



FEMSPORT Spruce Grove Challenge – July 20th, 2019



CHI Bursary Winner: Cassandra Jokinen

SCORING:

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

NOTE: Each competitor received 1 point for Tire Drag which was not performed at this event.

OPEN TEAM RANKING

*** Each competitor received 1 point for Tire Drag which was not performed at this event ***

	SB Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	
YQL Action Fitness								183.0	1
Katrina Brandt	2	1	5	8	1	6	1		
Kodee Pilling	11	29	6	17	1	1	8		
Ruth Waterfield	7	22	13	20	1	19	16		
The 3 Femigos								186.5	2
Teresa Holmes	22	12	2	6	1	5	6		
Janel Kidd	14	21	3	7	1	2	5		
Melissa Sexauer	21	11	25	11	1	12	15		
S.N.M.								210.0	3
Melissa Danielson	10	16	21	14	1	23	18		
Nicole Stratychuk	1	2	15	24	1	25	12		
Sherri Ortis	3	4	1	9	1	10	2		
Barbellas								253.5	4
Kim Evans	6	5	8	4	1	14	4		
Lindsey Bouffard	4	10	4	3	1	43	14		
Sarah Jones	16	18	16	11	1	40	21		
Wonder Mamas								341.5	5
Levylyn Albers	5	9	9	25	1	13	9		
Stacey Cole	28	3	18	27	1	37	24		
Tammy Begg	37	42	24	32	1	3	27		
Pineapple Crush								356.0	6
Alycia Wood	19	27	28	5	1	8	17		
Jennifer Quinn	25	17	19	36	1	38	30		
Josie Sagar	8	20	31	22	1	18	20		

Weights Before Dates								415.5	7
Kaitlyn Moreau	34	35	30	31	1	26	34		
Paige Branting	41	43	36	38	1	31	40		
Sarah Feist	15	6	10	2	1	4	3		
Beautifully Athletic #1								428.5	8
Kelby Bacon	17	23	20	30	1	21	22		
Linda Lee Stewart	26	25	26	21	1	33	28		
Teala Westbrook	27	15	34	37	1	29	31		
Alberta Strength & Fitness 1								461.5	9
Brenna Gavel	32	30	22	19	1	20	25		
Julianne Sage	29	43	32	34	1	15	32		
Sarah Snider	36	38	26	23	1	28	33		
Gymmy's Angels								496.0	10
Lynn Michaud	42	37	43	43	1	42	43		
Catherine Slemko	13	13	11	1	1	27	11		
Nicole Ireland	39	36	33	26	1	35	37		
Swole Sisters								523.5	11
Andrea Lawrence	35	34	35	18	1	32	35		
Courtney Lubkey	31	31	37	40	1	39	39		
Mackenzie Bruynson	23	7	39	39	1	30	29		
Alberta Strength & Fitness 2								547.5	12
Cindy Day	43	40	44	44	1	44	44		
Jacqueline Giselbrecht-Ruiz	24	8	17	16	1	24	19		
Tivianne Kozdrowski	38	39	40	28	1	41	41		

OPEN INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
119	Katrina Brandt	YQL Action Fitness	1	26.0
106	Sherri Ortis	S.N.M.	2	33.0
115	Sarah Feist	Weights Before Dates	3	40.0
92	Kim Evans	Barbellas	4	45.0
110	Janel Kidd	The 3 Femigos	5	49.0
112	Teresa Holmes	The 3 Femigos	6	50.5
128	Michelle Ward		7	61.5
120	Kodee Pilling	YQL Action Fitness	8	65.5
116	Levylyn Albers	Wonder Mamas	9	68.5
129	Rebecca Tokariuk		10	76.5
98	Catherine Slemko	Gymmy's Angels	11	79.5
105	Nicole Stratychuk	S.N.M.	12	80.5
122	Alley Schellenberger		13	81.5
93	Lindsey Bouffard	Barbellas	14	86.5
111	Melissa Sexauer	The 3 Femigos	15	87.0
121	Ruth Waterfield	YQL Action Fitness	16	91.5

101	Alycia Wood	Pineapple Crush	17	92.0
104	Melissa Danielson	S.N.M.	18	96.5
90	Jacqueline Giselsbrecht-Ruiz	Alberta Strength & Fitness 2	19	102.0
103	Josie Sagar	Pineapple Crush	20	109.0
94	Sarah Jones	Barbellas	21	122.0
95	Kelby Bacon	Beautifully Athletic #1	22	122.5
126	Kyla Coady		23	130.5
117	Stacey Cole	Wonder Mamas	24	132.5
86	Brenna Gavel	Alberta Strength & Fitness 1	25	134.0
123	Chantel MacPherson		26	139.0
118	Tammy Begg	Wonder Mamas	27	140.5
96	Linda Lee Stewart	Beautifully Athletic #1	28	148.5
109	Mackenzie Bruynson	Swole Sisters	29	154.0
102	Jennifer Quinn	Pineapple Crush	30	155.0
97	Teala Westbrook	Beautifully Athletic #1	31	157.5
87	Julianne Sage	Alberta Strength & Fitness 1	32	161.5
88	Sarah Snider	Alberta Strength & Fitness 1	33	166.0
113	Kaitlyn Moreau	Weights Before Dates	34	170.0
107	Andrea Lawrence	Swole Sisters	35	171.0
125	Jennifer Rowe		36	180.0
100	Nicole Ireland	Gymmy's Angels	37	187.5
127	Livia Costa		38	191.0
108	Courtney Lubkey	Swole Sisters	39	198.5
114	Paige Branting	Weights Before Dates	40	205.5
91	Tivianne Kozdrowski	Alberta Strength & Fitness 2	41	207.5
124	Emma Wright		42	222.0
99	Lynn Michaud	Gymmy's Angels	43	229.0
89	Cindy Day	Alberta Strength & Fitness 2	44	238.0

OPEN EVENT RANKING

*** Each competitor received 1 point for Tire Drag
which was not performed at this event ***

OBSTACLE MEDLEY

OPEN DIVISION			OBSTACLE COURSE			OC Rank
#	NAME	TEAM	Timer	Penalty	OC TIME	
120	Kodee Pilling	YQL Action Fitness	00:40.31		00:40.31	1
110	Janel Kidd	The 3 Femigos	00:40.84		00:40.84	2
118	Tammy Begg	Wonder Mamas	00:41.54		00:41.54	3
115	Sarah Feist	Weights Before Dates	00:42.09		00:42.09	4
112	Teresa Holmes	The 3 Femigos	00:42.19		00:42.19	5
119	Katrina Brandt	YQL Action Fitness	00:42.47		00:42.47	6
128	Michelle Ward		00:44.41		00:44.41	7
101	Alycia Wood	Pineapple Crush	00:44.88		00:44.88	8

129	Rebecca Tokariuk		00:45.32	00:45.32	9
106	Sherri Ortis	S.N.M.	00:46.63	00:46.63	10
126	Kyla Coady		00:47.59	00:47.59	11
111	Melissa Sexauer	The 3 Femigos	00:48.56	00:48.56	12
116	Levylyn Albers	Wonder Mamas	00:51.37	00:51.37	13
92	Kim Evans	Barbellas	00:52.97	00:52.97	14
87	Julianne Sage	Alberta Strength & Fitness 1	00:54.06	00:54.06	15
123	Chantel MacPherson		00:55.72	00:55.72	16
122	Alley Schellenberger		00:56.63	00:56.63	17
103	Josie Sagar	Pineapple Crush	00:57.85	00:57.85	18
121	Ruth Waterfield	YQL Action Fitness	00:58.37	00:58.37	19
86	Brenna Gavel	Alberta Strength & Fitness 1	00:58.47	00:58.47	20
95	Kelby Bacon	Beautifully Athletic #1	01:05.25	01:05.25	21
127	Livia Costa		01:08.15	01:08.15	22
104	Melissa Danielson	S.N.M.	01:09.81	01:09.81	23
90	Jacqueline Giselsbrecht-Ruiz	Alberta Strength & Fitness 2	01:10.34	01:10.34	24
105	Nicole Stratychuk	S.N.M.	01:14.15	01:14.15	25
113	Kaitlyn Moreau	Weights Before Dates	01:15.07	01:15.07	26
98	Catherine Slemko	Gymmy's Angels	01:15.10	01:15.10	27
88	Sarah Snider	Alberta Strength & Fitness 1	01:15.19	01:15.19	28
97	Teala Westbrook	Beautifully Athletic #1	01:16.56	01:16.56	29
109	Mackenzie Bruynson	Swole Sisters	01:16.97	01:16.97	30
114	Paige Branting	Weights Before Dates	01:19.03	01:19.03	31
107	Andrea Lawrence	Swole Sisters	01:19.09	01:19.09	32
96	Linda Lee Stewart	Beautifully Athletic #1	01:21.50	01:21.50	33
125	Jennifer Rowe		01:26.53	01:26.53	34
100	Nicole Ireland	Gymmy's Angels	01:30.47	01:30.47	35
124	Emma Wright		01:34.91	01:34.91	36
117	Stacey Cole	Wonder Mamas	01:44.54	01:44.54	37
102	Jennifer Quinn	Pineapple Crush	02:39.97	02:39.97	38
108	Courtney Lubkey	Swole Sisters	02:53.59	02:53.59	39
94	Sarah Jones	Barbellas	02:56.56	02:56.56	40
91	Tivianne Kozdrowski	Alberta Strength & Fitness 2	03:15.82	03:15.82	41
99	Lynn Michaud	Gymmy's Angels	04:32.91	04:32.91	42
93	Lindsey Bouffard	Barbellas	04:54.13	04:54.13	43
89	Cindy Day	Alberta Strength & Fitness 2	05:00.00	05:00.00	44

BOX JUMPS

OPEN DIVISION				BOX JUMPS		Box Rank
#	NAME	TEAM	Box Reps	Box TIME		
119	Katrina Brandt	YQL Action Fitness	50	00:37.87	1	
105	Nicole Stratychuk	S.N.M.	50	00:44.00	2	
117	Stacey Cole	Wonder Mamas	50	00:44.07	3	
106	Sherri Ortis	S.N.M.	50	00:45.59	4	
92	Kim Evans	Barbellas	50	00:46.44	5	

115	Sarah Feist	Weights Before Dates	50	00:46.65	6
109	Mackenzie Bruynson	Swole Sisters	50	00:47.03	7
90	Jacqueline Giselbrecht-Ruiz	Alberta Strength & Fitness 2	50	00:47.16	8
116	Levylyn Albers	Wonder Mamas	50	00:48.53	9
93	Lindsey Bouffard	Barbellas	50	00:48.59	10
111	Melissa Sexauer	The 3 Femigos	50	00:49.50	11
112	Teresa Holmes	The 3 Femigos	50	00:53.40	12
98	Catherine Slemko	Gymmy's Angels	50	00:54.79	13
128	Michelle Ward		50	00:59.00	14
97	Teala Westbrook	Beautifully Athletic #1	50	01:01.41	15
104	Melissa Danielson	S.N.M.	50	01:03.16	16
102	Jennifer Quinn	Pineapple Crush	50	01:05.81	17
94	Sarah Jones	Barbellas	50	01:09.28	18
122	Alley Schellenberger		50	01:15.19	19
103	Josie Sagar	Pineapple Crush	50	01:17.82	20
110	Janel Kidd	The 3 Femigos	50	01:19.25	21
121	Ruth Waterfield	YQL Action Fitness	50	01:22.72	22
95	Kelby Bacon	Beautifully Athletic #1	50	01:23.75	23
129	Rebecca Tokariuk		50	01:28.21	24
96	Linda Lee Stewart	Beautifully Athletic #1	50	01:31.62	25
126	Kyla Coady		50	01:36.03	26
101	Alycia Wood	Pineapple Crush	50	01:36.94	27
125	Jennifer Rowe		50	01:50.18	28
120	Kodee Pilling	YQL Action Fitness	50	01:52.72	29
86	Brenna Gavel	Alberta Strength & Fitness 1	50	01:52.93	30
108	Courtney Lubkey	Swole Sisters	50	01:53.88	31
123	Chantel MacPherson		50	02:02.31	32
127	Livia Costa		50	02:03.00	33
107	Andrea Lawrence	Swole Sisters	50	02:09.44	34
113	Kaitlyn Moreau	Weights Before Dates	50	02:10.28	35
100	Nicole Ireland	Gymmy's Angels	50	02:17.75	36
99	Lynn Michaud	Gymmy's Angels	50	02:28.68	37
88	Sarah Snider	Alberta Strength & Fitness 1	50	02:42.93	38
91	Tivianne Kozdrowski	Alberta Strength & Fitness 2	50	02:46.15	39
89	Cindy Day	Alberta Strength & Fitness 2	31	03:00.00	40
124	Emma Wright		25	03:00.00	41
118	Tammy Begg	Wonder Mamas	14	03:00.00	42
87	Julianne Sage	Alberta Strength & Fitness 1		03:00.00	43
114	Paige Branting	Weights Before Dates		03:00.00	43

TIRE FLIPS

OPEN DIVISION					TIRE FLIP	Rank
#	NAME	TEAM	Flips	Flip Time		
98	Catherine Slemko	Gymmy's Angels	06	00:19.87	1	

115	Sarah Feist	Weights Before Dates	06	00:20.06	2
93	Lindsey Bouffard	Barbellas	06	00:20.91	3
92	Kim Evans	Barbellas	06	00:21.00	4
101	Alycia Wood	Pineapple Crush	06	00:21.16	5
112	Teresa Holmes	The 3 Femigos	06	00:21.19	6
110	Janel Kidd	The 3 Femigos	06	00:21.53	7
119	Katrina Brandt	YQL Action Fitness	06	00:21.69	8
106	Sherri Ortis	S.N.M.	06	00:21.75	9
128	Michelle Ward		06	00:21.78	10
94	Sarah Jones	Barbellas	06	00:21.82	11
111	Melissa Sexauer	The 3 Femigos	06	00:21.82	11
129	Rebecca Tokariuk		06	00:22.28	13
104	Melissa Danielson	S.N.M.	06	00:22.44	14
122	Alley Schellenberger		06	00:23.16	15
90	Jacqueline Giselbrecht-Ruiz	Alberta Strength & Fitness 2	06	00:23.28	16
120	Kodee Pilling	YQL Action Fitness	06	00:23.88	17
107	Andrea Lawrence	Swole Sisters	06	00:23.97	18
86	Brenna Gavel	Alberta Strength & Fitness 1	06	00:24.06	19
121	Ruth Waterfield	YQL Action Fitness	06	00:24.59	20
96	Linda Lee Stewart	Beautifully Athletic #1	06	00:24.97	21
103	Josie Sagar	Pineapple Crush	06	00:25.47	22
88	Sarah Snider	Alberta Strength & Fitness 1	06	00:25.50	23
105	Nicole Stratychuk	S.N.M.	06	00:25.53	24
116	Levylyn Albers	Wonder Mamas	06	00:25.69	25
100	Nicole Ireland	Gymmy's Angels	06	00:26.38	26
117	Stacey Cole	Wonder Mamas	06	00:28.25	27
91	Tivianne Kozdrowski	Alberta Strength & Fitness 2	06	00:28.37	28
125	Jennifer Rowe		06	00:28.72	29
95	Kelby Bacon	Beautifully Athletic #1	06	00:29.60	30
113	Kaitlyn Moreau	Weights Before Dates	06	00:30.31	31
118	Tammy Begg	Wonder Mamas	06	00:30.50	32
123	Chantel MacPherson		06	00:30.72	33
87	Julianne Sage	Alberta Strength & Fitness 1	06	00:31.06	34
126	Kyla Coady		06	00:31.06	34
102	Jennifer Quinn	Pineapple Crush	06	00:32.44	36
97	Teala Westbrook	Beautifully Athletic #1	06	00:33.00	37
114	Paige Branting	Weights Before Dates	06	00:37.79	38
109	Mackenzie Bruynson	Swole Sisters	06	00:38.69	39
108	Courtney Lubkey	Swole Sisters	06	00:43.10	40
124	Emma Wright		06	00:43.90	41
127	Livia Costa		06	00:46.41	42
99	Lynn Michaud	Gymmy's Angels	06	01:57.31	43
89	Cindy Day	Alberta Strength & Fitness 2		04:00.00	44

TIRE DRAG

**** Each competitor received 1 point for Tire Drag which was not performed at this event ****

KETTLEBELL LIFT

OPEN DIVISION			KETTLE BELLS			KB Rank
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME	
106	Sherri Ortis	S.N.M.	00:33.25		00:33.25	1
112	Teresa Holmes	The 3 Femigos	00:33.71		00:33.71	2
110	Janel Kidd	The 3 Femigos	00:33.97	00:01.00	00:34.97	3
93	Lindsey Bouffard	Barbellas	00:35.25		00:35.25	4
119	Katrina Brandt	YQL Action Fitness	00:35.32		00:35.32	5
120	Kodee Pilling	YQL Action Fitness	00:35.97		00:35.97	6
129	Rebecca Tokariuk		00:36.22		00:36.22	7
92	Kim Evans	Barbellas	00:36.53		00:36.53	8
116	Levylyn Albers	Wonder Mamas	00:36.72		00:36.72	9
115	Sarah Feist	Weights Before Dates	00:36.84		00:36.84	10
98	Catherine Slemko	Gymmy's Angels	00:37.28		00:37.28	11
122	Alley Schellenberger		00:36.50	00:01.00	00:37.50	12
121	Ruth Waterfield	YQL Action Fitness	00:37.91		00:37.91	13
128	Michelle Ward		00:37.93		00:37.93	14
105	Nicole Stratychuk	S.N.M.	00:39.06		00:39.06	15
94	Sarah Jones	Barbellas	00:39.16		00:39.16	16
90	Jacqueline Giselbrecht-Ruiz	Alberta Strength & Fitness 2	00:39.34		00:39.34	17
117	Stacey Cole	Wonder Mamas	00:39.94		00:39.94	18
102	Jennifer Quinn	Pineapple Crush	00:40.25		00:40.25	19
95	Kelby Bacon	Beautifully Athletic #1	00:40.97		00:40.97	20
104	Melissa Danielson	S.N.M.	00:41.36		00:41.36	21
86	Brenna Gavel	Alberta Strength & Fitness 1	00:41.37		00:41.37	22
126	Kyla Coady		00:40.50	00:01.00	00:41.50	23
118	Tammy Begg	Wonder Mamas	00:41.53		00:41.53	24
111	Melissa Sexauer	The 3 Femigos	00:40.90	00:01.00	00:41.90	25
88	Sarah Snider	Alberta Strength & Fitness 1	00:42.15		00:42.15	26
96	Linda Lee Stewart	Beautifully Athletic #1	00:41.15	00:01.00	00:42.15	26
101	Alycia Wood	Pineapple Crush	00:41.38	00:01.00	00:42.38	28
123	Chantel MacPherson		00:43.78		00:43.78	29
113	Kaitlyn Moreau	Weights Before Dates	00:43.82		00:43.82	30
103	Josie Sagar	Pineapple Crush	00:44.72		00:44.72	31
87	Julianne Sage	Alberta Strength & Fitness 1	00:44.75		00:44.75	32
100	Nicole Ireland	Gymmy's Angels	00:44.78		00:44.78	33
97	Teala Westbrook	Beautifully Athletic #1	00:45.60		00:45.60	34
107	Andrea Lawrence	Swole Sisters	00:45.68		00:45.68	35
114	Paige Branting	Weights Before Dates	00:48.12		00:48.12	36
108	Courtney Lubkey	Swole Sisters	00:49.39		00:49.39	37
125	Jennifer Rowe		00:48.63	00:01.00	00:49.63	38
109	Mackenzie Bruynson	Swole Sisters	00:52.38		00:52.38	39
91	Tivianne Kozdrowski	Alberta Strength & Fitness 2	00:52.42		00:52.42	40
124	Emma Wright		00:53.87		00:53.87	41
127	Livia Costa		00:55.16		00:55.16	42
99	Lynn Michaud	Gymmy's Angels	00:55.66		00:55.66	43

SANDBAG BURPEE CLEAN/PRESS

OPEN DIVISION			SANDBAG		SB Rank
#	NAME	TEAM	Sandbag Reps	Sandbag Time	
105	Nicole Stratychuk	S.N.M.	15	00:38.28	1
119	Katrina Brandt	YQL Action Fitness	15	00:39.19	2
106	Sherri Ortis	S.N.M.	15	00:41.97	3
93	Lindsey Bouffard	Barbellas	15	00:44.03	4
116	Levylyn Albers	Wonder Mamas	15	00:46.03	5
92	Kim Evans	Barbellas	15	00:49.69	6
121	Ruth Waterfield	YQL Action Fitness	15	00:50.16	7
103	Josie Sagar	Pineapple Crush	15	00:51.03	8
122	Alley Schellenberger		15	00:52.93	9
104	Melissa Danielson	S.N.M.	15	00:53.54	10
120	Kodee Pilling	YQL Action Fitness	15	00:54.48	11
128	Michelle Ward		15	00:55.15	12
98	Catherine Slemko	Gymmy's Angels	15	00:55.22	13
110	Janel Kidd	The 3 Femigos	15	00:57.40	14
115	Sarah Feist	Weights Before Dates	15	00:57.69	15
94	Sarah Jones	Barbellas	15	00:57.90	16
95	Kelby Bacon	Beautifully Athletic #1	15	00:58.47	17
129	Rebecca Tokariuk		15	00:59.94	18
101	Alycia Wood	Pineapple Crush	15	01:00.25	19
123	Chantel MacPherson		15	01:02.81	20
111	Melissa Sexauer	The 3 Femigos	15	01:03.94	21
112	Teresa Holmes	The 3 Femigos	15	01:04.37	22
109	Mackenzie Bruynson	Swole Sisters	15	01:08.06	23
90	Jacqueline Giselbrecht-Ruiz	Alberta Strength & Fitness 2	15	01:10.41	24
102	Jennifer Quinn	Pineapple Crush	15	01:10.93	25
96	Linda Lee Stewart	Beautifully Athletic #1	15	01:12.33	26
97	Teala Westbrook	Beautifully Athletic #1	15	01:13.34	27
117	Stacey Cole	Wonder Mamas	15	01:14.50	28
87	Julianne Sage	Alberta Strength & Fitness 1	15	01:16.60	29
126	Kyla Coady		15	01:16.81	30
108	Courtney Lubkey	Swole Sisters	15	01:21.39	31
86	Brenna Gavel	Alberta Strength & Fitness 1	15	01:24.00	32
125	Jennifer Rowe		15	01:24.34	33
113	Kaitlyn Moreau	Weights Before Dates	15	01:25.25	34
107	Andrea Lawrence	Swole Sisters	15	01:27.00	35
88	Sarah Snider	Alberta Strength & Fitness 1	15	01:39.31	36
118	Tammy Begg	Wonder Mamas	15	01:41.47	37
91	Tivianne Kozdrowski	Alberta Strength & Fitness 2	15	01:45.47	38
100	Nicole Ireland	Gymmy's Angels	15	01:49.31	39
127	Livia Costa		15	01:49.59	40
114	Paige Branting	Weights Before Dates	15	01:56.60	41

99	Lynn Michaud	Gymmy's Angels	15	02:06.78	42
89	Cindy Day	Alberta Strength & Fitness 2	15	02:19.40	43
124	Emma Wright		15	02:54.28	44