



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.)

NOVICE 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 3								135.0	1
Jacqueline Mathus	12	12	15	15	9	17	13		
Jennifer Biron	1	5	2	3	6	3	1		
Yin Li	2	3	1	11	2	4	2		
Freeze Fitness 1								146.5	2
Brooke Anderson	6	8	7	4	1	1	3		
Giulianna Durfeld	5	17	16	6	8	12	9		
Lori Proznick	7	1	9	10	10	8	7		
Team Diverse								209.0	3
Lindsay Stobbe	10	7	12	7	14	20	12		
Sydney Ludwig	8	4	3	5	5	2	4		
Tessa Luison	21	15	11	11	22	14	16		
MarvelXFitness								274.5	4
Hunter Sauer	15	20	19	20	20	25	22		
Melissa Davies	4	13	4	8	18	15	8		
Starla Ludwig	17	14	10	9	13	7	10		
Freeze Fitness 2								279.5	5
Kristy Bruno	9	24	18	17	7	13	15		
Stephanie Dewing	3	9	5	2	3	9	5		
Tammi North	19	24	22	25	25	23	24		
Freeze Fitness 4								328.0	6
Aly Bradford	14	11	17	18	21	19	18		
Dayle McMorran	20	16	21	14	15	21	20		
Kaitlin Loewen	16	22	14	23	11	10	16		
KAMLOOPS KIA								379.0	7
Carmen Michaud	18	18	20	19	18	16	19		
Jenni Manninen	25	6	24	22	24	22	23		
Brittanie Alcantara	23	23	23	16	16	18	21		

NOVICE INDIVIDUAL RANKING

#	NAME	TEAM	Overall Rank	Overall Points
17	Jennifer Biron	Freeze Fitness 3	1	21.5
18	Yin Li	Freeze Fitness 3	2	25.0
10	Brooke Anderson	Freeze Fitness 1	3	27.5
29	Sydney Ludwig	Team Diverse	4	28.0
14	Stephanie Dewing	Freeze Fitness 2	5	35.5
31	Amanda Guraliuk		6	39.5
12	Lori Proznick	Freeze Fitness 1	7	49.0
26	Melissa Davies	MarvelXFitness	8	69.5
11	Giulianna Durfeld	Freeze Fitness 1	9	70.0
27	Starla Ludwig	MarvelXFitness	10	73.5
33	Raphaela Amarioarei		11	75.0
28	Lindsay Stobbe	Team Diverse	12	80.0
16	Jacqueline Mathus	Freeze Fitness 3	13	88.5
34	Madigan Mackay		14	91.5
13	Kristy Bruno	Freeze Fitness 2	15	94.5
21	Kaitlin Loewen	Freeze Fitness 4	16	101.0
30	Tessa Luison	Team Diverse	16	101.0
19	Aly Bradford	Freeze Fitness 4	18	109.5
22	Carmen Michaud	KAMLOOPS KIA	19	117.0
20	Dayle McMorran	Freeze Fitness 4	20	117.5
24	Brittanie Alcantara	KAMLOOPS KIA	21	128.0
25	Hunter Sauer	MarvelXFitness	22	131.5
23	Jenni Manninen	KAMLOOPS KIA	23	134.0
32	Michelle Mistal		24	149.5
15	Tammi North	Freeze Fitness 2	24	149.5

NOVICE EVENT RANKING

OBSTACLE COURSE

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

NOVICE DIVISION			OBSTACLE COURSE			OC Rank
#	NAME	TEAM	OCTimer	OC Penalty	OC TIME	
10	Brooke Anderson	Freeze Fitness 1	00:38.25		00:38.25	1
29	Sydney Ludwig	Team Diverse	00:39.35		00:39.35	2
17	Jennifer Biron	Freeze Fitness 3	00:39.47		00:39.47	3
18	Yin Li	Freeze Fitness 3	00:40.09		00:40.09	4
31	Amanda Guraliuk		00:40.34		00:40.34	5
33	Raphaela Amarioarei		00:40.78		00:40.78	6
27	Starla Ludwig	MarvelXFitness	00:40.88		00:40.88	7
12	Lori Proznick	Freeze Fitness 1	00:41.56		00:41.56	8
14	Stephanie Dewing	Freeze Fitness 2	00:39.84	00:02.00	00:41.84	9
21	Kaitlin Loewen	Freeze Fitness 4	00:41.94		00:41.94	10
34	Madigan Mackay		00:42.53		00:42.53	11
11	Giuliana Durfeld	Freeze Fitness 1	00:42.78		00:42.78	12
13	Kristy Bruno	Freeze Fitness 2	00:42.87		00:42.87	13
30	Tessa Luison	Team Diverse	00:43.18		00:43.18	14
26	Melissa Davies	MarvelXFitness	00:43.25		00:43.25	15
22	Carmen Michaud	KAMLOOPS KIA	00:43.72		00:43.72	16
16	Jacqueline Mathus	Freeze Fitness 3	00:43.94		00:43.94	17
24	Brittanie Alcantara	KAMLOOPS KIA	00:44.15		00:44.15	18
19	Aly Bradford	Freeze Fitness 4	00:44.38		00:44.38	19
28	Lindsay Stobbe	Team Diverse	00:46.07		00:46.07	20
20	Dayle McMorrان	Freeze Fitness 4	00:46.22		00:46.22	21
23	Jenni Manninen	KAMLOOPS KIA	00:47.40		00:47.40	22
15	Tammi North	Freeze Fitness 2	00:48.07		00:48.07	23
32	Michelle Mistal		00:48.07		00:48.07	23
25	Hunter Sauer	MarvelXFitness	00:48.50		00:48.50	25

BOX JUMPS

NOVICE DIVISION			BOX JUMPS		Box Rank
#	NAME	TEAM	Box Reps	Box TIME	
12	Lori Proznick	Freeze Fitness 1	50	00:46.30	1
33	Raphaela Amarioarei		50	00:56.31	2
18	Yin Li	Freeze Fitness 3	50	00:59.59	3
29	Sydney Ludwig	Team Diverse	50	01:06.59	4
17	Jennifer Biron	Freeze Fitness 3	50	01:12.88	5
23	Jenni Manninen	KAMLOOPS KIA	50	01:15.25	6
28	Lindsay Stobbe	Team Diverse	50	01:25.84	7
10	Brooke Anderson	Freeze Fitness 1	50	01:35.91	8
14	Stephanie Dewing	Freeze Fitness 2	50	01:36.66	9
31	Amanda Guraliuk		50	01:45.09	10
19	Aly Bradford	Freeze Fitness 4	50	01:46.47	11
16	Jacqueline Mathus	Freeze Fitness 3	50	01:48.84	12
26	Melissa Davies	MarvelXFitness	50	01:49.37	13
27	Starla Ludwig	MarvelXFitness	50	01:50.97	14
30	Tessa Luison	Team Diverse	50	01:51.41	15
20	Dayle McMorran	Freeze Fitness 4	50	01:57.35	16
11	Giulianna Durfeld	Freeze Fitness 1	50	01:57.91	17
22	Carmen Michaud	KAMLOOPS KIA	50	02:06.44	18
34	Madigan Mackay		50	02:07.59	19
25	Hunter Sauer	MarvelXFitness	50	02:12.06	20
32	Michelle Mistal		50	02:22.37	21
21	Kaitlin Loewen	Freeze Fitness 4	50	02:46.84	22
24	Brittanie Alcantara	KAMLOOPS KIA	40	03:00.00	23
13	Kristy Bruno	Freeze Fitness 2		03:00.00	24
15	Tammi North	Freeze Fitness 2		03:00.00	24

KETTLEBELL LIFT

NOVICE DIVISION			KETTLE BELLS			KB Rank
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME	
18	Yin Li	Freeze Fitness 3	00:35.25		00:35.25	1
17	Jennifer Biron	Freeze Fitness 3	00:35.38		00:35.38	2
29	Sydney Ludwig	Team Diverse	00:35.47		00:35.47	3
26	Melissa Davies	MarvelXFitness	00:36.72		00:36.72	4
14	Stephanie Dewing	Freeze Fitness 2	00:36.75		00:36.75	5
31	Amanda Guraliuk		00:37.85		00:37.85	6
10	Brooke Anderson	Freeze Fitness 1	00:38.72		00:38.72	7
33	Raphaela Amarioarei		00:38.72		00:38.72	7
12	Lori Proznick	Freeze Fitness 1	00:38.78		00:38.78	9
27	Starla Ludwig	MarvelXFitness	00:39.22		00:39.22	10
30	Tessa Luison	Team Diverse	00:40.31		00:40.31	11
28	Lindsay Stobbe	Team Diverse	00:40.34		00:40.34	12
34	Madigan Mackay		00:38.37	00:02.00	00:40.37	13
21	Kaitlin Loewen	Freeze Fitness 4	00:40.81		00:40.81	14
16	Jacqueline Mathus	Freeze Fitness 3	00:41.37		00:41.37	15
11	Giulianna Durfeld	Freeze Fitness 1	00:38.47	00:03.00	00:41.47	16
19	Aly Bradford	Freeze Fitness 4	00:41.50		00:41.50	17
13	Kristy Bruno	Freeze Fitness 2	00:42.31	00:01.00	00:43.31	18
25	Hunter Sauer	MarvelXFitness	00:43.75		00:43.75	19
22	Carmen Michaud	KAMLOOPS KIA	00:44.03		00:44.03	20
20	Dayle McMorrان	Freeze Fitness 4	00:44.75		00:44.75	21
15	Tammi North	Freeze Fitness 2	00:47.66		00:47.66	22
24	Brittanie Alcantara	KAMLOOPS KIA	00:47.28	00:01.00	00:48.28	23
23	Jenni Manninen	KAMLOOPS KIA	00:48.47		00:48.47	24
32	Michelle Mistal		00:49.03	00:01.00	00:50.03	25

SANDBAG BURPEE CLEAN/PRES

NOVICE DIVISION			SANDBAG		SB Rank
#	NAME	TEAM	Sandbag Reps	Sandbag TIME	
17	Jennifer Biron	Freeze Fitness 3	15	00:54.90	1
18	Yin Li	Freeze Fitness 3	15	00:58.03	2
14	Stephanie Dewing	Freeze Fitness 2	15	01:00.75	3
26	Melissa Davies	MarvelXFitness	15	01:01.87	4
11	Giulianna Durfeld	Freeze Fitness 1	15	01:03.50	5
10	Brooke Anderson	Freeze Fitness 1	15	01:05.37	6
12	Lori Proznick	Freeze Fitness 1	15	01:05.50	7
29	Sydney Ludwig	Team Diverse	15	01:07.78	8
13	Kristy Bruno	Freeze Fitness 2	15	01:10.97	9
28	Lindsay Stobbe	Team Diverse	15	01:11.13	10
31	Amanda Guraliuk		15	01:11.16	11
16	Jacqueline Mathus	Freeze Fitness 3	15	01:11.59	12
34	Madigan Mackay		15	01:13.84	13
19	Aly Bradford	Freeze Fitness 4	15	01:19.00	14
25	Hunter Sauer	MarvelXFitness	15	01:24.06	15
21	Kaitlin Loewen	Freeze Fitness 4	15	01:26.94	16
27	Starla Ludwig	MarvelXFitness	15	01:28.65	17
22	Carmen Michaud	KAMLOOPS KIA	15	01:29.94	18
15	Tammi North	Freeze Fitness 2	15	01:30.44	19
20	Dayle McMorran	Freeze Fitness 4	15	01:33.22	20
30	Tessa Luison	Team Diverse	15	01:39.44	21
32	Michelle Mistal		15	01:53.31	22
24	Brittanie Alcantara	KAMLOOPS KIA	15	01:53.55	23
33	Raphaela Amarioarei		15	01:54.75	24
23	Jenni Manninen	KAMLOOPS KIA	15	02:20.03	25

TIRE FLIP

NOVICE DIVISION			TIRE FLIP		Flip Rank
#	NAME	TEAM	Flips	Flip Time	
31	Amanda Guraliuk		06	00:18.41	1
14	Stephanie Dewing	Freeze Fitness 2	06	00:19.41	2
17	Jennifer Biron	Freeze Fitness 3	06	00:19.75	3
10	Brooke Anderson	Freeze Fitness 1	06	00:20.28	4
29	Sydney Ludwig	Team Diverse	06	00:20.56	5
11	Giulianna Durfeld	Freeze Fitness 1	06	00:20.62	6
28	Lindsay Stobbe	Team Diverse	06	00:20.88	7
26	Melissa Davies	MarvelXFitness	06	00:21.12	8
27	Starla Ludwig	MarvelXFitness	06	00:21.56	9
12	Lori Proznick	Freeze Fitness 1	06	00:21.75	10
18	Yin Li	Freeze Fitness 3	06	00:22.25	11
30	Tessa Luison	Team Diverse	06	00:22.25	11
34	Madigan Mackay		06	00:22.29	13
20	Dayle McMorran	Freeze Fitness 4	06	00:24.13	14
16	Jacqueline Mathus	Freeze Fitness 3	06	00:25.90	15
24	Brittanie Alcantara	KAMLOOPS KIA	06	00:26.75	16
13	Kristy Bruno	Freeze Fitness 2	06	00:27.16	17
19	Aly Bradford	Freeze Fitness 4	06	00:27.68	18
22	Carmen Michaud	KAMLOOPS KIA	06	00:28.13	19
25	Hunter Sauer	MarvelXFitness	06	00:29.47	20
33	Raphaella Amarioarei		06	00:29.86	21
23	Jenni Manninen	KAMLOOPS KIA	06	00:30.40	22
21	Kaitlin Loewen	Freeze Fitness 4	06	00:31.93	23
32	Michelle Mistal		06	00:47.62	24
15	Tammi North	Freeze Fitness 2		03:00.00	25

TIRE DRAG

NOVICE DIVISION			TIRE DRAG			Tire Rank
#	NAME	TEAM	TD Timer	Tire Penalty	Tire TIME	
10	Brooke Anderson	Freeze Fitness 1	00:08.38		00:08.38	1
18	Yin Li	Freeze Fitness 3	00:10.81		00:10.81	2
14	Stephanie Dewing	Freeze Fitness 2	00:10.85		00:10.85	3
31	Amanda Guraliuk		00:12.06		00:12.06	4
29	Sydney Ludwig	Team Diverse	00:12.63		00:12.63	5
17	Jennifer Biron	Freeze Fitness 3	00:12.93		00:12.93	6
13	Kristy Bruno	Freeze Fitness 2	00:13.28		00:13.28	7
11	Giulianna Durfeld	Freeze Fitness 1	00:13.97		00:13.97	8
16	Jacqueline Mathus	Freeze Fitness 3	00:14.07		00:14.07	9
12	Lori Proznick	Freeze Fitness 1	00:14.25		00:14.25	10
21	Kaitlin Loewen	Freeze Fitness 4	00:14.47		00:14.47	11
33	Raphaela Amarioarei		00:14.50		00:14.50	12
27	Starla Ludwig	MarvelXFitness	00:15.19		00:15.19	13
28	Lindsay Stobbe	Team Diverse	00:15.94		00:15.94	14
20	Dayle McMorran	Freeze Fitness 4	00:16.28		00:16.28	15
24	Brittanie Alcantara	KAMLOOPS KIA	00:16.60		00:16.60	16
34	Madigan Mackay		00:17.00		00:17.00	17
22	Carmen Michaud	KAMLOOPS KIA	00:18.06		00:18.06	18
26	Melissa Davies	MarvelXFitness	00:18.06		00:18.06	18
25	Hunter Sauer	MarvelXFitness	00:20.09		00:20.09	20
19	Aly Bradford	Freeze Fitness 4	00:20.34		00:20.34	21
30	Tessa Luison	Team Diverse	00:22.50		00:22.50	22
32	Michelle Mistal		00:22.15	00:01.00	00:23.15	23
23	Jenni Manninen	KAMLOOPS KIA	00:23.96		00:23.96	24
15	Tammi North	Freeze Fitness 2	03:00.00		03:00.00	25



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

~Nancy Pearcey~