

FEMSPORT

Women's Strength & Fitness Challenge

FEMSPORT Regina Challenge – August 20, 2016



CHI /CSNA Bursary Winner: TBA

OPEN TEAM RANKING

	Row Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	
Encompass Fitnes Fanatics								56.5	1
Brady Johnson	2	3	3	3	3	3	3		
Kim Pastachak	4	4	4	4	4	4	4		
Taylor Johnson	3	2	1	2	1	2	2		

OPEN INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
40	Hailey Jones		1	8.5
39	Taylor Johnson	Encompass Fitnes Fanatics	2	12.0
37	Brady Johnson	Encompass Fitnes Fanatics	3	18.5
38	Kim Pastachak	Encompass Fitnes Fanatics	4	26.0

OPEN EVENT RANKING

OBSTACLE COURSE

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

OPEN DIVISION			OBSTACLE COURSE			OC Rank	Points
#	NAME	TEAM	Timer	Penalty	OC TIME		
40	Hailey Jones		01:29.41		01:29.41	1	1.5
39	Taylor Johnson	Encompass Fitnes Fanatics	01:34.97	00:01.00	01:35.97	2	3.0
37	Brady Johnson	Encompass Fitnes Fanatics	01:37.85		01:37.85	3	4.5
38	Kim Pastachak	Encompass Fitnes Fanatics	01:48.12		01:48.12	4	6.0

BOX JUMPS

				BOX JUMPS		Box Rank	Points
#	NAME	TEAM	Box Reps	Box TIME			
40	Hailey Jones		50	00:50.07	1	1	
39	Taylor Johnson	Encompass Fitnes Fanatics	50	00:56.34	2	2	
37	Brady Johnson	Encompass Fitnes Fanatics	50	01:02.57	3	3	
38	Kim Pastachak	Encompass Fitnes Fanatics	50	01:03.00	4	4	

TIRE FLIPS

OPEN DIVISION			TIRE FLIP		Rank	Points
#	NAME	TEAM	Flips	Flip Time		
40	Hailey Jones		06	00:15.00	1	1
39	Taylor Johnson	Encompass Fitnes Fanatics	06	00:15.93	2	2
37	Brady Johnson	Encompass Fitnes Fanatics	06	00:24.00	3	3
38	Kim Pastachak	Encompass Fitnes Fanatics	06	00:25.10	4	4

KETTLEBELL LIFT

OPEN DIVISION			KETTLE BELLS			KB Rank	Points
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME		
39	Taylor Johnson	Encompass Fitnes Fanatics	00:39.32		00:39.32	1	1
40	Hailey Jones		00:39.63		00:39.63	2	2
37	Brady Johnson	Encompass Fitnes Fanatics	00:41.94	00:01.00	00:42.94	3	3
38	Kim Pastachak	Encompass Fitnes Fanatics	00:43.91	00:02.00	00:45.91	4	4

TIRE DRAG

OPEN DIVISION			TIRE DRAG			Tire Rank	Points
#	NAME	TEAM	TD Timer	Tire Penalty	Tire TIME		
39	Taylor Johnson	Encompass Fitnes Fanatics	00:14.06		00:14.06	1	1
40	Hailey Jones		00:16.94		00:16.94	2	2
37	Brady Johnson	Encompass Fitnes Fanatics	00:19.23		00:19.23	3	3
38	Kim Pastachak	Encompass Fitnes Fanatics	00:22.25		00:22.25	4	4

INVERTED ROWS

OPEN DIVISION			INVERTED ROWS	Row Rank	Points
#	NAME	TEAM	Score		
40	Hailey Jones		51.5	1	1
37	Brady Johnson	Encompass Fitnes Fanatics	34.5	2	2
39	Taylor Johnson	Encompass Fitnes Fanatics	32.0	3	3
38	Kim Pastachak	Encompass Fitnes Fanatics	27.5	4	4