



FEMSPORT Kamloops Challenge – May 25th, 2019



CHI Bursary Winner: Nikki Ford

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	
WOD We Get Into								129.5	1
Nicole Morrison	9	4	9	2	12	7	7		
Chelynn Van Dinter	2	7	3	10	9	14	8		
Justine Thompson	3	10	4	1	4	6	3		
Warrior Women								131.5	2
Aliyah Rodominski	1	3	2	3	7	1	1		
Ariel Swayze	5	12	7	7	3	5	4		
Corrine Lamirande	12	11	5	11	11	15	12		
Fit By Design 4								179.5	3
Julie Heppner	13	2	8	6	10	9	9		
Marie LeBlond	11	15	9	4	1	4	6		
Sonia Strickland	14	13	15	15	6	12	15		

OPEN INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
81	Aliyah Rodominski	Warrior Women	1	17.5
88	Dani Johnson		2	20.0
85	Justine Thompson	WOD We Get Into	3	31.0
82	Ariel Swayze	Warrior Women	4	41.5
92	Stacy Mcdougal		5	44.5
79	Marie LeBlond	Fit By Design 4	6	46.0
86	Nicole Morrison	WOD We Get Into	7	46.5
84	Chelynn Van Dinther	WOD We Get Into	8	52.0
78	Julie Heppner	Fit By Design 4	9	52.5
89	Keely Weymouth		10	57.0
91	Robin Boyer		11	68.0
83	Corrine Lamirande	Warrior Women	12	72.5
90	Lisa Therrien		13	73.5
87	Amanda Ziegler		14	74.5
80	Sonia Strickland	Fit By Design 4	15	81.0

OPEN EVENT RANKING

OBSTACLE COURSE

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

OPEN DIVISION			OBSTACLE COURSE			OC Rank
#	NAME	TEAM	Timer	Penalty	OC TIME	
81	Aliyah Rodominski	Warrior Women	00:38.34		00:38.34	1
88	Dani Johnson		00:38.69		00:38.69	2
92	Stacy Mcdougal		00:39.60		00:39.60	3
79	Marie LeBlond	Fit By Design 4	00:39.69		00:39.69	4
82	Ariel Swayze	Warrior Women	00:38.72	00:01.00	00:39.72	5
85	Justine Thompson	WOD We Get Into	00:41.28		00:41.28	6
86	Nicole Morrison	WOD We Get Into	00:43.28		00:43.28	7
89	Keely Weymouth		00:46.07		00:46.07	8
78	Julie Heppner	Fit By Design 4	00:48.34		00:48.34	9
91	Robin Boyer		00:49.75		00:49.75	10
87	Amanda Ziegler		00:51.91		00:51.91	11
80	Sonia Strickland	Fit By Design 4	00:51.96		00:51.96	12
90	Lisa Therrien		00:56.16		00:56.16	13
84	Chelynn Van Dinther	WOD We Get Into	00:56.50		00:56.50	14
83	Corrine Lamirande	Warrior Women	01:04.00	00:02.00	01:06.00	15

BOX JUMPS

OPEN DIVISION			BOX JUMPS		Box Rank
#	NAME	TEAM	Box Reps	Box TIME	
88	Dani Johnson		50	00:46.19	1
78	Julie Heppner	Fit By Design 4	50	00:51.46	2
81	Aliyah Rodominski	Warrior Women	50	00:53.24	3
86	Nicole Morrison	WOD We Get Into	50	00:53.25	4
90	Lisa Therrien		50	00:55.13	5
91	Robin Boyer		50	00:58.03	6
84	Chelynn Van Dinther	WOD We Get Into	50	01:04.69	7
89	Keely Weymouth		50	01:07.47	8
92	Stacy Mcdougal		50	01:08.35	9
85	Justine Thompson	WOD We Get Into	50	01:38.94	10
83	Corrine Lamirande	Warrior Women	50	01:59.12	11
82	Ariel Swayze	Warrior Women	50	02:10.90	12
80	Sonia Strickland	Fit By Design 4	50	02:28.16	13
87	Amanda Ziegler		43	03:00.00	14
79	Marie LeBlond	Fit By Design 4		03:00.00	15

TIRE FLIPS

OPEN DIVISION			TIRE FLIP		Rank
#	NAME	TEAM	Flips	Flip Time	
85	Justine Thompson	WOD We Get Into	06	00:14.03	1
86	Nicole Morrison	WOD We Get Into	06	00:15.03	2
81	Aliyah Rodominski	Warrior Women	06	00:15.31	3
79	Marie LeBlond	Fit By Design 4	06	00:16.10	4
88	Dani Johnson		06	00:16.47	5
78	Julie Heppner	Fit By Design 4	06	00:16.75	6
82	Ariel Swayze	Warrior Women	06	00:17.13	7
92	Stacy Mcdougal		06	00:17.19	8
89	Keely Weymouth		06	00:17.85	9
84	Chelynn Van Dinther	WOD We Get Into	06	00:19.06	10
83	Corrine Lamirande	Warrior Women	06	00:19.28	11
90	Lisa Therrien		06	00:21.10	12
87	Amanda Ziegler		06	00:21.15	13
91	Robin Boyer		06	00:23.56	14
80	Sonia Strickland	Fit By Design 4	06	00:24.97	15

TIRE DRAG

OPEN DIVISION				TIRE DRAG			Tire Rank
#	NAME	DIVISION	TEAM	TD Timer	Tire Penalty	Tire TIME	
79	Marie LeBlond	Open	Fit By Design 4	00:08.00		00:08.00	1
87	Amanda Ziegler	Open		00:08.18		00:08.18	2
82	Ariel Swayze	Open	Warrior Women	00:09.53		00:09.53	3
85	Justine Thompson	Open	WOD We Get Into	00:09.59		00:09.59	4
88	Dani Johnson	Open		00:09.59		00:09.59	4
80	Sonia Strickland	Open	Fit By Design 4	00:10.38		00:10.38	6
81	Aliyah Rodominski	Open	Warrior Women	00:11.22		00:11.22	7
89	Keely Weymouth	Open		00:11.75		00:11.75	8
84	Chelynn Van Dinther	Open	WOD We Get Into	00:12.09		00:12.09	9
78	Julie Heppner	Open	Fit By Design 4	00:12.25		00:12.25	10
83	Corrine Lamirande	Open	Warrior Women	00:13.53		00:13.53	11
86	Nicole Morrison	Open	WOD We Get Into	00:13.65		00:13.65	12
92	Stacy Mcdougal	Open		00:16.19		00:16.19	13
90	Lisa Therrien	Open		00:16.21		00:16.21	14
91	Robin Boyer	Open		00:19.57		00:19.57	15

KETTLEBELL LIFT

OPEN DIVISION			KETTLE BELLS			KB Rank
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME	
88	Dani Johnson		00:33.78		00:33.78	1
81	Aliyah Rodominski	Warrior Women	00:35.41		00:35.41	2
84	Chelynn Van Dinther	WOD We Get Into	00:36.29		00:36.29	3
85	Justine Thompson	WOD We Get Into	00:37.10		00:37.10	4
83	Corrine Lamirande	Warrior Women	00:37.22		00:37.22	5
92	Stacy Mcdougal		00:37.66		00:37.66	6
82	Ariel Swayze	Warrior Women	00:38.03		00:38.03	7
78	Julie Heppner	Fit By Design 4	00:38.12		00:38.12	8
79	Marie LeBlond	Fit By Design 4	00:38.15		00:38.15	9
86	Nicole Morrison	WOD We Get Into	00:38.15		00:38.15	9
91	Robin Boyer		00:38.34		00:38.34	11
89	Keely Weymouth		00:38.81		00:38.81	12
90	Lisa Therrien		00:38.03	00:01.00	00:39.03	13
87	Amanda Ziegler		00:43.72	00:01.00	00:44.72	14
80	Sonia Strickland	Fit By Design 4	00:45.53		00:45.53	15

SANDBAG BURPEE CLEAN/PRESS

OPEN DIVISION			SANDBAG		SB Rank
#	NAME	TEAM	Sandbag Reps	Sandbag Time	
81	Aliyah Rodominski	Warrior Women	15	00:55.46	1
84	Chelynn Van Dinther	WOD We Get Into	15	00:56.19	2
85	Justine Thompson	WOD We Get Into	15	00:56.44	3
92	Stacy Mcdougal		15	00:57.06	4
82	Ariel Swayze	Warrior Women	15	00:59.72	5
88	Dani Johnson		15	01:01.56	6
91	Robin Boyer		15	01:04.06	7
89	Keely Weymouth		15	01:04.54	8
86	Nicole Morrison	WOD We Get Into	15	01:08.75	9
90	Lisa Therrien		15	01:10.04	10
79	Marie LeBlond	Fit By Design 4	15	01:18.19	11
83	Corrine Lamirande	Warrior Women	15	01:21.59	12
78	Julie Heppner	Fit By Design 4	15	01:23.50	13
80	Sonia Strickland	Fit By Design 4	15	01:28.67	14
87	Amanda Ziegler		15	01:32.00	15