

FEMSPORT

“Women’s Strength + Fitness Challenge”



Your Fitness Equipment Experts.



FEMSPORT Vancouver Challenge – August 25, 2012

NOVICE

TEAM: TOTALS

TEAM NAME - NOVICE	POINTS	PLACE
MaxPo Dental Divas	102.5	1
The Bootcamp Effect	127.5	2

NOVICE

INDIVIDUAL: TOTALS

#	NOVICE NAME	TEAM	Final Rank	Overall Points
11	Dawn Barroso		1	12.5
1	Carrie-Ann Livesey	MaxPo Dental Divas	2	27.0
7	Crystal Riehl		3	30.5
3	Lisa Wallace	MaxPo Dental Divas	4	32.5
14	Kate Barsky		5	33.0
4	Andrea Plautz	The Bootcamp Effect	6	33.5
2	Katelyn Lovestead	MaxPo Dental Divas	7	43.0
13	Jillian Sharp		7	43.0
5	Belinda Fitchette	The Bootcamp Effect	9	43.5
6	Nancy Funnelle	The Bootcamp Effect	10	50.5
15	Marlena Stocker		11	55.0
9	Azar Vigeh		12	62.0
8	Amanda Lim		13	62.5
12	Emma Gillett		14	70.0
16	Sharon Siverns		15	75.5
10	Bonnie Hasenpflug		16	87.0

NOVICE

INDIVIDUAL: EVENT RESULTS

Note: Each competitor received 1 point for Tire Drag which was performed during the Obstacle Course.

KETTLEBELL LIFT – NOVICE							
#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
1	Carrie-Ann Livesey	MaxPo Dental Divas	00:30.85		00:30.85	1	1

4	Andrea Plautz	The Bootcamp Effect	00:32.19	00:32.19	2	2
11	Dawn Barroso		00:33.72	00:33.72	3	3
14	Kate Barsky		00:34.00	00:34.00	4	4
2	Katelyn Lovestead	MaxPo Dental Divas	00:34.28	00:34.28	5	5
3	Lisa Wallace	MaxPo Dental Divas	00:34.97	00:34.97	6	6
7	Crystal Riehl		00:35.44	00:35.44	7	7
8	Amanda Lim		00:35.65	00:35.65	8	8
5	Belinda Fitchette	The Bootcamp Effect	00:36.10	00:36.10	9	9
6	Nancy Funnelle	The Bootcamp Effect	00:36.97	00:36.97	10	10
13	Jillian Sharp		00:37.16	00:37.16	11	11
15	Marlena Stocker		00:39.87	00:39.87	12	12
16	Sharon Siverns		00:40.22	00:40.22	13	13
12	Emma Gillett		00:40.25	00:40.25	14	14
9	Azar Vigeh		00:42.50	00:42.50	15	15
10	Bonnie Hasenpflug		01:14.59	01:14.59	16	16

INVERTED ROW – NOVICE					
#	NAME	TEAM	Row Reps	Rank	Point Score
11	Dawn Barroso		50.0	1	1
3	Lisa Wallace	MaxPo Dental Divas	47.0	2	2
5	Belinda Fitchette	The Bootcamp Effect	44.0	3	3
15	Marlena Stocker		41.0	4	4
9	Azar Vigeh		41.0	4	4
14	Kate Barsky		35.5	6	6
1	Carrie-Ann Livesey	MaxPo Dental Divas	35.5	6	6
6	Nancy Funnelle	The Bootcamp Effect	34.0	8	8
12	Emma Gillett		31.0	9	9
2	Katelyn Lovestead	MaxPo Dental Divas	31.0	9	9
8	Amanda Lim		30.5	11	11
7	Crystal Riehl		28.5	12	12
4	Andrea Plautz	The Bootcamp Effect	27.5	13	13
16	Sharon Siverns		25.5	14	14
10	Bonnie Hasenpflug		22.5	15	15
13	Jillian Sharp		22.0	16	16

BOX JUMPS – NOVICE						
#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
11	Dawn Barroso		50	00:55.78	1	1
7	Crystal Riehl		50	01:00.44	2	2
5	Belinda Fitchette	The Bootcamp Effect	50	01:04.28	3	3
3	Lisa Wallace	MaxPo Dental Divas	50	01:12.79	4	4
4	Andrea Plautz	The Bootcamp Effect	50	01:22.54	5	5
13	Jillian Sharp		50	01:24.19	6	6
15	Marlena Stocker		50	01:34.34	7	7
6	Nancy Funnelle	The Bootcamp Effect	50	01:56.38	8	8
1	Carrie-Ann Livesey	MaxPo Dental Divas	50	02:11.60	9	9
9	Azar Vigeh		50	02:13.56	10	10
16	Sharon Siverns		50	02:24.00	11	11
14	Kate Barsky		50	02:32.13	12	12
2	Katelyn Lovestead	MaxPo Dental Divas	50	02:34.03	13	13

8	Amanda Lim		50	02:49.53	14	14
10	Bonnie Hasenpflug		50	03:00.00	15	15
12	Emma Gillett		45	03:00.00	16	16

TIRE FLIP – NOVICE					
#	NAME	TEAM	Flip Time	Rank	Point Score
1	Carrie-Ann Livesey	MaxPo Dental Divas	00:15.12	1	1
11	Dawn Barroso		00:16.72	2	2
2	Katelyn Lovestead	MaxPo Dental Divas	00:17.47	3	3
14	Kate Barsky		00:17.59	4	4
4	Andrea Plautz	The Bootcamp Effect	00:18.22	5	5
13	Jillian Sharp		00:19.38	6	6
7	Crystal Riehl		00:19.72	7	7
5	Belinda Fichette	The Bootcamp Effect	00:21.13	8	8
3	Lisa Wallace	MaxPo Dental Divas	00:21.97	9	9
6	Nancy Funnelle	The Bootcamp Effect	00:22.75	10	10
9	Azar Vigeh		00:24.47	11	11
8	Amanda Lim		00:25.03	12	12
15	Marlena Stocker		00:27.62	13	13
16	Sharon Siversns		00:29.32	14	14
12	Emma Gillett		00:38.57	15	15
10	Bonnie Hasenpflug		00:58.34	16	16

OBSTACLE COURSE (x 1.5) – NOVICE							
#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
7	Crystal Riehl		01:18.00		01:18.00	1	1.5
13	Jillian Sharp		01:17.12	00:01.00	01:18.12	2	3.0
11	Dawn Barroso		01:17.56	00:01.00	01:18.56	3	4.5
14	Kate Barsky		01:24.54	00:01.00	01:25.54	4	6.0
4	Andrea Plautz	The Bootcamp Effect	01:26.29		01:26.29	5	7.5
1	Carrie-Ann Livesey	MaxPo Dental Divas	01:25.78	00:02.00	01:27.78	6	9.0
3	Lisa Wallace	MaxPo Dental Divas	01:31.63		01:31.63	7	10.5
2	Katelyn Lovestead	MaxPo Dental Divas	01:31.97		01:31.97	8	12.0
6	Nancy Funnelle	The Bootcamp Effect	01:35.41		01:35.41	9	13.5
12	Emma Gillett		01:35.94		01:35.94	10	15.0
8	Amanda Lim		01:35.90	00:01.00	01:36.90	11	16.5
15	Marlena Stocker		01:37.37	00:02.00	01:39.37	12	18.0
5	Belinda Fichette	The Bootcamp Effect	01:43.91		01:43.91	13	19.5
9	Azar Vigeh		01:49.41		01:49.41	14	21.0
16	Sharon Siversns		01:56.55		01:56.55	15	22.5
10	Bonnie Hasenpflug		02:10.31	00:01.00	02:11.31	16	24.0

OPEN

TEAM: TOTALS

TEAM NAME – OPEN	POINTS	PLACE
Hot Tamales	81.0	1
Laydeez on the Edge A Side	88.5	2
Dream Team	108.0	3
Ladeez on the Edge B Side	179.0	4

OPEN

INDIVIDUAL: TOTALS

#	NAME - OPEN	TEAM	Final Rank	Overall Points
25	Wendy Lindquist	Laydeez on the Edge A Side	1	10.5
20	Carla Penman	Hot Tamales	2	18.0
24	Lorrie Bailey	Laydeez on the Edge A Side	3	25.0
19	Shana Snell	Dream Team	4	31.5
21	Jessica Barone	Hot Tamales	4	31.5
22	Jessica Coulter	Hot Tamales	4	31.5
18	Julie Hodge	Dream Team	7	36.0
17	Amber Belyea	Dream Team	8	40.5
23	Kerry Baird	Laydeez on the Edge A Side	9	53.0
28	Sandra Blair	Laydeez on the Edge B Side	10	54.5
29	Raegan Brown		11	56.0
26	Casey Lindquist	Laydeez on the Edge B Side	12	59.5
27	Constance McTaggart	Laydeez on the Edge B Side	13	65.0

OPEN

INDIVIDUAL: EVENT RESULTS

Note: Each competitor received 1 point for Tire Drag which was performed during the Obstacle Course.

KETTLEBELL LIFT – OPEN							
#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
25	Wendy Lindquist	Laydeez on the Edge A Side	00:29.40		00:29.40	1	1
20	Carla Penman	Hot Tamales	00:29.90		00:29.90	2	2
24	Lorrie Bailey	Laydeez on the Edge A Side	00:30.72		00:30.72	3	3
21	Jessica Barone	Hot Tamales	00:33.12		00:33.12	4	4
22	Jessica Coulter	Hot Tamales	00:33.53		00:33.53	5	5
19	Shana Snell	Dream Team	00:34.00		00:34.00	6	6
17	Amber Belyea	Dream Team	00:33.25	00:01.00	00:34.25	7	7
18	Julie Hodge	Dream Team	00:34.81		00:34.81	8	8
26	Casey Lindquist	Laydeez on the Edge B Side	00:35.00		00:35.00	9	9
29	Raegan Brown		00:34.19	00:01.00	00:35.19	10	10
23	Kerry Baird	Laydeez on the Edge A Side	00:35.63		00:35.63	11	11
28	Sandra Blair	Laydeez on the Edge B Side	00:37.69		00:37.69	12	12
27	Constance McTaggart	Laydeez on the Edge B Side	00:38.22		00:38.22	13	13

INVERTED ROWS – OPEN

#	NAME	TEAM	Row Reps	Rank	Point Score
28	Sandra Blair	Laydeez on the Edge B Side	84.0	1	1
25	Wendy Lindquist	Laydeez on the Edge A Side	70.5	2	2
19	Shana Snell	Dream Team	62.0	3	3
23	Kerry Baird	Laydeez on the Edge A Side	57.5	4	4
24	Lorrie Bailey	Laydeez on the Edge A Side	53.0	5	5
18	Julie Hodge	Dream Team	53.0	5	5
26	Casey Lindquist	Laydeez on the Edge B Side	52.0	7	7
21	Jessica Barone	Hot Tamales	49.5	8	8
22	Jessica Coulter	Hot Tamales	49.0	9	9
20	Carla Penman	Hot Tamales	44.5	10	10
17	Amber Belyea	Dream Team	40.0	11	11
29	Raegan Brown		38.0	12	12
27	Constance McTaggart	Laydeez on the Edge B Side	36.5	13	13

BOX JUMPS – OPEN

#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
20	Carla Penman	Hot Tamales	50	00:46.59	1	1
25	Wendy Lindquist	Laydeez on the Edge A Side	50	00:47.09	2	2
24	Lorrie Bailey	Laydeez on the Edge A Side	50	00:50.60	3	3
19	Shana Snell	Dream Team	50	00:51.34	4	4
18	Julie Hodge	Dream Team	50	01:02.12	5	5
21	Jessica Barone	Hot Tamales	50	01:03.59	6	6
22	Jessica Coulter	Hot Tamales	50	01:28.22	7	7
17	Amber Belyea	Dream Team	50	01:38.31	8	8
29	Raegan Brown		50	01:38.53	9	9
23	Kerry Baird	Laydeez on the Edge A Side	50	01:51.15	10	10
28	Sandra Blair	Laydeez on the Edge B Side	50	02:01.53	11	11
27	Constance McTaggart	Laydeez on the Edge B Side	50	02:08.09	12	12
26	Casey Lindquist	Laydeez on the Edge B Side	50	02:16.98	13	13

TIRE FLIP – OPEN

#	NAME	TEAM	Flip Time	Rank	Point Score
20	Carla Penman	Hot Tamales	00:12.97	1	1
21	Jessica Barone	Hot Tamales	00:13.03	2	2
25	Wendy Lindquist	Laydeez on the Edge A Side	00:14.62	3	3
19	Shana Snell	Dream Team	00:15.18	4	4
22	Jessica Coulter	Hot Tamales	00:16.22	5	5
17	Amber Belyea	Dream Team	00:17.34	6	6
24	Lorrie Bailey	Laydeez on the Edge A Side	00:17.37	7	7
18	Julie Hodge	Dream Team	00:18.15	8	8
23	Kerry Baird	Laydeez on the Edge A Side	00:19.56	9	9
26	Casey Lindquist	Laydeez on the Edge B Side	00:22.03	10	10
27	Constance McTaggart	Laydeez on the Edge B Side	00:24.93	11	11
29	Raegan Brown		00:28.12	12	12
28	Sandra Blair	Laydeez on the Edge B Side	00:31.00	13	13

OBSTACLE COURSE (x 1.5) – OPEN

#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
25	Wendy Lindquist	Laydeez on the Edge A Side	01:06.06	00:01.00	01:07.06	1	1.5
20	Carla Penman	Hot Tamales	01:07.50	00:01.00	01:08.50	2	3.0
22	Jessica Coulter	Hot Tamales	01:11.55		01:11.55	3	4.5
24	Lorrie Bailey	Laydeez on the Edge A Side	01:11.65	00:01.00	01:12.65	4	6.0
17	Amber Belyea	Dream Team	01:12.12	00:01.00	01:13.12	5	7.5
18	Julie Hodge	Dream Team	01:18.37		01:18.37	6	9.0
21	Jessica Barone	Hot Tamales	01:15.44	00:03.00	01:18.44	7	10.5
29	Raegan Brown		01:15.19	00:04.00	01:19.19	8	12.0
19	Shana Snell	Dream Team	01:18.91	00:02.00	01:20.91	9	13.5
27	Constance McTaggart	Laydeez on the Edge B Side	01:22.97	00:02.00	01:24.97	10	15.0
28	Sandra Blair	Laydeez on the Edge B Side	01:24.15	00:01.00	01:25.15	11	16.5
23	Kerry Baird	Laydeez on the Edge A Side	01:25.44	00:01.00	01:26.44	12	18.0
26	Casey Lindquist	Laydeez on the Edge B Side	01:26.25	00:01.00	01:27.25	13	19.5