



### FEMSPORT Kamloops Challenge – June 4<sup>th</sup>, 2022

#### 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
<b>Team Diverse</b>								<b>66.0</b>
Aleece Laird	2	1	1	1	1	1	1	
Lisa Mackenzie	1	2	2	5	8	10	4	
Marilia Vasconcellos	3	3	3	3	9	3	2	
<b>Freeze Fitness 4</b>								<b>102.5</b>
Julie Wade	5	6	5	4	2	4	3	
Lisa Smillie	8	8	4	9	5	5	6	
Rawya Tsuji	6	9	6	2	7	2	4	
<b>Freeze Fitness 6</b>								<b>183.5</b>
Nicole Hale	11	12	11	11	3	6	11	
Michelle Mcmillan	10	10	10	10	4	7	9	
Stacy Porter	12	12	12	12	6	12	12	

### MASTERS INDIVIDUAL RANKING

#	NAME	TEAM	Overall Rank	Overall Points
7	Aleece Laird	Team Diverse	1	7.5
9	Marilia Vasconcellos	Team Diverse	2	25.5
1	Julie Wade	Freeze Fitness 4	3	28.0
3	Rawya Tsuji	Freeze Fitness 4	4	33.0
8	Lisa Mackenzie	Team Diverse	4	33.0
2	Lisa Smillie	Freeze Fitness 4	6	41.5
12	Martine Hayes		7	49.5
13	Julie Useda		8	52.0
4	Michelle Mcmillan	Freeze Fitness 6	9	54.5
11	Kim Mistal		9	54.5
5	Nicole Hale	Freeze Fitness 6	11	57.0
6	Stacy Porter	Freeze Fitness 6	12	72.0
14	Kim Dianocky		13	82.5

# MASTERS EVENT RANKING

## OBSTACLE COURSE

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

<b>MASTERS DIVISION</b>			<b>OBSTACLE COURSE</b>			OC Rank
#	NAME	TEAM	OCTimer	OC Penalty	OC TIME	
7	Aleece Laird	Team Diverse	00:36.72		00:36.72	1
3	Rawya Tsuji	Freeze Fitness 4	00:47.94		00:47.94	2
9	Marilia Vasconcellos	Team Diverse	00:51.09		00:51.09	3
1	Julie Wade	Freeze Fitness 4	00:55.21		00:55.21	4
2	Lisa Smillie	Freeze Fitness 4	00:55.81		00:55.81	5
5	Nicole Hale	Freeze Fitness 6	00:58.18		00:58.18	6
4	Michelle Mcmillan	Freeze Fitness 6	00:57.90	00:01.00	00:58.90	7
13	Julie Useda		00:59.60	00:01.00	01:00.60	8
12	Martine Hayes		01:03.06		01:03.06	9
8	Lisa Mackenzie	Team Diverse	01:17.96		01:17.96	10
11	Kim Mistal		01:26.12		01:26.12	11
6	Stacy Porter	Freeze Fitness 6	01:26.94		01:26.94	12
14	Kim Dianocky		01:32.71		01:32.71	13

## BOX JUMPS

<b>MASTERS DIVISION</b>			<b>BOX JUMPS</b>		Box Rank
#	NAME	TEAM	Box Reps	Box TIME	
7	Aleece Laird	Team Diverse	50	00:45.13	1
8	Lisa Mackenzie	Team Diverse	50	00:47.94	2
9	Marilia Vasconcellos	Team Diverse	50	00:52.68	3
11	Kim Mistal		50	01:10.06	4
12	Martine Hayes		50	01:41.50	5
1	Julie Wade	Freeze Fitness 4	50	01:43.72	6
13	Julie Useda		50	02:00.62	7
2	Lisa Smillie	Freeze Fitness 4	50	02:34.84	8
3	Rawya Tsuji	Freeze Fitness 4	50	02:55.69	9
4	Michelle Mcmillan	Freeze Fitness 6	43	03:00.00	10
14	Kim Dianocky		30	03:00.00	11
5	Nicole Hale	Freeze Fitness 6		03:00.00	12
6	Stacy Porter	Freeze Fitness 6		03:00.00	12

## TIRE FLIPS

<b>MASTERS DIVISION</b>				<b>TIRE FLIP</b>		<b>Flip Rank</b>
<b>#</b>	<b>NAME</b>	<b>TEAM</b>	<b>Flips</b>	<b>Flip Time</b>		
7	Aleece Laird	Team Diverse	06	00:14.47	1	
3	Rawya Tsuji	Freeze Fitness 4	06	00:19.25	2	
9	Marilia Vasconcellos	Team Diverse	06	00:19.97	3	
1	Julie Wade	Freeze Fitness 4	06	00:20.25	4	
8	Lisa Mackenzie	Team Diverse	06	00:20.31	5	
13	Julie Useda		06	00:22.97	6	
11	Kim Mistal		06	00:25.47	7	
12	Martine Hayes		06	00:27.28	8	
2	Lisa Smillie	Freeze Fitness 4	06	00:30.65	9	
4	Michelle Mcmillan	Freeze Fitness 6	06	00:35.40	10	
5	Nicole Hale	Freeze Fitness 6	06	00:37.53	11	
6	Stacy Porter	Freeze Fitness 6	06	01:06.84	12	
14	Kim Dianocky		06	01:37.50	13	

## TIRE DRAG

<b>MASTERS DIVISION</b>				<b>TIRE DRAG</b>			<b>Tire Rank</b>
<b>#</b>	<b>NAME</b>	<b>DIVISION</b>	<b>TEAM</b>	<b>Drag Time</b>	<b>Drag Penalty</b>	<b>DRAG TIME</b>	
7	Aleece Laird	Masters	Team Diverse	00:18.41		00:18.41	1
1	Julie Wade	Masters	Freeze Fitness 4	00:22.72		00:22.72	2
5	Nicole Hale	Masters	Freeze Fitness 6	00:26.54		00:26.54	3
4	Michelle Mcmillan	Masters	Freeze Fitness 6	00:26.59		00:26.59	4
2	Lisa Smillie	Masters	Freeze Fitness 4	00:27.29		00:27.29	5
6	Stacy Porter	Masters	Freeze Fitness 6	00:28.49		00:28.49	6
3	Rawya Tsuji	Masters	Freeze Fitness 4	00:29.75		00:29.75	7
8	Lisa Mackenzie	Masters	Team Diverse	00:38.47		00:38.47	8
9	Marilia Vasconcellos	Masters	Team Diverse	00:40.48		00:40.48	9
13	Julie Useda	Masters		00:49.41		00:49.41	10
11	Kim Mistal	Masters		01:14.15		01:14.15	11
12	Martine Hayes	Masters		01:39.15		01:39.15	12
14	Kim Dianocky	Masters		02:35.12		02:35.12	13

## KETTLEBELL LIFT

<b>MASTERS 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>
7	Aleece Laird	Team Diverse	00:31.00		00:31.00	1
8	Lisa Mackenzie	Team Diverse	00:37.87		00:37.87	2
9	Marilia Vasconcellos	Team Diverse	00:37.96		00:37.96	3
2	Lisa Smillie	Freeze Fitness 4	00:38.78		00:38.78	4
1	Julie Wade	Freeze Fitness 4	00:40.48		00:40.48	5
3	Rawya Tsuji	Freeze Fitness 4	00:41.62		00:41.62	6
12	Martine Hayes		00:42.81		00:42.81	7
13	Julie Useda		00:43.18		00:43.18	8
11	Kim Mistal		00:44.06		00:44.06	9
4	Michelle Mcmillan	Freeze Fitness 6	00:45.34		00:45.34	10
5	Nicole Hale	Freeze Fitness 6	00:48.33		00:48.33	11
6	Stacy Porter	Freeze Fitness 6	01:05.00		01:05.00	12
14	Kim Dianocky		01:21.42		01:21.42	13

## SANDBAG BURPEE CLEAN/PRESS

<b>MASTERS 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>
8	Lisa Mackenzie	Team Diverse	15	01:05.59	1
7	Aleece Laird	Team Diverse	15	01:06.75	2
9	Marilia Vasconcellos	Team Diverse	15	01:09.19	3
12	Martine Hayes		15	01:17.91	4
1	Julie Wade	Freeze Fitness 4	15	01:25.40	5
3	Rawya Tsuji	Freeze Fitness 4	15	01:27.79	6
11	Kim Mistal		15	01:28.00	7
2	Lisa Smillie	Freeze Fitness 4	15	01:32.70	8
13	Julie Useda		15	01:56.43	9
4	Michelle Mcmillan	Freeze Fitness 6	15	01:59.60	10
5	Nicole Hale	Freeze Fitness 6	15	02:14.78	11
6	Stacy Porter	Freeze Fitness 6	15	02:41.93	12
14	Kim Dianocky		14	03:00.00	13

*Competition day is a celebration of champions!  
Well done everyone!*