



### FEMSPORT Vancouver Challenge – September 14<sup>th</sup>, 2019



#### CHI Bursary Winner: Kimberly Trafford

#### 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.)
- ★ Each competitor received 1 point for Tire Drag which was not performed at this event.

### 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	
<b>GoodLife Babies</b>								<b>114.5</b>	<b>1</b>
Caitlin Lavoie	8	5	6	11	1	8	7		
Charlotte Yong	5	4	5	6	1	4	5		
Prachi Diwan	6	7	7	13	1	7	8		
<b>Ladybugs</b>								<b>117.0</b>	<b>2</b>
Lindsay Anderson	7	8	3	2	1	2	4		
Robyn Wall	4	3	8	3	1	9	6		
Mallory Thomas	13	9	12	9	1	11	12		
<b>Team Goodlife</b>								<b>170.0</b>	<b>3</b>
Deanna Decker	9	13	13	8	1	13	13		
Jacqueline Hendrickson	12	10	10	12	1	3	9		
Caitlin Alder	10	12	11	5	1	12	10		

## OPEN INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
58	Tami Newman		1	11.5
53	Alina Lalani		2	20.0
54	Ariana Lalani		3	23.5
56	Lindsay Anderson	Ladybugs	4	24.0
48	Charlotte Yong	GoodLife Babies	5	27.0
43	Robyn Wall	Ladybugs	6	32.5
47	Caitlin Lavoie	GoodLife Babies	7	43.0
49	Prachi Diwan	GoodLife Babies	8	44.5
51	Jacqueline Hendrickson	Team Goodlife	9	49.5
52	Jenn Moore		10	57.0
55	Caitlin Alder	Team Goodlife	10	57.0
57	Mallory Thomas	Ladybugs	12	60.5
50	Deanna Decker	Team Goodlife	13	63.5

## OPEN EVENT RANKING

### OBSTACLE COURSE

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

OPEN DIVISION			OBSTACLE COURSE			OC Rank
#	NAME	TEAM	Timer	Penalty	OC TIME	
58	Tami Newman		00:44.41		00:44.41	1
56	Lindsay Anderson	Ladybugs	00:50.00		00:50.00	2
51	Jacqueline Hendrickson	Team Goodlife	00:53.27	00:01.00	00:54.27	3
48	Charlotte Yong	GoodLife Babies	00:55.16	00:01.00	00:56.16	4
54	Ariana Lalani		00:53.25	00:03.00	00:56.25	5
53	Alina Lalani		00:56.44		00:56.44	6
49	Prachi Diwan	GoodLife Babies	00:57.12		00:57.12	7
47	Caitlin Lavoie	GoodLife Babies	00:57.15		00:57.15	8
43	Robyn Wall	Ladybugs	00:55.19	00:03.00	00:58.19	9
52	Jenn Moore		01:00.34		01:00.34	10
57	Mallory Thomas	Ladybugs	01:00.50		01:00.50	11
55	Caitlin Alder	Team Goodlife	01:02.41		01:02.41	12
50	Deanna Decker	Team Goodlife	01:08.00		01:08.00	13

## BOX JUMPS

<b>OPEN DIVISION</b>			<b>BOX JUMPS</b>		<b>Box Rank</b>
<b>#</b>	<b>NAME</b>	<b>TEAM</b>	<b>Box Reps</b>	<b>Box TIME</b>	
54	Ariana Lalani		50	00:58.13	1
53	Alina Lalani		50	01:16.22	2
43	Robyn Wall	Ladybugs	50	01:27.47	3
48	Charlotte Yong	GoodLife Babies	50	01:31.72	4
47	Caitlin Lavoie	GoodLife Babies	50	01:35.50	5
58	Tami Newman		50	01:46.09	6
49	Prachi Diwan	GoodLife Babies	50	02:17.94	7
56	Lindsay Anderson	Ladybugs	50	02:22.72	8
57	Mallory Thomas	Ladybugs	50	02:42.81	9
51	Jacqueline Hendrickson	Team Goodlife	40	03:00.00	10
52	Jenn Moore		38	03:00.00	11
55	Caitlin Alder	Team Goodlife	12	03:00.00	12
50	Deanna Decker	Team Goodlife		03:00.00	13

## 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>	
58	Tami Newman		06	00:20.38	1
56	Lindsay Anderson	Ladybugs	06	00:22.88	2
43	Robyn Wall	Ladybugs	06	00:30.47	3
53	Alina Lalani		06	00:30.56	4
55	Caitlin Alder	Team Goodlife	06	00:37.28	5
48	Charlotte Yong	GoodLife Babies	06	00:37.50	6
54	Ariana Lalani		06	00:39.91	7
50	Deanna Decker	Team Goodlife	06	00:41.91	8
57	Mallory Thomas	Ladybugs	06	00:46.69	9
52	Jenn Moore		06	00:49.66	10
47	Caitlin Lavoie	GoodLife Babies	06	00:51.97	11
51	Jacqueline Hendrickson	Team Goodlife	06	01:01.72	12
49	Prachi Diwan	GoodLife Babies	06	01:07.56	13

## TIRE DRAG

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

## 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>	
58	Tami Newman		00:25.56		00:25.56	1
53	Alina Lalani		00:27.16		00:27.16	2
56	Lindsay Anderson	Ladybugs	00:29.16		00:29.16	3
54	Ariana Lalani		00:31.06		00:31.06	4
48	Charlotte Yong	GoodLife Babies	00:32.72		00:32.72	5
47	Caitlin Lavoie	GoodLife Babies	00:33.91		00:33.91	6
49	Prachi Diwan	GoodLife Babies	00:33.96		00:33.96	7
43	Robyn Wall	Ladybugs	00:35.35		00:35.35	8
52	Jenn Moore		00:39.16		00:39.16	9
51	Jacqueline Hendrickson	Team Goodlife	00:39.25		00:39.25	10
55	Caitlin Alder	Team Goodlife	00:41.31		00:41.31	11
57	Mallory Thomas	Ladybugs	00:45.66		00:45.66	12
50	Deanna Decker	Team Goodlife	00:47.50		00:47.50	13

## 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>	
58	Tami Newman		15	01:04.29	1
53	Alina Lalani		15	01:05.59	2
54	Ariana Lalani		15	01:09.34	3
43	Robyn Wall	Ladybugs	15	01:23.12	4
48	Charlotte Yong	GoodLife Babies	15	01:24.91	5
49	Prachi Diwan	GoodLife Babies	15	01:28.37	6
56	Lindsay Anderson	Ladybugs	15	01:33.16	7
47	Caitlin Lavoie	GoodLife Babies	15	01:41.12	8
50	Deanna Decker	Team Goodlife	15	01:55.53	9
55	Caitlin Alder	Team Goodlife	15	02:01.12	10
52	Jenn Moore		15	02:13.16	11
51	Jacqueline Hendrickson	Team Goodlife	15	02:24.07	12
57	Mallory Thomas	Ladybugs	15	02:41.15	13