



FEMSPORT Moose Jaw Challenge – August 18th, 2018



CHI Bursary Winner: Natasha Tinant

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.)

MASTERS TEAM RANKING

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

	SB Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	
☰ Booty and the Beast								129.0	1
Brandi Flottesch	5	12	4	8	8	6	7		
Stacey Heath	2	1	2	5	10	5	2		
Val Carr	1	4	11	14	12	9	10		
☰ 40 Stronger								129.5	2
Kim Pastachak	3	2	5	12	11	8	6		
Cheri Haberstock	4	5	1	1	3	1	1		
Karla Van der Schaaf	11	10	13	11	6	12	12		
☰ 2 Fit 2 Quit								132.5	3
Jennifer Cook	10	9	6	4	2	2	3		
Shannon Lacoste	12	8	3	10	5	7	8		
Stacey Lawrence	6	3	8	9	9	10	9		
☰ Experienced Be You Tiful 								145.0	4
Heather Johnston	9	6	14	13	13	11	13		
Lisa Kindrachuk	8	11	9	2	1	4	5		
Shawna Nurse	7	7	7	7	4	3	4		

MASTERS INDIVIDUAL RANKING

#	NAME	TEAM	Overall Rank	Overall Points
4	Cheri Haberstock	40 Stronger	1	15.5
13	Stacey Heath	Booty and the Beast	2	27.5
1	Jennifer Cook	2 Fit 2 Quit	3	34.0
9	Shawna Nurse	Experienced Be You Tiful Beasts	4	36.5
8	Lisa Kindrachuk	Experienced Be You Tiful Beasts	5	37.0
6	Kim Pastachak	40 Stronger	6	45.0
10	Brandi Flottesmesch	Booty and the Beast	7	46.0
2	Shannon Lacoste	2 Fit 2 Quit	8	48.5
3	Stacey Lawrence	2 Fit 2 Quit	9	50.0
14	Val Carr	Booty and the Beast	10	55.5
12	Sarah MacKenzie		11	67.5
5	Karla Van der Schaaf	40 Stronger	12	69.0
7	Heather Johnston	Experienced Be You Tiful Beasts	13	71.5
11	Erica Silzer		14	79.0

MASTERS EVENT RANKING

OBSTACLE COURSE

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

MASTERS DIVISION			OBSTACLE COURSE			OC Rank
#	NAME	TEAM	OCTimer	OC Penalty	OC TIME	
4	Cheri Haberstock	40 Stronger	00:38.97		00:38.97	1
1	Jennifer Cook	2 Fit 2 Quit	00:39.59		00:39.59	2
9	Shawna Nurse	Experienced Be You Tiful Beasts	00:41.19		00:41.19	3
8	Lisa Kindrachuk	Experienced Be You Tiful Beasts	00:41.31		00:41.31	4
13	Stacey Heath	Booty and the Beast	00:41.84		00:41.84	5
10	Brandi Flottesmesch	Booty and the Beast	00:42.25		00:42.25	6
2	Shannon Lacoste	2 Fit 2 Quit	00:42.44		00:42.44	7
6	Kim Pastachak	40 Stronger	00:42.81		00:42.81	8
14	Val Carr	Booty and the Beast	00:42.09	00:01.00	00:43.09	9
3	Stacey Lawrence	2 Fit 2 Quit	00:43.66		00:43.66	10
7	Heather Johnston	Experienced Be You Tiful Beasts	00:46.68		00:46.68	11
5	Karla Van der Schaaf	40 Stronger	00:46.03	00:02.00	00:48.03	12
12	Sarah MacKenzie		00:48.40		00:48.40	13
11	Erica Silzer		01:00.53	00:02.00	01:02.53	14

BOX JUMPS

MASTERS DIVISION				BOX JUMPS		Box Rank
#	NAME	TEAM	Box Reps	Box TIME		
13	Stacey Heath	Booty and the Beast	50	00:59.31	1	
6	Kim Pastachak	40 Stronger	50	01:22.69	2	
3	Stacey Lawrence	2 Fit 2 Quit	50	01:25.09	3	
14	Val Carr	Booty and the Beast	50	01:52.78	4	
4	Cheri Haberstock	40 Stronger	50	02:01.81	5	
7	Heather Johnston	Experienced Be You Tiful Beasts	50	02:05.60	6	
9	Shawna Nurse	Experienced Be You Tiful Beasts	50	02:13.63	7	
2	Shannon Lacoste	2 Fit 2 Quit	50	02:14.06	8	
1	Jennifer Cook	2 Fit 2 Quit	50	02:43.78	9	
5	Karla Van der Schaaf	40 Stronger	50	02:57.63	10	
8	Lisa Kindrachuk	Experienced Be You Tiful Beasts	50	03:00.00	11	
10	Brandi Flottesch	Booty and the Beast	40	03:00.00	12	
12	Sarah MacKenzie		30	03:00.00	13	
11	Erica Silzer			03:00.00	14	

TIRE FLIPS

MASTERS DIVISION				TIRE FLIP		Flip Rank
#	NAME	TEAM	Flips	Flip Time		
4	Cheri Haberstock	40 Stronger	06	00:27.10	1	
8	Lisa Kindrachuk	Experienced Be You Tiful Beasts	06	00:30.32	2	
12	Sarah MacKenzie		06	00:32.47	3	
1	Jennifer Cook	2 Fit 2 Quit	06	00:36.59	4	
13	Stacey Heath	Booty and the Beast	06	00:37.57	5	
11	Erica Silzer		06	00:37.62	6	
9	Shawna Nurse	Experienced Be You Tiful Beasts	06	00:39.84	7	
10	Brandi Flottesch	Booty and the Beast	06	00:48.00	8	
3	Stacey Lawrence	2 Fit 2 Quit	06	00:48.75	9	
2	Shannon Lacoste	2 Fit 2 Quit	06	01:12.19	10	
5	Karla Van der Schaaf	40 Stronger	06	01:16.78	11	
6	Kim Pastachak	40 Stronger	06	01:24.35	12	
7	Heather Johnston	Experienced Be You Tiful Beasts	06	01:24.41	13	
14	Val Carr	Booty and the Beast	04	03:00.00	14	

TIRE DRAG

MASTERS DIVISION			TIRE DRAG			Tire Rank
#	NAME	TEAM	Drag Time	Drag Penalty	DRAG TIME	
8	Lisa Kindrachuk	Experienced Be You Tiful Beasts	00:15.03		00:15.03	1
1	Jennifer Cook	2 Fit 2 Quit	00:16.04		00:16.04	2
4	Cheri Haberstock	40 Stronger	00:16.72		00:16.72	3
9	Shawna Nurse	Experienced Be You Tiful Beasts	00:18.07		00:18.07	4
2	Shannon Lacoste	2 Fit 2 Quit	00:18.81		00:18.81	5
5	Karla Van der Schaaf	40 Stronger	00:19.47		00:19.47	6
12	Sarah MacKenzie		00:20.41		00:20.41	7
10	Brandi Flottemesch	Booty and the Beast	00:20.56		00:20.56	8
3	Stacey Lawrence	2 Fit 2 Quit	00:20.88		00:20.88	9
13	Stacey Heath	Booty and the Beast	00:21.16		00:21.16	10
6	Kim Pastachak	40 Stronger	00:22.38		00:22.38	11
14	Val Carr	Booty and the Beast	00:24.62		00:24.62	12
7	Heather Johnston	Experienced Be You Tiful Beasts	00:24.75		00:24.75	13
11	Erica Silzer		00:28.44		00:28.44	14

KETTLEBELL LIFT

MASTERS DIVISION			KETTLE BELLS			KB Rank
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME	
4	Cheri Haberstock	40 Stronger	00:40.53		00:40.53	1
13	Stacey Heath	Booty and the Beast	00:41.28		00:41.28	2
2	Shannon Lacoste	2 Fit 2 Quit	00:43.28		00:43.28	3
10	Brandi Flottemesch	Booty and the Beast	00:43.59		00:43.59	4
6	Kim Pastachak	40 Stronger	00:43.60		00:43.60	5
1	Jennifer Cook	2 Fit 2 Quit	00:43.97		00:43.97	6
9	Shawna Nurse	Experienced Be You Tiful Beasts	00:44.38		00:44.38	7
3	Stacey Lawrence	2 Fit 2 Quit	00:45.00		00:45.00	8
8	Lisa Kindrachuk	Experienced Be You Tiful Beasts	00:43.09	00:03.00	00:46.09	9
11	Erica Silzer		00:46.97		00:46.97	10
14	Val Carr	Booty and the Beast	00:47.87		00:47.87	11
12	Sarah MacKenzie		00:49.65		00:49.65	12
5	Karla Van der Schaaf	40 Stronger	00:49.88		00:49.88	13
7	Heather Johnston	Experienced Be You Tiful Beasts	00:50.50	00:03.00	00:53.50	14

SANDBAG BURPEE CLEAN/PRESS

MASTERS DIVISION			SANDBAG		SB Rank
#	NAME	TEAM	Sandbag Reps	Sandbag Time	
14	Val Carr	Booty and the Beast	15	00:50.66	1
13	Stacey Heath	Booty and the Beast	15	00:56.65	2
6	Kim Pastachak	40 Stronger	15	01:11.25	3
4	Cheri Haberstock	40 Stronger	15	01:13.97	4
10	Brandi Flottesch	Booty and the Beast	15	01:15.69	5
3	Stacey Lawrence	2 Fit 2 Quit	15	01:19.19	6
9	Shawna Nurse	Experienced Be You Tiful Beasts	15	01:23.85	7
8	Lisa Kindrachuk	Experienced Be You Tiful Beasts	15	01:24.87	8
7	Heather Johnston	Experienced Be You Tiful Beasts	15	01:27.65	9
1	Jennifer Cook	2 Fit 2 Quit	15	01:32.85	10
5	Karla Van der Schaaf	40 Stronger	15	01:54.81	11
2	Shannon Lacoste	2 Fit 2 Quit	15	02:02.84	12
12	Sarah MacKenzie		15	02:06.25	13
11	Erica Silzer		15	02:56.00	14