | 11      | 5            |                |           |
| Michelle Johns             | 9       | 1        | 12      | 12        | 12        | 12      | 12           |                |           |
| Terri Dolph                | 11      | 12       | 10      | 8         | 4         | 7       | 10           |                |           |

### OPEN INDIVIDUAL RANKING

| #  | NAME             | TEAM                | Final Rank | Overall Points |
|----|------------------|---------------------|------------|----------------|
| 57 | Lesia Matheson   |                     | 1          | 16.5           |
| 48 | Lorna Montgomery | Goal Digger         | 2          | 21.0           |
| 56 | Hailey Jones     |                     | 3          | 23.5           |
| 52 | Jennifer Olfert  | Three Peas in a WOD | 4          | 34.5           |
| 49 | Krystle Hagen    | Machine Legs        | 5          | 40.5           |
| 46 | Kristy Straub    | Goal Digger         | 6          | 41.0           |
| 55 | Angie Sazynski   |                     | 7          | 45.0           |

|    |                 |                     |    |      |
|----|-----------------|---------------------|----|------|
| 47 | Leigh Bollinger | Goal Digger         | 8  | 50.5 |
| 54 | Natasha Tinant  | Three Peas in a WOD | 9  | 51.0 |
| 51 | Terri Dolph     | Machine Legs        | 10 | 55.5 |
| 53 | Kim Pastachak   | Three Peas in a WOD | 11 | 63.0 |
| 50 | Michelle Johns  | Machine Legs        | 12 | 64.0 |

## OPEN EVENT RANKING

### OBSTACLE COURSE

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

| OPEN DIVISION |                  |                     | OBSTACLE COURSE |          |          | OC Rank |
|---------------|------------------|---------------------|-----------------|----------|----------|---------|
| #             | NAME             | TEAM                | Timer           | Penalty  | OC TIME  |         |
| 57            | Lesia Matheson   |                     | 01:01.47        |          | 01:01.47 | 1       |
| 48            | Lorna Montgomery | Goal Digger         | 01:01.63        |          | 01:01.63 | 2       |
| 56            | Hailey Jones     |                     | 01:05.22        |          | 01:05.22 | 3       |
| 55            | Angie Sazynski   |                     | 01:04.44        | 00:01.00 | 01:05.44 | 4       |
| 52            | Jennifer Olfert  | Three Peas in a WOD | 01:08.22        |          | 01:08.22 | 5       |
| 46            | Kristy Straub    | Goal Digger         | 01:07.53        | 00:02.00 | 01:09.53 | 6       |
| 51            | Terri Dolph      | Machine Legs        | 01:09.53        |          | 01:09.53 | 7       |
| 54            | Natasha Tinant   | Three Peas in a WOD | 01:10.06        |          | 01:10.06 | 8       |
| 47            | Leigh Bollinger  | Goal Digger         | 01:12.03        |          | 01:12.03 | 9       |
| 53            | Kim Pastachak    | Three Peas in a WOD | 01:14.31        |          | 01:14.31 | 10      |
| 49            | Krystle Hagen    | Machine Legs        | 01:14.22        | 00:02.00 | 01:16.22 | 11      |
| 50            | Michelle Johns   | Machine Legs        | 01:18.00        |          | 01:18.00 | 12      |

## BOX JUMPS

| OPEN DIVISION |                  |                     | BOX JUMPS |          | Box Rank |
|---------------|------------------|---------------------|-----------|----------|----------|
| #             | NAME             | TEAM                | Box Reps  | Box TIME |          |
| 50            | Michelle Johns   | Machine Legs        | 50        | 00:45.35 | 1        |
| 49            | Krystle Hagen    | Machine Legs        | 50        | 00:51.06 | 2        |
| 57            | Lesia Matheson   |                     | 50        | 00:51.34 | 3        |
| 48            | Lorna Montgomery | Goal Digger         | 50        | 00:59.57 | 4        |
| 56            | Hailey Jones     |                     | 50        | 01:02.00 | 5        |
| 53            | Kim Pastachak    | Three Peas in a WOD | 50        | 01:06.09 | 6        |
| 46            | Kristy Straub    | Goal Digger         | 50        | 01:09.75 | 7        |
| 52            | Jennifer Olfert  | Three Peas in a WOD | 50        | 01:09.94 | 8        |
| 47            | Leigh Bollinger  | Goal Digger         | 50        | 01:11.69 | 9        |
| 55            | Angie Sazynski   |                     | 50        | 01:34.03 | 10       |
| 54            | Natasha Tinant   | Three Peas in a WOD | 50        | 01:50.78 | 11       |
| 51            | Terri Dolph      | Machine Legs        | 50        | 02:11.93 | 12       |

## TIRE FLIPS

| <b>OPEN DIVISION</b> |                  |                     | <b>TIRE FLIP</b> |                  | <b>Rank</b> |
|----------------------|------------------|---------------------|------------------|------------------|-------------|
| <b>#</b>             | <b>NAME</b>      | <b>TEAM</b>         | <b>Flips</b>     | <b>Flip Time</b> |             |
| 48                   | Lorna Montgomery | Goal Digger         | 06               | 00:14.37         | 1           |
| 56                   | Hailey Jones     |                     | 06               | 00:14.37         | 1           |
| 49                   | Krystle Hagen    | Machine Legs        | 06               | 00:15.38         | 3           |
| 54                   | Natasha Tinant   | Three Peas in a WOD | 06               | 00:16.31         | 4           |
| 57                   | Lesia Matheson   |                     | 06               | 00:16.68         | 5           |
| 52                   | Jennifer Olfert  | Three Peas in a WOD | 06               | 00:16.94         | 6           |
| 46                   | Kristy Straub    | Goal Digger         | 06               | 00:17.62         | 7           |
| 51                   | Terri Dolph      | Machine Legs        | 06               | 00:20.50         | 8           |
| 55                   | Angie Sazynski   |                     | 06               | 00:20.56         | 9           |
| 47                   | Leigh Bollinger  | Goal Digger         | 06               | 00:22.31         | 10          |
| 53                   | Kim Pastachak    | Three Peas in a WOD | 06               | 00:22.63         | 11          |
| 50                   | Michelle Johns   | Machine Legs        | 06               | 00:30.75         | 12          |

## TIRE DRAG

| <b>OPEN DIVISION</b> |                  |                     | <b>TIRE DRAG</b> |                     |                  | <b>Tire Rank</b> |
|----------------------|------------------|---------------------|------------------|---------------------|------------------|------------------|
| <b>#</b>             | <b>NAME</b>      | <b>TEAM</b>         | <b>TD Timer</b>  | <b>Tire Penalty</b> | <b>Tire TIME</b> |                  |
| 55                   | Angie Sazynski   |                     | 00:13.79         |                     | 00:13.79         | 1                |
| 48                   | Lorna Montgomery | Goal Digger         | 00:14.31         |                     | 00:14.31         | 2                |
| 57                   | Lesia Matheson   |                     | 00:15.88         |                     | 00:15.88         | 3                |
| 51                   | Terri Dolph      | Machine Legs        | 00:16.22         |                     | 00:16.22         | 4                |
| 49                   | Krystle Hagen    | Machine Legs        | 00:16.60         |                     | 00:16.60         | 5                |
| 52                   | Jennifer Olfert  | Three Peas in a WOD | 00:16.81         |                     | 00:16.81         | 6                |
| 56                   | Hailey Jones     |                     | 00:17.59         |                     | 00:17.59         | 7                |
| 54                   | Natasha Tinant   | Three Peas in a WOD | 00:20.79         |                     | 00:20.79         | 8                |
| 46                   | Kristy Straub    | Goal Digger         | 00:24.69         |                     | 00:24.69         | 9                |
| 53                   | Kim Pastachak    | Three Peas in a WOD | 00:26.84         |                     | 00:26.84         | 10               |
| 47                   | Leigh Bollinger  | Goal Digger         | 00:26.93         |                     | 00:26.93         | 11               |
| 50                   | Michelle Johns   | Machine Legs        | 00:48.62         |                     | 00:48.62         | 12               |

## KETTLEBELL LIFT

| <b>OPEN DIVISION</b> |                  |                     | <b>KETTLE BELLS</b> |                   |                | <b>KB Rank</b> |
|----------------------|------------------|---------------------|---------------------|-------------------|----------------|----------------|
| <b>#</b>             | <b>NAME</b>      | <b>TEAM</b>         | <b>KB Timer</b>     | <b>KB Penalty</b> | <b>KB TIME</b> |                |
| 56                   | Hailey Jones     |                     | 00:36.75            |                   | 00:36.75       | 1              |
| 57                   | Lesia Matheson   |                     | 00:36.78            |                   | 00:36.78       | 2              |
| 48                   | Lorna Montgomery | Goal Digger         | 00:37.90            |                   | 00:37.90       | 3              |
| 47                   | Leigh Bollinger  | Goal Digger         | 00:40.47            |                   | 00:40.47       | 4              |
| 46                   | Kristy Straub    | Goal Digger         | 00:41.00            |                   | 00:41.00       | 5              |
| 52                   | Jennifer Olfert  | Three Peas in a WOD | 00:41.34            |                   | 00:41.34       | 6              |
| 55                   | Angie Sazynski   |                     | 00:41.65            |                   | 00:41.65       | 7              |
| 49                   | Krystle Hagen    | Machine Legs        | 00:42.94            |                   | 00:42.94       | 8              |
| 54                   | Natasha Tinant   | Three Peas in a WOD | 00:43.13            |                   | 00:43.13       | 9              |
| 51                   | Terri Dolph      | Machine Legs        | 00:45.66            |                   | 00:45.66       | 10             |
| 53                   | Kim Pastachak    | Three Peas in a WOD | 00:45.88            |                   | 00:45.88       | 11             |
| 50                   | Michelle Johns   | Machine Legs        | 00:48.75            |                   | 00:48.75       | 12             |

## SANDBAG BURPEE CLEAN/PRESS

| <b>OPEN DIVISION</b> |                  |                     | <b>SANDBAG</b>      |                     | <b>SB Rank</b> |
|----------------------|------------------|---------------------|---------------------|---------------------|----------------|
| <b>#</b>             | <b>NAME</b>      | <b>TEAM</b>         | <b>Sandbag Reps</b> | <b>Sandbag Time</b> |                |
| 52                   | Jennifer Olfert  | Three Peas in a WOD | 15                  | 00:48.50            | 1              |
| 57                   | Lesia Matheson   |                     | 15                  | 00:52.00            | 2              |
| 47                   | Leigh Bollinger  | Goal Digger         | 15                  | 00:55.03            | 3              |
| 46                   | Kristy Straub    | Goal Digger         | 15                  | 00:55.75            | 4              |
| 56                   | Hailey Jones     |                     | 15                  | 00:56.91            | 5              |
| 49                   | Krystle Hagen    | Machine Legs        | 15                  | 00:58.32            | 6              |
| 54                   | Natasha Tinant   | Three Peas in a WOD | 15                  | 01:00.32            | 7              |
| 48                   | Lorna Montgomery | Goal Digger         | 15                  | 01:02.47            | 8              |
| 50                   | Michelle Johns   | Machine Legs        | 15                  | 01:03.16            | 9              |
| 53                   | Kim Pastachak    | Three Peas in a WOD | 15                  | 01:07.07            | 10             |
| 51                   | Terri Dolph      | Machine Legs        | 15                  | 01:17.88            | 11             |
| 55                   | Angie Sazynski   |                     | 15                  | 01:23.00            | 12             |