



### FEMSPORT Kamloops Challenge – June 3<sup>rd</sup>, 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

### 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>Freeze Fitness 5</b>								<b>41.0</b>	<b>1</b>
Julie Heppner	5	3	3	2	3	3	3		
Keri Lewis	2	1	1	3	2	1	2		
Lindsay Posteraro	1	2	2	1	1	2	1		
<b>Country Custom Chicks</b>								<b>125.0</b>	<b>2</b>
Rachel Bohnet	6	4	4	4	7	4	4		
Amber Vieweg	8	5	7	8	6	8	6		
Becky Acheson	12	7	5	7	8	6	7		
<b>Freeze Fitness 6</b>								<b>153.0</b>	<b>3</b>
Sonia Strickland	11	12	8	9	5	9	10		
Kelly Beckett	4	8	9	6	11	10	8		
Kirsten Rath	7	9	6	5	4	7	5		
<b>Mighty Ducks</b>								<b>188.0</b>	<b>4</b>
Chandra Veenendaal	10	6	11	10	10	5	9		
Krista Veenendaal	3	11	10	11	12	11	11		
Sherry VanderDeen	9	10	12	12	9	12	12		

### OPEN INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
40	Lindsay Posteraro	Freeze Fitness 5	1	10.0
39	Keri Lewis	Freeze Fitness 5	2	10.5
38	Julie Heppner	Freeze Fitness 5	3	20.5
36	Rachel Bohnet	Country Custom Chicks	4	31.0
42	Kirsten Rath	Freeze Fitness 6	5	41.5
35	Amber Vieweg	Country Custom Chicks	6	46.0
37	Becky Acheson	Country Custom Chicks	7	48.0
41	Kelly Beckett	Freeze Fitness 6	8	53.0
44	Chandra Veenendaal	Mighty Ducks	9	54.5
43	Sonia Strickland	Freeze Fitness 6	10	58.5
45	Krista Veenendaal	Mighty Ducks	11	63.5
46	Sherry VanderDeen	Mighty Ducks	12	70.0

# OPEN EVENT RANKING

## OBSTACLE COURSE

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

<b>OPEN DIVISION</b>			<b>OBSTACLE COURSE</b>			<b>OC Rank</b>
<b>#</b>	<b>NAME</b>	<b>TEAM</b>	<b>Timer</b>	<b>Penalty</b>	<b>OC TIME</b>	
39	Keri Lewis	Freeze Fitness 5	00:37.50		00:37.50	1
40	Lindsay Posteraro	Freeze Fitness 5	00:40.00		00:40.00	2
38	Julie Heppner	Freeze Fitness 5	00:40.19		00:40.19	3
36	Rachel Bohnet	Country Custom Chicks	00:43.03		00:43.03	4
44	Chandra Veenendaal	Mighty Ducks	00:43.56		00:43.56	5
37	Becky Acheson	Country Custom Chicks	00:43.75		00:43.75	6
42	Kirsten Rath	Freeze Fitness 6	00:43.87		00:43.87	7
35	Amber Vieweg	Country Custom Chicks	00:43.95		00:43.95	8
43	Sonia Strickland	Freeze Fitness 6	00:44.06		00:44.06	9
41	Kelly Beckett	Freeze Fitness 6	00:45.09		00:45.09	10
45	Krista Veenendaal	Mighty Ducks	00:47.94		00:47.94	11
46	Sherry VanderDeen	Mighty Ducks	00:49.00		00:49.00	12

## 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>	
39	Keri Lewis	Freeze Fitness 5	50	00:43.79	1
40	Lindsay Posteraro	Freeze Fitness 5	50	00:47.78	2
38	Julie Heppner	Freeze Fitness 5	50	00:52.31	3
36	Rachel Bohnet	Country Custom Chicks	50	00:53.09	4
35	Amber Vieweg	Country Custom Chicks	50	01:29.50	5
44	Chandra Veenendaal	Mighty Ducks	50	01:52.10	6
37	Becky Acheson	Country Custom Chicks	50	01:56.18	7
41	Kelly Beckett	Freeze Fitness 6	50	02:07.38	8
42	Kirsten Rath	Freeze Fitness 6	50	02:15.28	9
46	Sherry VanderDeen	Mighty Ducks	50	02:23.72	10
45	Krista Veenendaal	Mighty Ducks	50	02:44.45	11
43	Sonia Strickland	Freeze Fitness 6	41	03:00.00	12

# KETTLEBELL LIFT

OPEN DIVISION			KETTLE BELLS			KB Rank
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME	
39	Keri Lewis	Freeze Fitness 5	00:34.16		00:34.16	1
40	Lindsay Posteraro	Freeze Fitness 5	00:34.69		00:34.69	2
38	Julie Heppner	Freeze Fitness 5	00:36.13	00:03.00	00:39.13	3
36	Rachel Bohnet	Country Custom Chicks	00:39.65		00:39.65	4
37	Becky Acheson	Country Custom Chicks	00:42.56		00:42.56	5
42	Kirsten Rath	Freeze Fitness 6	00:42.85		00:42.85	6
35	Amber Vieweg	Country Custom Chicks	00:44.47		00:44.47	7
43	Sonia Strickland	Freeze Fitness 6	00:45.59		00:45.59	8
41	Kelly Beckett	Freeze Fitness 6	00:42.90	00:03.00	00:45.90	9
45	Krista Veenendaal	Mighty Ducks	00:45.97		00:45.97	10
44	Chandra Veenendaal	Mighty Ducks	00:46.50		00:46.50	11
46	Sherry VanderDeen	Mighty Ducks	00:53.15		00:53.15	12

# SANDBAG BURPEE CLEAN/PRES

OPEN DIVISION			SANDBAG		SB Rank
#	NAME	TEAM	Sandbag Reps	Sandbag Time	
40	Lindsay Posteraro	Freeze Fitness 5	15	00:54.81	1
39	Keri Lewis	Freeze Fitness 5	15	00:57.22	2
45	Krista Veenendaal	Mighty Ducks	15	01:09.78	3
41	Kelly Beckett	Freeze Fitness 6	15	01:11.21	4
38	Julie Heppner	Freeze Fitness 5	15	01:13.37	5
36	Rachel Bohnet	Country Custom Chicks	15	01:16.25	6
42	Kirsten Rath	Freeze Fitness 6	15	01:18.72	7
35	Amber Vieweg	Country Custom Chicks	15	01:21.03	8
46	Sherry VanderDeen	Mighty Ducks	15	01:22.94	9
44	Chandra Veenendaal	Mighty Ducks	15	01:28.81	10
43	Sonia Strickland	Freeze Fitness 6	15	01:34.72	11
37	Becky Acheson	Country Custom Chicks	15	01:36.94	12

## TIRE FLIP

<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>	
40	Lindsay Posteraro	Freeze Fitness 5	06	00:15.16	1
38	Julie Heppner	Freeze Fitness 5	06	00:16.41	2
39	Keri Lewis	Freeze Fitness 5	06	00:17.22	3
36	Rachel Bohnet	Country Custom Chicks	06	00:17.69	4
42	Kirsten Rath	Freeze Fitness 6	06	00:19.37	5
41	Kelly Beckett	Freeze Fitness 6	06	00:20.31	6
37	Becky Acheson	Country Custom Chicks	06	00:20.34	7
35	Amber Vieweg	Country Custom Chicks	06	00:22.91	8
43	Sonia Strickland	Freeze Fitness 6	06	00:24.66	9
44	Chandra Veenendaal	Mighty Ducks	06	00:26.50	10
45	Krista Veenendaal	Mighty Ducks	06	00:33.12	11
46	Sherry VanderDeen	Mighty Ducks	06	00:38.75	12

## TIRE DRAG

<b>OPEN DIVISION</b>			<b>TIRE DRAG</b>			<b>Tire Rank</b>
<b>#</b>	<b>NAME</b>	<b>TEAM</b>	<b>TD Timer</b>	<b>Tire Penalty</b>	<b>Tire TIME</b>	
40	Lindsay Posteraro	Freeze Fitness 5	00:15.75		00:15.75	1
39	Keri Lewis	Freeze Fitness 5	00:16.79		00:16.79	2
38	Julie Heppner	Freeze Fitness 5	00:17.94		00:17.94	3
42	Kirsten Rath	Freeze Fitness 6	00:20.15		00:20.15	4
43	Sonia Strickland	Freeze Fitness 6	00:22.21		00:22.21	5
35	Amber Vieweg	Country Custom Chicks	00:25.94		00:25.94	6
36	Rachel Bohnet	Country Custom Chicks	00:26.50		00:26.50	7
37	Becky Acheson	Country Custom Chicks	00:27.84		00:27.84	8
46	Sherry VanderDeen	Mighty Ducks	00:30.25		00:30.25	9
44	Chandra Veenendaal	Mighty Ducks	00:34.38		00:34.38	10
41	Kelly Beckett	Freeze Fitness 6	00:39.03		00:39.03	11
45	Krista Veenendaal	Mighty Ducks	00:46.84		00:46.84	12



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

*~Nancy Pearcey~*