



FEMSPORT Spruce Grove Challenge – July 21st, 2018



CHI Bursary Winner: Olesia Richard

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.)

NOVICE TEAM RANKING

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

| | SB Rank | Box Rank | KB Rank | Flip Rank | Tire Rank | OC Rank | Overall Rank | Overall Points | |
|---------------------------------|---------|----------|---------|-----------|-----------|---------|--------------|----------------|----------|
| Perpetual Fitness #6 | | | | | | | | 348.0 | 1 |
| Jaclyn Chauvet | 12 | 2 | 1 | 4 | 26 | 4 | 3 | | |
| Jaclyn Debruin | 25 | 5 | 37 | 39 | 46 | 29 | 34 | | |
| Nathalia Young | 2 | 24 | 3 | 24 | 14 | 23 | 9 | | |
| Blood, Sweat & Beers | | | | | | | | 354.0 | 2 |
| Kaylynn Shewaga | 8 | 45 | 9 | 10 | 1 | 21 | 10 | | |
| Michelle Enright | 17 | 13 | 19 | 45 | 35 | 18 | 26 | | |
| Shelby Pitman | 1 | 4 | 10 | 27 | 29 | 15 | 7 | | |
| Straight Off the Couch | | | | | | | | 366.5 | 3 |
| Kaitlyn Moreau | 36 | 30 | 16 | 14 | 4 | 22 | 18 | | |
| Sarah Feist | 26 | 14 | 5 | 5 | 12 | 1 | 4 | | |
| Tessa Doblanko | 40 | 39 | 14 | 33 | 2 | 28 | 28 | | |
| Will Burpee for Beer | | | | | | | | 381.0 | 4 |
| Kirsten Halter | 39 | 28 | 23 | 17 | 16 | 18 | 24 | | |
| Raelean Hawthorne | 24 | 22 | 17 | 20 | 32 | 10 | 15 | | |
| Stephanie Mitchell | 20 | 18 | 24 | 7 | 11 | 14 | 8 | | |
| Wonder Mamas | | | | | | | | 413.5 | 5 |
| Brianne Amiel | 34 | 12 | 18 | 35 | 39 | 7 | 23 | | |
| Levylyn Albers | 5 | 6 | 13 | 44 | 34 | 8 | 12 | | |
| Stacey Cole | 21 | 3 | 38 | 30 | 23 | 24 | 25 | | |
| Buck Fox Jumps | | | | | | | | 474.5 | 6 |
| Amanda Ermet | 30 | 23 | 10 | 21 | 8 | 27 | 17 | | |
| Jennifer Savage | 27 | 31 | 30 | 18 | 27 | 16 | 27 | | |
| Shauna JacksonCrabb | 37 | 26 | 33 | 11 | 30 | 32 | 30 | | |
| Give em Hell | | | | | | | | 556.5 | 7 |
| Jazmyne Mauthe | 6 | 1 | 28 | 29 | 9 | 38 | 15 | | |
| Kayla Sword | 31 | 32 | 32 | 34 | 43 | 37 | 41 | | |
| Kristy Wegleitner | 10 | 21 | 27 | 31 | 41 | 46 | 37 | | |

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|--|----|----|----|----|----|----|----|--------------|-----------|
| Perpetual Fitness #5 | | | | | | | | 558.5 | 8 |
| Darcy Borkofsky | 9 | 35 | 26 | 16 | 7 | 17 | 13 | | |
| Kelly McRae | 29 | 7 | 39 | 19 | 36 | 45 | 36 | | |
| Michelle Nachai | 43 | 45 | 36 | 42 | 15 | 41 | 42 | | |
| The Strong, the Fast and the Whiner | | | | | | | | 560.5 | 9 |
| Alley Schellenberger | 7 | 34 | 12 | 12 | 24 | 34 | 21 | | |
| Ashley Petty | 23 | 36 | 44 | 32 | 47 | 44 | 45 | | |
| Kristan Grady | 14 | 11 | 40 | 37 | 21 | 33 | 29 | | |
| Dont' Go Chasing Waterfalls | | | | | | | | 587.5 | 10 |
| Julianne Sage | 35 | 44 | 34 | 46 | 33 | 35 | 44 | | |
| Debra Lawless | 41 | 40 | 47 | 8 | 10 | 42 | 39 | | |
| Jacqueline Ruiz-Giselbrecht | 33 | 17 | 22 | 15 | 17 | 20 | 19 | | |
| Perpetual Fitness #3 | | | | | | | | 590.0 | 11 |
| Amanda Henkel | 38 | 37 | 29 | 23 | 31 | 26 | 35 | | |
| Melissa Bajnoczi | 11 | 16 | 24 | 28 | 42 | 43 | 31 | | |
| Olesia Richard | 13 | 25 | 46 | 41 | 45 | 25 | 38 | | |
| Perpetual Fitness #4 | | | | | | | | 704.0 | 12 |
| Alyssa Fortier | 42 | 41 | 42 | 36 | 28 | 36 | 43 | | |
| Amber Kliewer | 46 | 38 | 20 | 22 | 22 | 30 | 32 | | |
| Jazmin LaFramboise | 45 | 33 | 43 | 43 | 44 | 40 | 47 | | |

NOVICE INDIVIDUAL RANKING

| # | NAME | TEAM | Overall Rank | Overall Points |
|----|-----------------------------|-----------------------------|--------------|----------------|
| 57 | Hayley Chapman | | 1 | 41.5 |
| 61 | Lindsey Bouffard | | 2 | 47.0 |
| 40 | Jaclyn Chauvet | Perpetual Fitness #6 | 3 | 51.0 |
| 44 | Sarah Feist | Straight Off the Couch | 4 | 63.5 |
| 64 | Tracy Tee | | 5 | 69.5 |
| 55 | Ashley Pavao | | 6 | 88.0 |
| 21 | Shelby Pitman | Blood, Sweat & Beers | 7 | 93.5 |
| 51 | Stephanie Mitchell | Will Burpee for Beer | 8 | 101.0 |
| 42 | Nathalia Young | Perpetual Fitness #6 | 9 | 101.5 |
| 19 | Kaylynn Shewaga | Blood, Sweat & Beers | 10 | 104.5 |
| 58 | Helanna Penner | | 10 | 104.5 |
| 53 | Levylyn Albers | Wonder Mamas | 12 | 114.0 |
| 37 | Darcy Borkofsky | Perpetual Fitness #5 | 13 | 118.5 |
| 59 | Koren Van Dyn | | 14 | 128.5 |
| 28 | Jazmyne Mauthe | Give em Hell | 15 | 130.0 |
| 50 | Raelean Hawthorne | Will Burpee for Beer | 15 | 130.0 |
| 22 | Amanda Ermet | Buck Fox Jumps | 17 | 132.5 |
| 43 | Kaitlyn Moreau | Straight Off the Couch | 18 | 133.0 |
| 27 | Jacqueline Ruiz-Giselbrecht | Dont' Go Chasing Waterfalls | 19 | 134.0 |

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|----|----------------------|-------------------------------------|----|-------|
| 62 | Megan Miller | | 20 | 135.5 |
| 46 | Alley Schellenberger | The Strong, the Fast and the Whiner | 21 | 140.0 |
| 60 | Lexi Filan | | 22 | 146.0 |
| 52 | Brianne Amiel | Wonder Mamas | 23 | 148.5 |
| 49 | Kirsten Halter | Will Burpee for Beer | 24 | 150.0 |
| 54 | Stacey Cole | Wonder Mamas | 25 | 151.0 |
| 20 | Michelle Enright | Blood, Sweat & Beers | 26 | 156.0 |
| 23 | Jennifer Savage | Buck Fox Jumps | 27 | 157.0 |
| 45 | Tessa Doblanko | Straight Off the Couch | 28 | 170.0 |
| 48 | Kristan Grady | The Strong, the Fast and the Whiner | 29 | 172.5 |
| 24 | Shauna JacksonCrabb | Buck Fox Jumps | 30 | 185.0 |
| 32 | Melissa Bajnoczi | Perpetual Fitness #3 | 31 | 185.5 |
| 35 | Amber Kliewer | Perpetual Fitness #4 | 32 | 193.0 |
| 63 | Pam Staples | | 33 | 194.5 |
| 41 | Jaclyn Debruin | Perpetual Fitness #6 | 34 | 195.5 |
| 31 | Amanda Henkel | Perpetual Fitness #3 | 35 | 197.0 |
| 38 | Kelly McRae | Perpetual Fitness #5 | 36 | 197.5 |
| 30 | Kristy Wegleitner | Give em Hell | 37 | 199.0 |
| 33 | Olesia Richard | Perpetual Fitness #3 | 38 | 207.5 |
| 26 | Debra Lawless | Dont' Go Chasing Waterfalls | 39 | 209.0 |
| 56 | Cindy McLaren | | 40 | 221.5 |
| 29 | Kayla Sword | Give em Hell | 41 | 227.5 |
| 39 | Michelle Nachai | Perpetual Fitness #5 | 42 | 242.5 |
| 34 | Alyssa Fortier | Perpetual Fitness #4 | 43 | 243.0 |
| 25 | Julianne Sage | Dont' Go Chasing Waterfalls | 44 | 244.5 |
| 47 | Ashley Petty | The Strong, the Fast and the Whiner | 45 | 248.0 |
| 67 | Jananee Rasiah | | 46 | 251.5 |
| 36 | Jazmin LaFramboise | Perpetual Fitness #4 | 47 | 268.0 |

NOVICE EVENT RANKING

OBSTACLE COURSE

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

| NOVICE DIVISION | | | OBSTACLE COURSE | | | OC Rank |
|------------------------|------------------|------------------------|------------------------|------------|----------|----------------|
| # | NAME | TEAM | OC Timer | OC Penalty | OC TIME | |
| 44 | Sarah Feist | Straight Off the Couch | 00:27.22 | | 00:27.22 | 1 |
| 55 | Ashley Pavao | | 00:29.22 | | 00:29.22 | 2 |
| 64 | Tracy Tee | | 00:29.69 | | 00:29.69 | 3 |
| 40 | Jaclyn Chauvet | Perpetual Fitness #6 | 00:29.90 | | 00:29.90 | 4 |
| 57 | Hayley Chapman | | 00:29.93 | | 00:29.93 | 5 |
| 61 | Lindsey Bouffard | | 00:30.28 | | 00:30.28 | 6 |
| 52 | Brianne Amiel | Wonder Mamas | 00:30.34 | | 00:30.34 | 7 |
| 53 | Levylyn Albers | Wonder Mamas | 00:30.56 | | 00:30.56 | 8 |

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|----|-----------------------------|-------------------------------------|----------|----------|----------|----|
| 59 | Koren Van Dyn | | 00:30.72 | | 00:30.72 | 9 |
| 50 | Raelean Hawthorne | Will Burpee for Beer | 00:31.60 | | 00:31.60 | 10 |
| 58 | Helanna Penner | | 00:31.75 | | 00:31.75 | 11 |
| 60 | Lexi Filan | | 00:31.84 | | 00:31.84 | 12 |
| 63 | Pam Staples | | 00:32.18 | | 00:32.18 | 13 |
| 51 | Stephanie Mitchell | Will Burpee for Beer | 00:32.21 | | 00:32.21 | 14 |
| 21 | Shelby Pitman | Blood, Sweat & Beers | 00:32.31 | | 00:32.31 | 15 |
| 23 | Jennifer Savage | Buck Fox Jumps | 00:32.35 | | 00:32.35 | 16 |
| 37 | Darcy Borkofsky | Perpetual Fitness #5 | 00:33.16 | | 00:33.16 | 17 |
| 20 | Michelle Enright | Blood, Sweat & Beers | 00:33.28 | | 00:33.28 | 18 |
| 49 | Kirsten Halter | Will Burpee for Beer | 00:33.28 | | 00:33.28 | 18 |
| 27 | Jacqueline Ruiz-Giselbrecht | Dont' Go Chasing Waterfalls | 00:33.34 | | 00:33.34 | 20 |
| 19 | Kaylynn Shewaga | Blood, Sweat & Beers | 00:33.57 | | 00:33.57 | 21 |
| 43 | Kaitlyn Moreau | Straight Off the Couch | 00:33.88 | | 00:33.88 | 22 |
| 42 | Nathalia Young | Perpetual Fitness #6 | 00:34.21 | | 00:34.21 | 23 |
| 54 | Stacey Cole | Wonder Mamas | 00:34.27 | | 00:34.27 | 24 |
| 33 | Olesia Richard | Perpetual Fitness #3 | 00:34.40 | | 00:34.40 | 25 |
| 31 | Amanda Henkel | Perpetual Fitness #3 | 00:34.50 | | 00:34.50 | 26 |
| 22 | Amanda Ermet | Buck Fox Jumps | 00:34.51 | | 00:34.51 | 27 |
| 45 | Tessa Doblanko | Straight Off the Couch | 00:35.72 | | 00:35.72 | 28 |
| 41 | Jaclyn Debruin | Perpetual Fitness #6 | 00:35.75 | | 00:35.75 | 29 |
| 35 | Amber Kliewer | Perpetual Fitness #4 | 00:35.82 | | 00:35.82 | 30 |
| 56 | Cindy McLaren | | 00:36.47 | | 00:36.47 | 31 |
| 24 | Shauna JacksonCrabb | Buck Fox Jumps | 00:36.66 | | 00:36.66 | 32 |
| 48 | Kristan Grady | The Strong, the Fast and the Whiner | 00:36.69 | | 00:36.69 | 33 |
| 46 | Alley Schellenberger | The Strong, the Fast and the Whiner | 00:36.75 | | 00:36.75 | 34 |
| 25 | Julianne Sage | Dont' Go Chasing Waterfalls | 00:37.24 | | 00:37.24 | 35 |
| 34 | Alyssa Fortier | Perpetual Fitness #4 | 00:36.94 | 00:01.00 | 00:37.94 | 36 |
| 29 | Kayla Sword | Give em Hell | 00:38.25 | | 00:38.25 | 37 |
| 28 | Jazmyne Mauthe | Give em Hell | 00:38.45 | | 00:38.45 | 38 |
| 62 | Megan Miller | | 00:39.25 | | 00:39.25 | 39 |
| 36 | Jazmin LaFramboise | Perpetual Fitness #4 | 00:40.33 | | 00:40.33 | 40 |
| 39 | Michelle Nachai | Perpetual Fitness #5 | 00:41.15 | | 00:41.15 | 41 |
| 26 | Debra Lawless | Dont' Go Chasing Waterfalls | 00:41.97 | | 00:41.97 | 42 |
| 32 | Melissa Bajnoczi | Perpetual Fitness #3 | 00:43.40 | 00:01.00 | 00:44.40 | 43 |
| 47 | Ashley Petty | The Strong, the Fast and the Whiner | 00:45.35 | | 00:45.35 | 44 |
| 38 | Kelly McRae | Perpetual Fitness #5 | 00:46.15 | | 00:46.15 | 45 |
| 30 | Kristy Wegleitner | Give em Hell | 00:46.63 | | 00:46.63 | 46 |
| 67 | Jananee Rasiah | | 02:57.44 | | 02:57.44 | 47 |

BOX JUMPS

| NOVICE DIVISION | | | BOX JUMPS | | Box Rank |
|------------------------|-----------------------------|-------------------------------------|------------------|----------|----------|
| # | NAME | TEAM | Box Reps | Box TIME | |
| 28 | Jazmyne Mauthe | Give em Hell | 50 | 00:43.53 | 1 |
| 40 | Jaclyn Chauvet | Perpetual Fitness #6 | 50 | 00:46.00 | 2 |
| 54 | Stacey Cole | Wonder Mamas | 50 | 00:48.03 | 3 |
| 21 | Shelby Pitman | Blood, Sweat & Beers | 50 | 00:48.34 | 4 |
| 41 | Jaclyn Debruin | Perpetual Fitness #6 | 50 | 00:48.91 | 5 |
| 53 | Levylyn Albers | Wonder Mamas | 50 | 00:52.13 | 6 |
| 38 | Kelly McRae | Perpetual Fitness #5 | 50 | 00:54.97 | 7 |
| 62 | Megan Miller | | 50 | 00:55.75 | 8 |
| 61 | Lindsey Bouffard | | 50 | 01:02.82 | 9 |
| 58 | Helanna Penner | | 50 | 01:03.93 | 10 |
| 48 | Kristan Grady | The Strong, the Fast and the Whiner | 50 | 01:04.97 | 11 |
| 52 | Brianne Amiel | Wonder Mamas | 50 | 01:05.97 | 12 |
| 20 | Michelle Enright | Blood, Sweat & Beers | 50 | 01:07.38 | 13 |
| 44 | Sarah Feist | Straight Off the Couch | 50 | 01:07.94 | 14 |
| 60 | Lexi Filan | | 50 | 01:08.22 | 15 |
| 32 | Melissa Bajnoczi | Perpetual Fitness #3 | 50 | 01:08.69 | 16 |
| 27 | Jacqueline Ruiz-Giselbrecht | Dont' Go Chasing Waterfalls | 50 | 01:09.16 | 17 |
| 51 | Stephanie Mitchell | Will Burpee for Beer | 50 | 01:09.90 | 18 |
| 57 | Hayley Chapman | | 50 | 01:10.03 | 19 |
| 59 | Koren Van Dyn | | 50 | 01:12.12 | 20 |
| 30 | Kristy Wegleitner | Give em Hell | 50 | 01:15.09 | 21 |
| 50 | Raelean Hawthorne | Will Burpee for Beer | 50 | 01:15.69 | 22 |
| 22 | Amanda Ermet | Buck Fox Jumps | 50 | 01:16.12 | 23 |
| 42 | Nathalia Young | Perpetual Fitness #6 | 50 | 01:20.35 | 24 |
| 33 | Olesia Richard | Perpetual Fitness #3 | 50 | 01:21.66 | 25 |
| 24 | Shauna JacksonCrabb | Buck Fox Jumps | 50 | 01:21.71 | 26 |
| 64 | Tracy Tee | | 50 | 01:27.56 | 27 |
| 49 | Kirsten Halter | Will Burpee for Beer | 50 | 01:33.00 | 28 |
| 67 | Jananee Rasiah | | 50 | 01:34.88 | 29 |
| 43 | Kaitlyn Moreau | Straight Off the Couch | 50 | 01:42.84 | 30 |
| 23 | Jennifer Savage | Buck Fox Jumps | 50 | 01:52.06 | 31 |
| 29 | Kayla Sword | Give em Hell | 50 | 01:52.16 | 32 |
| 36 | Jazmin LaFramboise | Perpetual Fitness #4 | 50 | 01:52.53 | 33 |
| 46 | Alley Schellenberger | The Strong, the Fast and the Whiner | 50 | 01:53.19 | 34 |
| 37 | Darcy Borkofsky | Perpetual Fitness #5 | 50 | 01:57.00 | 35 |
| 47 | Ashley Petty | The Strong, the Fast and the Whiner | 50 | 02:31.22 | 36 |
| 31 | Amanda Henkel | Perpetual Fitness #3 | 50 | 02:55.31 | 37 |
| 35 | Amber Kliewer | Perpetual Fitness #4 | 49 | 03:00.00 | 38 |
| 45 | Tessa Doblanko | Straight Off the Couch | 48 | 03:00.00 | 39 |
| 26 | Debra Lawless | Dont' Go Chasing Waterfalls | 46 | 03:00.00 | 40 |

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| 34 | Alyssa Fortier | Perpetual Fitness #4 | 36 | 03:00.00 | 41 |
| 56 | Cindy McLaren | | 32 | 03:00.00 | 42 |
| 63 | Pam Staples | | 30 | 03:00.00 | 43 |
| 25 | Julianne Sage | Dont' Go Chasing Waterfalls | 03 | 03:00.00 | 44 |
| 19 | Kaylynn Shewaga | Blood, Sweat & Beers | | 03:00.00 | 45 |
| 39 | Michelle Nachai | Perpetual Fitness #5 | | 03:00.00 | 45 |
| 55 | Ashley Pavao | | | 03:00.00 | 45 |

TIRE FLIPS

| NOVICE DIVISION | | | | TIRE FLIP | | Flip Rank |
|------------------------|-----------------------------|-------------------------------------|-------|------------------|----|-----------|
| # | NAME | TEAM | Flips | Flip Time | | |
| 55 | Ashley Pavao | | 06 | 00:22.72 | 1 | |
| 57 | Hayley Chapman | | 06 | 00:23.28 | 2 | |
| 64 | Tracy Tee | | 06 | 00:23.32 | 3 | |
| 40 | Jaclyn Chauvet | Perpetual Fitness #6 | 06 | 00:24.32 | 4 | |
| 44 | Sarah Feist | Straight Off the Couch | 06 | 00:25.00 | 5 | |
| 58 | Helanna Penner | | 06 | 00:25.50 | 6 | |
| 51 | Stephanie Mitchell | Will Burpee for Beer | 06 | 00:26.31 | 7 | |
| 26 | Debra Lawless | Dont' Go Chasing Waterfalls | 06 | 00:26.34 | 8 | |
| 62 | Megan Miller | | 06 | 00:26.50 | 9 | |
| 19 | Kaylynn Shewaga | Blood, Sweat & Beers | 06 | 00:26.78 | 10 | |
| 24 | Shauna JacksonCrabb | Buck Fox Jumps | 06 | 00:27.00 | 11 | |
| 46 | Alley Schellenberger | The Strong, the Fast and the Whiner | 06 | 00:27.21 | 12 | |
| 61 | Lindsey Bouffard | | 06 | 00:27.94 | 13 | |
| 43 | Kaitlyn Moreau | Straight Off the Couch | 06 | 00:27.96 | 14 | |
| 27 | Jacqueline Ruiz-Giselbrecht | Dont' Go Chasing Waterfalls | 06 | 00:28.64 | 15 | |
| 37 | Darcy Borkofsky | Perpetual Fitness #5 | 06 | 00:28.72 | 16 | |
| 49 | Kirsten Halter | Will Burpee for Beer | 06 | 00:28.88 | 17 | |
| 23 | Jennifer Savage | Buck Fox Jumps | 06 | 00:29.53 | 18 | |
| 38 | Kelly McRae | Perpetual Fitness #5 | 06 | 00:30.31 | 19 | |
| 50 | Raelean Hawthorne | Will Burpee for Beer | 06 | 00:31.03 | 20 | |
| 22 | Amanda Ermet | Buck Fox Jumps | 06 | 00:31.56 | 21 | |
| 35 | Amber Kliever | Perpetual Fitness #4 | 06 | 00:32.03 | 22 | |
| 31 | Amanda Henkel | Perpetual Fitness #3 | 06 | 00:32.34 | 23 | |
| 42 | Nathalia Young | Perpetual Fitness #6 | 06 | 00:32.96 | 24 | |
| 63 | Pam Staples | | 06 | 00:33.38 | 25 | |
| 60 | Lexi Filan | | 06 | 00:33.59 | 26 | |
| 21 | Shelby Pitman | Blood, Sweat & Beers | 06 | 00:33.65 | 27 | |
| 32 | Melissa Bajnoczi | Perpetual Fitness #3 | 06 | 00:34.38 | 28 | |
| 28 | Jazmyne Mauthe | Give em Hell | 06 | 00:34.40 | 29 | |
| 54 | Stacey Cole | Wonder Mamas | 06 | 00:35.94 | 30 | |
| 30 | Kristy Wegleitner | Give em Hell | 06 | 00:38.32 | 31 | |
| 47 | Ashley Petty | The Strong, the Fast and the Whiner | 06 | 00:38.94 | 32 | |
| 45 | Tessa Doblanko | Straight Off the Couch | 06 | 00:39.07 | 33 | |

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|----|--------------------|-------------------------------------|----|----------|----|
| 29 | Kayla Sword | Give em Hell | 06 | 00:41.84 | 34 |
| 52 | Brianne Amiel | Wonder Mamas | 06 | 00:41.91 | 35 |
| 34 | Alyssa Fortier | Perpetual Fitness #4 | 06 | 00:41.97 | 36 |
| 48 | Kristan Grady | The Strong, the Fast and the Whiner | 06 | 00:42.46 | 37 |
| 59 | Koren Van Dyn | | 06 | 00:44.63 | 38 |
| 41 | Jaclyn Debruin | Perpetual Fitness #6 | 06 | 00:45.31 | 39 |
| 56 | Cindy McLaren | | 06 | 00:47.10 | 40 |
| 33 | Olesia Richard | Perpetual Fitness #3 | 06 | 00:50.75 | 41 |
| 39 | Michelle Nachai | Perpetual Fitness #5 | 06 | 00:53.00 | 42 |
| 36 | Jazmin LaFramboise | Perpetual Fitness #4 | 06 | 00:53.03 | 43 |
| 53 | Levylyn Albers | Wonder Mamas | 06 | 00:53.47 | 44 |
| 20 | Michelle Enright | Blood, Sweat & Beers | 06 | 00:55.56 | 45 |
| 25 | Julianne Sage | Dont' Go Chasing Waterfalls | 06 | 01:15.13 | 46 |
| 67 | Jananee Rasiah | | 06 | 01:20.59 | 47 |

TIRE DRAG

| NOVICE DIVISION | | | | | | | TIRE DRAG | | Tire Rank |
|------------------------|----|-----------------------------|-------------------------------------|----------|--------------|-----------|------------------|--|-----------|
| Order | # | NAME | TEAM | TD Timer | Tire Penalty | Tire TIME | | | |
| 1 | 19 | Kaylynn Shewaga | Blood, Sweat & Beers | 00:10.44 | | 00:10.44 | 1 | | |
| 27 | 45 | Tessa Doblanko | Straight Off the Couch | 00:10.69 | | 00:10.69 | 2 | | |
| 39 | 57 | Hayley Chapman | | 00:10.88 | | 00:10.88 | 3 | | |
| 25 | 43 | Kaitlyn Moreau | Straight Off the Couch | 00:10.93 | | 00:10.93 | 4 | | |
| 37 | 55 | Ashley Pavao | | 00:11.12 | | 00:11.12 | 5 | | |
| 43 | 61 | Lindsey Bouffard | | 00:11.15 | | 00:11.15 | 6 | | |
| 19 | 37 | Darcy Borkofsky | Perpetual Fitness #5 | 00:11.21 | | 00:11.21 | 7 | | |
| 4 | 22 | Amanda Ermet | Buck Fox Jumps | 00:12.25 | | 00:12.25 | 8 | | |
| 10 | 28 | Jazmyne Mauthe | Give em Hell | 00:12.28 | | 00:12.28 | 9 | | |
| 8 | 26 | Debra Lawless | Dont' Go Chasing Waterfalls | 00:12.47 | | 00:12.47 | 10 | | |
| 33 | 51 | Stephanie Mitchell | Will Burpee for Beer | 00:12.52 | | 00:12.52 | 11 | | |
| 26 | 44 | Sarah Feist | Straight Off the Couch | 00:12.53 | | 00:12.53 | 12 | | |
| 46 | 64 | Tracy Tee | | 00:12.93 | | 00:12.93 | 13 | | |
| 24 | 42 | Nathalia Young | Perpetual Fitness #6 | 00:13.19 | | 00:13.19 | 14 | | |
| 21 | 39 | Michelle Nachai | Perpetual Fitness #5 | 00:13.35 | | 00:13.35 | 15 | | |
| 31 | 49 | Kirsten Halter | Will Burpee for Beer | 00:13.41 | | 00:13.41 | 16 | | |
| 9 | 27 | Jacqueline Ruiz-Giselbrecht | Dont' Go Chasing Waterfalls | 00:13.50 | | 00:13.50 | 17 | | |
| 38 | 56 | Cindy McLaren | | 00:13.65 | | 00:13.65 | 18 | | |
| 45 | 63 | Pam Staples | | 00:13.66 | | 00:13.66 | 19 | | |
| 41 | 59 | Koren Van Dyn | | 00:13.87 | | 00:13.87 | 20 | | |
| 30 | 48 | Kristan Grady | The Strong, the Fast and the Whiner | 00:14.12 | | 00:14.12 | 21 | | |
| 17 | 35 | Amber Kliewer | Perpetual Fitness #4 | 00:14.29 | | 00:14.29 | 22 | | |
| 36 | 54 | Stacey Cole | Wonder Mamas | 00:14.57 | | 00:14.57 | 23 | | |
| 28 | 46 | Alley Schellenberger | The Strong, the Fast and the Whiner | 00:14.66 | | 00:14.66 | 24 | | |

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| 44 | 62 | Megan Miller | | 00:14.66 | | 00:14.66 | 24 |
| 22 | 40 | Jaclyn Chauvet | Perpetual Fitness #6 | 00:14.78 | | 00:14.78 | 26 |
| 5 | 23 | Jennifer Savage | Buck Fox Jumps | 00:15.03 | | 00:15.03 | 27 |
| 16 | 34 | Alyssa Fortier | Perpetual Fitness #4 | 00:15.13 | | 00:15.13 | 28 |
| 3 | 21 | Shelby Pitman | Blood, Sweat & Beers | 00:15.32 | | 00:15.32 | 29 |
| 6 | 24 | Shauna JacksonCrabb | Buck Fox Jumps | 00:15.53 | | 00:15.53 | 30 |
| 13 | 31 | Amanda Henkel | Perpetual Fitness #3 | 00:15.59 | | 00:15.59 | 31 |
| 32 | 50 | Raelean Hawthorne | Will Burpee for Beer | 00:15.78 | | 00:15.78 | 32 |
| 7 | 25 | Julianne Sage | Dont' Go Chasing Waterfalls | 00:15.82 | | 00:15.82 | 33 |
| 35 | 53 | Levylyn Albers | Wonder Mamas | 00:16.12 | | 00:16.12 | 34 |
| 2 | 20 | Michelle Enright | Blood, Sweat & Beers | 00:16.19 | | 00:16.19 | 35 |
| 20 | 38 | Kelly McRae | Perpetual Fitness #5 | 00:16.28 | | 00:16.28 | 36 |
| 42 | 60 | Lexi Filan | | 00:16.40 | | 00:16.40 | 37 |
| 47 | 67 | Jananee Rasiah | | 00:16.88 | | 00:16.88 | 38 |
| 34 | 52 | Brianne Amiel | Wonder Mamas | 00:16.97 | | 00:16.97 | 39 |
| 40 | 58 | Helanna Penner | | 00:17.35 | | 00:17.35 | 40 |
| 12 | 30 | Kristy Wegleitner | Give em Hell | 00:17.53 | | 00:17.53 | 41 |
| 14 | 32 | Melissa Bajnoczi | Perpetual Fitness #3 | 00:17.57 | | 00:17.57 | 42 |
| 11 | 29 | Kayla Sword | Give em Hell | 00:18.12 | | 00:18.12 | 43 |
| 18 | 36 | Jazmin LaFramboise | Perpetual Fitness #4 | 00:18.69 | | 00:18.69 | 44 |
| 15 | 33 | Olesia Richard | Perpetual Fitness #3 | 00:19.22 | | 00:19.22 | 45 |
| 23 | 41 | Jaclyn Debruin | Perpetual Fitness #6 | 00:19.62 | 00:01.00 | 00:20.62 | 46 |
| 29 | 47 | Ashley Petty | The Strong, the Fast and the Whiner | 00:21.19 | | 00:21.19 | 47 |

KETTLEBELL LIFT

| NOVICE DIVISION | | KETTLE BELLS | | | KB Rank | |
|------------------------|----------------------|-------------------------------------|-----------------|-------------------|----------------|----------------|
| # | NAME | TEAM | KB Timer | KB Penalty | | KB TIME |
| 40 | Jaclyn Chauvet | Perpetual Fitness #6 | 00:36.00 | | 00:36.00 | 1 |
| 55 | Ashley Pavao | | 00:36.31 | | 00:36.31 | 2 |
| 42 | Nathalia Young | Perpetual Fitness #6 | 00:36.94 | 00:01.00 | 00:37.94 | 3 |
| 64 | Tracy Tee | | 00:39.03 | | 00:39.03 | 4 |
| 44 | Sarah Feist | Straight Off the Couch | 00:39.25 | | 00:39.25 | 5 |
| 61 | Lindsey Bouffard | | 00:39.31 | | 00:39.31 | 6 |
| 57 | Hayley Chapman | | 00:37.84 | 00:02.00 | 00:39.84 | 7 |
| 62 | Megan Miller | | 00:40.10 | | 00:40.10 | 8 |
| 19 | Kaylynn Shewaga | Blood, Sweat & Beers | 00:40.60 | | 00:40.60 | 9 |
| 21 | Shelby Pitman | Blood, Sweat & Beers | 00:40.75 | | 00:40.75 | 10 |
| 22 | Amanda Ermet | Buck Fox Jumps | 00:40.75 | | 00:40.75 | 10 |
| 46 | Alley Schellenberger | The Strong, the Fast and the Whiner | 00:40.90 | | 00:40.90 | 12 |
| 53 | Levylyn Albers | Wonder Mamas | 00:41.04 | | 00:41.04 | 13 |
| 45 | Tessa Doblanko | Straight Off the Couch | 00:41.19 | | 00:41.19 | 14 |
| 58 | Helanna Penner | | 00:41.19 | | 00:41.19 | 14 |
| 43 | Kaitlyn Moreau | Straight Off the Couch | 00:41.72 | | 00:41.72 | 16 |
| 50 | Raelean Hawthorne | Will Burpee for Beer | 00:41.78 | | 00:41.78 | 17 |

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|----|-----------------------------|-------------------------------------|----------|----------|----------|----|
| 52 | Brianne Amiel | Wonder Mamas | 00:42.25 | | 00:42.25 | 18 |
| 20 | Michelle Enright | Blood, Sweat & Beers | 00:42.66 | | 00:42.66 | 19 |
| 35 | Amber Kliewer | Perpetual Fitness #4 | 00:42.78 | | 00:42.78 | 20 |
| 59 | Koren Van Dyn | | 00:42.81 | | 00:42.81 | 21 |
| 27 | Jacqueline Ruiz-Giselbrecht | Dont' Go Chasing Waterfalls | 00:42.96 | | 00:42.96 | 22 |
| 49 | Kirsten Halter | Will Burpee for Beer | 00:43.13 | | 00:43.13 | 23 |
| 32 | Melissa Bajnoczi | Perpetual Fitness #3 | 00:43.25 | | 00:43.25 | 24 |
| 51 | Stephanie Mitchell | Will Burpee for Beer | 00:41.25 | 00:02.00 | 00:43.25 | 24 |
| 37 | Darcy Borkofsky | Perpetual Fitness #5 | 00:43.34 | | 00:43.34 | 26 |
| 30 | Kristy Wegleitner | Give em Hell | 00:43.44 | | 00:43.44 | 27 |
| 28 | Jazmyne Mauthe | Give em Hell | 00:43.69 | | 00:43.69 | 28 |
| 31 | Amanda Henkel | Perpetual Fitness #3 | 00:43.81 | | 00:43.81 | 29 |
| 23 | Jennifer Savage | Buck Fox Jumps | 00:44.03 | | 00:44.03 | 30 |
| 56 | Cindy McLaren | | 00:44.31 | | 00:44.31 | 31 |
| 29 | Kayla Sword | Give em Hell | 00:44.56 | | 00:44.56 | 32 |
| 24 | Shauna JacksonCrabb | Buck Fox Jumps | 00:45.34 | | 00:45.34 | 33 |
| 25 | Julianne Sage | Dont' Go Chasing Waterfalls | 00:45.50 | | 00:45.50 | 34 |
| 60 | Lexi Filan | | 00:45.53 | | 00:45.53 | 35 |
| 39 | Michelle Nachai | Perpetual Fitness #5 | 00:45.72 | | 00:45.72 | 36 |
| 41 | Jaclyn Debruin | Perpetual Fitness #6 | 00:43.91 | 00:02.00 | 00:45.91 | 37 |
| 54 | Stacey Cole | Wonder Mamas | 00:46.84 | | 00:46.84 | 38 |
| 38 | Kelly McRae | Perpetual Fitness #5 | 00:45.85 | 00:01.00 | 00:46.85 | 39 |
| 48 | Kristan Grady | The Strong, the Fast and the Whiner | 00:47.25 | | 00:47.25 | 40 |
| 63 | Pam Staples | | 00:47.87 | | 00:47.87 | 41 |
| 34 | Alyssa Fortier | Perpetual Fitness #4 | 00:48.35 | 00:01.00 | 00:49.35 | 42 |
| 36 | Jazmin LaFramboise | Perpetual Fitness #4 | 00:49.50 | | 00:49.50 | 43 |
| 47 | Ashley Petty | The Strong, the Fast and the Whiner | 00:49.60 | | 00:49.60 | 44 |
| 67 | Jananee Rasiah | | 00:50.31 | | 00:50.31 | 45 |
| 33 | Olesia Richard | Perpetual Fitness #3 | 00:50.56 | | 00:50.56 | 46 |
| 26 | Debra Lawless | Dont' Go Chasing Waterfalls | 00:51.82 | | 00:51.82 | 47 |

SANDBAG BURPEE CLEAN/PRESS

| NOVICE DIVISION | | | | | SANDBAG | | SB Rank |
|------------------------|----------------------|-------------------------------------|--------------|--------------|----------------|--|---------|
| # | NAME | TEAM | Sandbag Reps | Sandbag TIME | | | |
| 21 | Shelby Pitman | Blood, Sweat & Beers | 15 | 00:51.72 | | | 1 |
| 42 | Nathalia Young | Perpetual Fitness #6 | 15 | 00:53.37 | | | 2 |
| 57 | Hayley Chapman | | 15 | 00:55.62 | | | 3 |
| 61 | Lindsey Bouffard | | 15 | 00:57.94 | | | 4 |
| 53 | Levylyn Albers | Wonder Mamas | 15 | 01:02.15 | | | 5 |
| 28 | Jazmyne Mauthe | Give em Hell | 15 | 01:02.90 | | | 6 |
| 46 | Alley Schellenberger | The Strong, the Fast and the Whiner | 15 | 01:03.22 | | | 7 |
| 19 | Kaylynn Shewaga | Blood, Sweat & Beers | 15 | 01:04.50 | | | 8 |

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|----|-----------------------------|-------------------------------------|----|----------|----|
| 37 | Darcy Borkofsky | Perpetual Fitness #5 | 15 | 01:05.53 | 9 |
| 30 | Kristy Wegleitner | Give em Hell | 15 | 01:05.56 | 10 |
| 32 | Melissa Bajnoczi | Perpetual Fitness #3 | 15 | 01:05.60 | 11 |
| 40 | Jaclyn Chauvet | Perpetual Fitness #6 | 15 | 01:06.44 | 12 |
| 33 | Olesia Richard | Perpetual Fitness #3 | 15 | 01:07.22 | 13 |
| 48 | Kristan Grady | The Strong, the Fast and the Whiner | 15 | 01:07.56 | 14 |
| 60 | Lexi Filan | | 15 | 01:08.53 | 15 |
| 59 | Koren Van Dyn | | 15 | 01:08.66 | 16 |
| 20 | Michelle Enright | Blood, Sweat & Beers | 15 | 01:08.82 | 17 |
| 58 | Helanna Penner | | 15 | 01:11.53 | 18 |
| 64 | Tracy Tee | | 15 | 01:11.53 | 18 |
| 51 | Stephanie Mitchell | Will Burpee for Beer | 15 | 01:13.00 | 20 |
| 54 | Stacey Cole | Wonder Mamas | 15 | 01:13.35 | 21 |
| 67 | Jananee Rasiah | | 15 | 01:13.60 | 22 |
| 47 | Ashley Petty | The Strong, the Fast and the Whiner | 15 | 01:14.38 | 23 |
| 50 | Raelean Hawthorne | Will Burpee for Beer | 15 | 01:14.81 | 24 |
| 41 | Jaclyn Debruin | Perpetual Fitness #6 | 15 | 01:15.68 | 25 |
| 44 | Sarah Feist | Straight Off the Couch | 15 | 01:16.88 | 26 |
| 23 | Jennifer Savage | Buck Fox Jumps | 15 | 01:17.03 | 27 |
| 62 | Megan Miller | | 15 | 01:17.40 | 28 |
| 38 | Kelly McRae | Perpetual Fitness #5 | 15 | 01:18.47 | 29 |
| 22 | Amanda Ermet | Buck Fox Jumps | 15 | 01:19.25 | 30 |
| 29 | Kayla Sword | Give em Hell | 15 | 01:19.47 | 31 |
| 55 | Ashley Pavao | | 15 | 01:23.57 | 32 |
| 27 | Jacqueline Ruiz-Giselbrecht | Dont' Go Chasing Waterfalls | 15 | 01:24.16 | 33 |
| 52 | Brianne Amiel | Wonder Mamas | 15 | 01:25.50 | 34 |
| 25 | Julianne Sage | Dont' Go Chasing Waterfalls | 15 | 01:28.10 | 35 |
| 43 | Kaitlyn Moreau | Straight Off the Couch | 15 | 01:33.94 | 36 |
| 24 | Shauna JacksonCrabb | Buck Fox Jumps | 15 | 01:35.84 | 37 |
| 31 | Amanda Henkel | Perpetual Fitness #3 | 15 | 01:44.22 | 38 |
| 49 | Kirsten Halter | Will Burpee for Beer | 15 | 01:46.63 | 39 |
| 45 | Tessa Doblanko | Straight Off the Couch | 15 | 01:47.47 | 40 |
| 26 | Debra Lawless | Dont' Go Chasing Waterfalls | 15 | 01:50.57 | 41 |
| 34 | Alyssa Fortier | Perpetual Fitness #4 | 15 | 01:53.22 | 42 |
| 39 | Michelle Nachai | Perpetual Fitness #5 | 15 | 01:55.62 | 43 |
| 56 | Cindy McLaren | | 15 | 01:59.78 | 44 |
| 36 | Jazmin LaFramboise | Perpetual Fitness #4 | 15 | 02:00.40 | 45 |
| 35 | Amber Kliever | Perpetual Fitness #4 | 15 | 02:07.22 | 46 |
| 63 | Pam Staples | | 15 | 02:36.94 | 47 |