



FEMSPORT Kamloops Challenge – June 3rd, 2023

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	
Freeze Fitness 7								60.0	1
Lisa Smillie	5	4	1	5	2	2	2		
Rawya Tsuji	3	6	2	1	4	1	1		
Pow Phath	1	2	3	3	9	3	3		
Buck Furpees								102.5	2
Megan Latchford	8	7	4	2	1	5	4		
Michelle Petrie	4	3	7	5	5	8	6		
Shannon Ramunno	6	5	5	9	6	4	7		

MASTERS INDIVIDUAL RANKING

#	NAME	TEAM	Overall Rank	Overall Points
5	Rawya Tsuji	Freeze Fitness 7	1	17.5
6	Lisa Smillie	Freeze Fitness 7	2	20.0
4	Pow Phath	Freeze Fitness 7	3	22.5
1	Megan Latchford	Buck Furpees	4	29.5
9	Brandy Barnes		5	30.0
2	Michelle Petrie	Buck Furpees	6	36.0
3	Shannon Ramunno	Buck Furpees	7	37.0
7	Jennifer Turnbull		8	47.5
8	Stacy Porter		9	50.5

MASTERS EVENT RANKING

OBSTACLE COURSE

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

MASTERS DIVISION			OBSTACLE COURSE			OC Rank
#	NAME	TEAM	OCTimer	OC Penalty	OC TIME	
5	Rawya Tsuji	Freeze Fitness 7	00:41.72		00:41.72	1
6	Lisa Smillie	Freeze Fitness 7	00:42.33		00:42.33	2
4	Pow Phath	Freeze Fitness 7	00:44.68		00:44.68	3
3	Shannon Ramunno	Buck Furpees	00:46.56		00:46.56	4
1	Megan Latchford	Buck Furpees	00:50.25		00:50.25	5
9	Brandy Barnes		00:48.82	00:02.00	00:50.82	6
7	Jennifer Turnbull		00:52.03		00:52.03	7
2	Michelle Petrie	Buck Furpees	00:53.47		00:53.47	8
8	Stacy Porter		01:25.63		01:25.63	9

BOX JUMPS

MASTERS DIVISION			BOX JUMPS		Box Rank
#	NAME	TEAM	Box Reps	Box TIME	
9	Brandy Barnes		50	01:03.94	1
4	Pow Phath	Freeze Fitness 7	50	01:46.06	2
2	Michelle Petrie	Buck Furpees	50	02:24.65	3
6	Lisa Smillie	Freeze Fitness 7	50	02:26.37	4
3	Shannon Ramunno	Buck Furpees	50	02:43.78	5
5	Rawya Tsuji	Freeze Fitness 7	47	03:00.00	6
1	Megan Latchford	Buck Furpees	28	03:00.00	7
7	Jennifer Turnbull			03:00.00	8
8	Stacy Porter			03:00.00	8

KETTLEBELL LIFT

MASTERS DIVISION			KETTLE BELLS			KB Rank
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME	
6	Lisa Smillie	Freeze Fitness 7	00:39.62		00:39.62	1
5	Rawya Tsuji	Freeze Fitness 7	00:40.72		00:40.72	2
4	Pow Phath	Freeze Fitness 7	00:41.25		00:41.25	3
1	Megan Latchford	Buck Furpees	00:41.53		00:41.53	4
3	Shannon Ramunno	Buck Furpees	00:44.28		00:44.28	5
9	Brandy Barnes		00:46.88		00:46.88	6
2	Michelle Petrie	Buck Furpees	00:49.12		00:49.12	7
7	Jennifer Turnbull		00:51.47		00:51.47	8
8	Stacy Porter		00:56.16		00:56.16	9

SANDBAG BURPEE CLEAN/PRES

MASTERS DIVISION			SANDBAG		SB Rank
#	NAME	TEAM	Sandbag Reps	Sandbag Time	
4	Pow Phath	Freeze Fitness 7	15	01:06.59	1
9	Brandy Barnes		15	01:22.16	2
5	Rawya Tsuji	Freeze Fitness 7	15	01:25.22	3
2	Michelle Petrie	Buck Furpees	15	01:36.22	4
6	Lisa Smillie	Freeze Fitness 7	15	01:45.60	5
3	Shannon Ramunno	Buck Furpees	15	01:59.41	6
7	Jennifer Turnbull		15	02:16.29	7
1	Megan Latchford	Buck Furpees	15	02:23.81	8
8	Stacy Porter		15	02:35.31	9

TIRE FLIP

MASTERS DIVISION			TIRE FLIP		Flip Rank
#	NAME	TEAM	Flips	Flip Time	
5	Rawya Tsuji	Freeze Fitness 7	06	00:16.09	1
1	Megan Latchford	Buck Furpees	06	00:21.69	2
4	Pow Phath	Freeze Fitness 7	06	00:23.94	3
9	Brandy Barnes		06	00:25.88	4
2	Michelle Petrie	Buck Furpees	06	00:26.72	5
6	Lisa Smillie	Freeze Fitness 7	06	00:26.72	5
7	Jennifer Turnbull		06	00:28.28	7
8	Stacy Porter		06	00:30.44	8
3	Shannon Ramunno	Buck Furpees	06	00:40.53	9

TIRE DRAG

MASTERS DIVISION			TIRE DRAG			Tire Rank
#	NAME	TEAM	Drag Time	Drag Penalty	DRAG TIME	
1	Megan Latchford	Buck Furpees	00:16.04		00:16.04	1
6	Lisa Smillie	Freeze Fitness 7	00:18.32		00:18.32	2
8	Stacy Porter		00:18.35		00:18.35	3
5	Rawya Tsuji	Freeze Fitness 7	00:19.46		00:19.46	4
2	Michelle Petrie	Buck Furpees	00:22.68		00:22.68	5
3	Shannon Ramunno	Buck Furpees	00:24.38		00:24.38	6
7	Jennifer Turnbull		00:26.34		00:26.34	7
9	Brandy Barnes		00:29.75		00:29.75	8
4	Pow Phath	Freeze Fitness 7	00:33.18		00:33.18	9



Competition is a good thing...it forces us to do our best!

~Nancy Pearcey~