

FEMSPORT

Women's Strength & Fitness Challenge

FEMSPORT Vancouver Challenge – September 10, 2016



CHI /CSNA Bursary Winner: Amber Siemens

NOVICE TEAM RANKING

	Row Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points
Perfectfit4u								87.0
Amber Siemens	7	8	6	1	2	2	2	
Ashlyn Merriman	7	3	1	3	8	3	1	
Madison Folk	11	1	5	6	9	1	3	
VPD								234.0
Andrea Anderson	2	7	3	8	7	11	4	
Danielle Sayer	13	15	10	15	15	6	14	
Christine Cho	16	19	17	19	17	17	19	
Level Up								253.5
Brandie Melo	6	18	14	10	1	16	13	
Melanie Whitehead	4	10	16	13	18	18	16	
Sharon Sandhu	1	4	20	20	19	19	17	

NOVICE INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
11	Ashlyn Merriman	Perfectfit4u	1	26.5
10	Amber Siemens	Perfectfit4u	2	27.0
12	Madison Folk	Perfectfit4u	3	33.5
13	Andrea Anderson	VPD	4	43.5
25	Tricia Klein		5	44.0
16	Alexa Kennedy		6	48.0
17	Kaitly Rowbotham		6	48.0
22	Rachel Poon		8	60.5
19	Lisa Melton		9	64.0
23	Regan Lindores		10	64.5

18	Kristy Brown		11	70.0
24	Robyn Camley		11	70.0
7	Brandie Melo	Level Up	13	73.0
15	Danielle Sayer	VPD	14	77.0
20	Monica Boudreau		15	87.5
8	Melanie Whitehead	Level Up	16	88.0
9	Sharon Sandhu	Level Up	17	92.5
21	Noelle Benoit		18	109.5
14	Christine Cho	VPD	19	113.5
44	Stephanie Hendy		20	121.0

NOVICE EVENT RANKING

OBSTACLE COURSE

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

#	NAME	TEAM	Timer	Penalty	OC TIME	Rank	Points
12	Madison Folk	Perfectfit4u	01:11.43		01:11.43	1	1.5
10	Amber Siemens	Perfectfit4u	01:12.10		01:12.10	2	3.0
11	Ashlyn Merriman	Perfectfit4u	01:09.72	00:03.00	01:12.72	3	4.5
17	Kaitly Rowbotham		01:12.50	00:01.00	01:13.50	4	6.0
23	Regan Lindores		01:14.83	00:01.00	01:15.83	5	7.5
16	Alexa Kennedy		01:17.00		01:17.00	6	9.0
15	Danielle Sayer	VPD	01:16.00	00:01.00	01:17.00	6	9.0
18	Kristy Brown		01:16.35	00:01.00	01:17.35	8	12.0
22	Rachel Poon		01:17.44		01:17.44	9	13.5
25	Tricia Klein		01:17.50		01:17.50	10	15.0
13	Andrea Anderson	VPD	01:15.60	00:02.00	01:17.60	11	16.5
19	Lisa Melton		01:23.00		01:23.00	12	18.0
20	Monica Boudreau		01:23.25		01:23.25	13	19.5
24	Robyn Camley		01:24.32		01:24.32	14	21.0
21	Noelle Benoit		01:26.53		01:26.53	15	22.5
7	Brandie Melo	Level Up	01:29.04	00:01.00	01:30.04	16	24.0
14	Christine Cho	VPD	01:30.29		01:30.29	17	25.5
8	Melanie Whitehead	Level Up	01:33.11		01:33.11	18	27.0
9	Sharon Sandhu	Level Up	01:41.09		01:41.09	19	28.5
44	Stephanie Hendy		01:51.66		01:51.66	20	30.0

BOX JUMPS

NOVICE DIVISION			BOX JUMPS		Box Rank	Points
#	NAME	TEAM	Box Reps	Box TIME		
12	Madison Folk	Perfectfit4u	50	00:47.62	1	1
22	Rachel Poon		50	00:49.69	2	2
11	Ashlyn Merriman	Perfectfit4u	50	01:00.62	3	3
9	Sharon Sandhu	Level Up	50	01:02.16	4	4
25	Tricia Klein		50	01:06.41	5	5
17	Kaitly Rowbotham		50	01:08.25	6	6
13	Andrea Anderson	VPD	50	01:08.28	7	7
10	Amber Siemens	Perfectfit4u	50	01:09.12	8	8
23	Regan Lindores		50	01:18.66	9	9
8	Melanie Whitehead	Level Up	50	01:26.76	10	10
20	Monica Boudreau		50	01:28.35	11	11
16	Alexa Kennedy		50	01:30.75	12	12
21	Noelle Benoit		50	01:31.60	13	13
18	Kristy Brown		50	01:45.06	14	14
15	Danielle Sayer	VPD	50	01:49.22	15	15
19	Lisa Melton		50	01:54.09	16	16
24	Robyn Camley		50	02:33.25	17	17
7	Brandie Melo	Level Up	50	02:40.41	18	18
14	Christine Cho	VPD	50	02:49.53	19	19
44	Stephanie Hendy		50	03:00.00	20	20

TIRE FLIPS

NOVICE DIVISION			TIRE FLIP		Rank	Points
#	NAME	TEAM	Flips	Flip Time		
10	Amber Siemens	Perfectfit4u	06	00:17.46	1	1
25	Tricia Klein		06	00:19.09	2	2
11	Ashlyn Merriman	Perfectfit4u	06	00:21.10	3	3
19	Lisa Melton		06	00:21.31	4	4
16	Alexa Kennedy		06	00:22.28	5	5
12	Madison Folk	Perfectfit4u	06	00:22.47	6	6
24	Robyn Camley		06	00:23.54	7	7
13	Andrea Anderson	VPD	06	00:24.06	8	8
23	Regan Lindores		06	00:24.16	9	9
7	Brandie Melo	Level Up	06	00:24.41	10	10
17	Kaitly Rowbotham		06	00:25.40	11	11
18	Kristy Brown		06	00:25.85	12	12
8	Melanie Whitehead	Level Up	06	00:25.97	13	13
22	Rachel Poon		06	00:27.19	14	14

15	Danielle Sayer	VPD	06	00:30.00	15	15
44	Stephanie Hendy		06	00:32.06	16	16
20	Monica Boudreau		06	00:33.59	17	17
21	Noelle Benoit		06	00:44.56	18	18
14	Christine Cho	VPD	06	00:47.41	19	19
9	Sharon Sandhu	Level Up	06	01:01.99	20	20

KETTLEBELL LIFT

NOVICE DIVISION			KETTLE BELLS			KB Rank	Points
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME		
11	Ashlyn Merriman	Perfectfit4u	00:27.97	00:01.00	00:28.97	1	1
24	Robyn Camley		00:29.00		00:29.00	2	2
13	Andrea Anderson	VPD	00:29.34		00:29.34	3	3
25	Tricia Klein		00:29.50		00:29.50	4	4
12	Madison Folk	Perfectfit4u	00:29.88		00:29.88	5	5
10	Amber Siemens	Perfectfit4u	00:29.06	00:01.00	00:30.06	6	6
16	Alexa Kennedy		00:30.15		00:30.15	7	7
18	Kristy Brown		00:30.60		00:30.60	8	8
17	Kaitly Rowbotham		00:31.41		00:31.41	9	9
15	Danielle Sayer	VPD	00:31.50		00:31.50	10	10
23	Regan Lindores		00:32.22		00:32.22	11	11
19	Lisa Melton		00:32.53		00:32.53	12	12
22	Rachel Poon		00:33.87		00:33.87	13	13
7	Brandie Melo	Level Up	00:34.50		00:34.50	14	14
20	Monica Boudreau		00:35.63		00:35.63	15	15
8	Melanie Whitehead	Level Up	00:37.04		00:37.04	16	16
14	Christine Cho	VPD	00:37.29		00:37.29	17	17
21	Noelle Benoit		00:38.50		00:38.50	18	18
44	Stephanie Hendy		00:41.25		00:41.25	19	19
9	Sharon Sandhu	Level Up	00:41.81		00:41.81	20	20

TIRE DRAG

NOVICE DIVISION			TIRE DRAG			Tire Rank	Points
#	NAME	TEAM	TD Timer	Tire Penalty	Tire TIME		
7	Brandie Melo	Level Up	00:14.56		00:14.56	1	1
10	Amber Siemens	Perfectfit4u	00:15.75		00:15.75	2	2
25	Tricia Klein		00:16.06		00:16.06	3	3
24	Robyn Camley		00:16.44		00:16.44	4	4
19	Lisa Melton		00:16.47		00:16.47	5	5
17	Kaitly Rowbotham		00:16.54		00:16.54	6	6

13	Andrea Anderson	VPD	00:16.75		00:16.75	7	7
11	Ashlyn Merriman	Perfectfit4u	00:16.88		00:16.88	8	8
12	Madison Folk	Perfectfit4u	00:18.35		00:18.35	9	9
18	Kristy Brown		00:19.37		00:19.37	10	10
23	Regan Lindores		00:19.50		00:19.50	11	11
16	Alexa Kennedy		00:22.94		00:22.94	12	12
20	Monica Boudreau		00:24.19		00:24.19	13	13
22	Rachel Poon		00:24.44		00:24.44	14	14
15	Danielle Sayer	VPD	00:24.94		00:24.94	15	15
44	Stephanie Hendy		00:25.62		00:25.62	16	16
14	Christine Cho	VPD	00:28.85		00:28.85	17	17
8	Melanie Whitehead	Level Up	00:38.22		00:38.22	18	18
9	Sharon Sandhu	Level Up	00:49.28		00:49.28	19	19
21	Noelle Benoit		00:58.75		00:58.75	20	20

INVERTED ROWS

NOVICE DIVISION				INVERTED ROWS	Row Rank	Points
#	NAME	TEAM	Row Score			
9	Sharon Sandhu	Level Up	48.0	1	1	
13	Andrea Anderson	VPD	46.5	2	2	
16	Alexa Kennedy		46.0	3	3	
8	Melanie Whitehead	Level Up	43.0	4	4	
22	Rachel Poon		43.0	4	4	
7	Brandie Melo	Level Up	38.5	6	6	
10	Amber Siemens	Perfectfit4u	36.5	7	7	
11	Ashlyn Merriman	Perfectfit4u	36.5	7	7	
19	Lisa Melton		36.0	9	9	
17	Kaitly Rowbotham		35.5	10	10	
12	Madison Folk	Perfectfit4u	35.0	11	11	
20	Monica Boudreau		34.5	12	12	
15	Danielle Sayer	VPD	34.0	13	13	
18	Kristy Brown		29.5	14	14	
25	Tricia Klein		29.0	15	15	
14	Christine Cho	VPD	27.5	16	16	
23	Regan Lindores		22.0	17	17	
21	Noelle Benoit		17.0	18	18	
24	Robyn Camley		16.0	19	19	
44	Stephanie Hendy		13.0	20	20	