



FEMSPORT Moose Jaw Challenge – Aug 19th, 2017



CHI Bursary Winner: Christine Cardenas

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	TEAM RANK
Be-YOU-tiful Beast								153.5	1
Christine Cardenas	4	15	2	5	3	1	2		
Lorraine Forster	7	17	8	1	2	8	4		
Teri-ann Bartok	11	25	12	9	4	10	8		
Killin It								270.5	2
Gillian Muench	12	12	13	11	29	22	15		
Kailey Anuik	10	10	5	22	8	3	6		
Kelsey Wells	8	11	16	17	31	12	13		
Burpees or Bust								332.5	3
Heather Miller	15	16	6	23	5	8	9		
Kristyn Wells	21	22	23	24	26	17	22		
Sarah Miller	22	32	10	15	11	16	17		
Ironmaidens								350.0	4
Carla Forester	13	21	7	21	9	5	11		
Doris O'Reilly	18	6	25	25	32	26	23		
Jenn Pippus	31	19	20	16	12	19	18		
Hauling Ass								365.0	5
Crystal MacGregor	19	4	18	18	21	6	12		
Lara Mnaymneh	9	33	34	30	20	31	30		
Melissa Sharp	20	2	14	12	18	25	14		
TrainWithConviction								436.0	6
Amanda Gabel	32	24	15	27	35	24	28		
Ara Steinger	16	13	24	33	23	32	26		
Samira Nadoroznick	3	18	21	14	24	20	15		

Let's Get Slothed		37	35	75	84	55	63	31	504.5	7
	Lindsey Beliveau	33	31	11	29	10	11	19		
	Melissa Weatherill	35	34	35	36	17	34	35		
	Taylor Olson	29	30	33	19	28	18	27		
JWT		75	81	82	78	62	88	83	508.0	8
	Jessi Pastachak	24	20	29	35	30	21	29		
	Tricia Piper	34	35	36	34	18	34	35		
	Wanita Honan	17	26	17	7	14	33	19		
Gut Busters		90	77	94	85	85	94	100	572.0	9
	Candice Robinson	30	14	26	25	33	30	31		
	Lynn Weiers	37	36	37	28	25	37	37		
	Rebecca Hanson	23	27	31	32	27	27	32		

NOVICE INDIVIDUAL RANKING

#	NAME	TEAM	Overall Rank	Overall Points
39	Lindsay Kovatch		1	26.0
9	Christine Cardenas	Be-YOU-tiful Beast	2	30.5
42	Melissa Bollinger		3	34.0
10	Lorraine Forster	Be-YOU-tiful Beast	4	47.0
40	Mariah Moen		5	55.5
28	Kailey Anuik	Killin It	6	59.5
38	Jamie Lees		7	64.5
11	Teri-ann Bartok	Be-YOU-tiful Beast	8	76.0
12	Heather Miller	Burpees or Bust	9	77.0
36	Cassandra Silva		10	77.5
21	Carla Forester	Ironmaidens	11	78.5
18	Crystal MacGregor	Hauling Ass	12	89.0
29	Kelsey Wells	Killin It	13	101.0
20	Melissa Sharp	Hauling Ass	14	103.5
27	Gillian Muench	Killin It	15	110.0
35	Samira Nadoroznick	TrainWithConviction	15	110.0
14	Sarah Miller	Burpees or Bust	17	114.0
23	Jenn Pippus	Ironmaidens	18	126.5
26	Wanita Honan	JWT	19	130.5
30	Lindsey Beliveau	Let's Get Slothed	19	130.5
37	Christina Smith		21	134.0
13	Kristyn Wells	Burpees or Bust	22	141.5
22	Doris O'Reilly	Ironmaidens	23	145.0
43	Michaeline Franson		24	148.5
45	Yolandi Burnett		25	150.5
34	Ara Steininger	TrainWithConviction	26	157.0
32	Taylor Olson	Let's Get Slothed	27	166.0
33	Amanda Gabel	TrainWithConviction	28	169.0
24	Jessi Pastachak	JWT	29	169.5
19	Lara Mnaymneh	Hauling Ass	30	172.5

15	Candice Robinson	Gut Busters	31	173.0
17	Rebecca Hanson	Gut Busters	32	180.5
41	Marni Pettegrew		33	185.0
44	Stacey Tillmanns		34	196.0
25	Tricia Piper	JWT	35	208.0
31	Melissa Weatherill	Let's Get Slothed	35	208.0
16	Lynn Weiers	Gut Busters	37	218.5

NOVICE EVENT RANKING

OBSTACLE COURSE

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

NOVICE DIVISION		OBSTACLE COURSE			OC Rank	
#	NAME	TEAM	OCTimer	OC Penalty		OC TIME
9	Christine Cardenas	Be-YOU-tiful Beast	01:03.47		01:03.47	1
42	Melissa Bollinger		01:03.69		01:03.69	2
28	Kailey Anuik	Killin It	01:04.22		01:04.22	3
39	Lindsay Kovatch		01:05.16		01:05.16	4
21	Carla Forester	Ironmaidens	01:05.81		01:05.81	5
18	Crystal MacGregor	Hauling Ass	01:05.75	00:01.00	01:06.75	6
38	Jamie Lees		01:06.00	00:01.00	01:07.00	7
10	Lorraine Forster	Be-YOU-tiful Beast	01:09.28		01:09.28	8
12	Heather Miller	Burpees or Bust	01:09.28		01:09.28	8
11	Teri-ann Bartok	Be-YOU-tiful Beast	01:09.34		01:09.34	10
30	Lindsey Beliveau	Let's Get Slothed	01:09.68		01:09.68	11
29	Kelsey Wells	Killin It	01:10.21		01:10.21	12
36	Cassandra Silva		01:09.53	00:01.00	01:10.53	13
37	Christina Smith		01:10.56		01:10.56	14
40	Mariah Moen		01:10.68		01:10.68	15
14	Sarah Miller	Burpees or Bust	01:10.69		01:10.69	16
13	Kristyn Wells	Burpees or Bust	01:11.25		01:11.25	17
32	Taylor Olson	Let's Get Slothed	01:11.34		01:11.34	18
23	Jenn Pippus	Ironmaidens	01:12.25		01:12.25	19
35	Samira Nadoroznick	TrainWithConviction	01:12.41		01:12.41	20
24	Jessi Pastachak	JWT	01:12.47		01:12.47	21
27	Gillian Muench	Killin It	01:12.78	00:01.00	01:13.78	22
45	Yolandi Burnett		01:14.88		01:14.88	23
33	Amanda Gabel	TrainWithConviction	01:14.90		01:14.90	24
20	Melissa Sharp	Hauling Ass	01:15.18		01:15.18	25
22	Doris O'Reilly	Ironmaidens	01:15.79		01:15.79	26
17	Rebecca Hanson	Gut Busters	01:17.50		01:17.50	27
44	Stacey Tillmanns		01:17.87		01:17.87	28

43	Michaeline Franson		01:18.65		01:18.65	29
15	Candice Robinson	Gut Busters	01:19.25		01:19.25	30
19	Lara Mnaymneh	Hauling Ass	01:19.59		01:19.59	31
34	Ara Steininger	TrainWithConviction	01:17.69	00:02.00	01:19.69	32
26	Wanita Honan	JWT	01:18.31	00:02.00	01:20.31	33
25	Tricia Piper	JWT	01:32.50		01:32.50	34
31	Melissa Weatherill	Let's Get Slothed	01:32.50		01:32.50	34
41	Marni Pettegrew		01:35.29		01:35.29	36
16	Lynn Weiers	Gut Busters	01:37.72		01:37.72	37

BOX JUMPS

NOVICE DIVISION					BOX JUMPS		Box Rank
#	NAME	TEAM	Box Reps	Box TIME			
39	Lindsay Kovatch		50	00:39.63		1	
20	Melissa Sharp	Hauling Ass	50	00:49.50		2	
37	Christina Smith		50	00:52.03		3	
18	Crystal MacGregor	Hauling Ass	50	00:55.37		4	
38	Jamie Lees		50	00:58.15		5	
22	Doris O'Reilly	Ironmaidens	50	00:58.19		6	
36	Cassandra Silva		50	01:01.06		7	
42	Melissa Bollinger		50	01:01.43		8	
40	Mariah Moen		50	01:01.68		9	
28	Kailey Anuik	Killin It	50	01:04.90		10	
29	Kelsey Wells	Killin It	50	01:09.31		11	
27	Gillian Muench	Killin It	50	01:17.47		12	
34	Ara Steininger	TrainWithConviction	50	01:19.53		13	
15	Candice Robinson	Gut Busters	50	01:20.03		14	
9	Christine Cardenas	Be-YOU-tiful Beast	50	01:24.19		15	
12	Heather Miller	Burpees or Bust	50	01:24.75		16	
10	Lorraine Forster	Be-YOU-tiful Beast	50	01:33.53		17	
35	Samira Nadoroznick	TrainWithConviction	50	01:35.25		18	
23	Jenn Pippus	Ironmaidens	50	01:36.09		19	
24	Jessi Pastachak	JWT	50	01:36.19		20	
21	Carla Forester	Ironmaidens	50	01:37.63		21	
13	Kristyn Wells	Burpees or Bust	50	01:41.22		22	
45	Yolandi Burnett		50	01:43.10		23	
33	Amanda Gabel	TrainWithConviction	50	01:46.12		24	
11	Teri-ann Bartok	Be-YOU-tiful Beast	50	01:46.72		25	
26	Wanita Honan	JWT	50	01:48.09		26	
17	Rebecca Hanson	Gut Busters	50	01:48.47		27	
41	Marni Pettegrew		50	01:55.72		28	
44	Stacey Tillmanns		50	01:57.31		29	
32	Taylor Olson	Let's Get Slothed	50	01:57.94		30	
30	Lindsey Beliveau	Let's Get Slothed	50	02:37.03		31	

14	Sarah Miller	Burpees or Bust	50	02:49.37	32
19	Lara Mnaymneh	Hauling Ass	50	03:00.00	33
31	Melissa Weatherill	Let's Get Slothed	40	03:00.00	34
25	Tricia Piper	JWT	09	03:00.00	35
16	Lynn Weiers	Gut Busters	02	03:00.00	36
43	Michaeline Franson			03:00.00	37

TIRE FLIPS

NOVICE DIVISION		TIRE FLIP			Flip Rank
#	NAME	TEAM	Flips	Flip Time	
10	Lorraine Forster	Be-YOU-tiful Beast	06	00:16.15	1
39	Lindsay Kovatch		06	00:16.16	2
43	Michaeline Franson		06	00:16.37	3
36	Cassandra Silva		06	00:16.75	4
9	Christine Cardenas	Be-YOU-tiful Beast	06	00:17.56	5
42	Melissa Bollinger		06	00:17.60	6
26	Wanita Honan	JWT	06	00:17.94	7
40	Mariah Moen		06	00:18.09	8
11	Teri-ann Bartok	Be-YOU-tiful Beast	06	00:18.28	9
38	Jamie Lees		06	00:18.57	10
27	Gillian Muench	Killin It	06	00:19.00	11
20	Melissa Sharp	Hauling Ass	06	00:19.35	12
41	Marni Pettegrew		06	00:19.56	13
35	Samira Nadoroznick	TrainWithConviction	06	00:19.66	14
14	Sarah Miller	Burpees or Bust	06	00:19.72	15
23	Jenn Pippus	Ironmaidens	06	00:19.75	16
29	Kelsey Wells	Killin It	06	00:19.84	17
18	Crystal MacGregor	Hauling Ass	06	00:20.59	18
32	Taylor Olson	Let's Get Slothed	06	00:20.75	19
37	Christina Smith		06	00:21.32	20
21	Carla Forester	Ironmaidens	06	00:21.35	21
28	Kailey Anuik	Killin It	06	00:21.56	22
12	Heather Miller	Burpees or Bust	06	00:21.81	23
13	Kristyn Wells	Burpees or Bust	06	00:21.82	24
15	Candice Robinson	Gut Busters	06	00:21.90	25
22	Doris O'Reilly	Ironmaidens	06	00:21.90	25
33	Amanda Gabel	TrainWithConviction	06	00:23.06	27
16	Lynn Weiers	Gut Busters	06	00:23.50	28
30	Lindsey Beliveau	Let's Get Slothed	06	00:23.53	29
19	Lara Mnaymneh	Hauling Ass	06	00:23.78	30
44	Stacey Tillmanns		06	00:23.90	31
17	Rebecca Hanson	Gut Busters	06	00:25.50	32
34	Ara Steininger	TrainWithConviction	06	00:26.44	33
25	Tricia Piper	JWT	06	00:26.97	34
24	Jessi Pastachak	JWT	06	00:27.06	35

31	Melissa Weatherill	Let's Get Slothed	06	00:27.82	36
45	Yolandi Burnett		06	00:29.72	37

TIRE DRAG

NOVICE DIVISION

TIRE DRAG

#	NAME	TEAM	TD Timer	Tire Penalty	Tire TIME
43	Michaeline Franson		00:12.22		00:12.22
10	Lorraine Forster	Be-YOU-tiful Beast	00:14.41		00:14.41
9	Christine Cardenas	Be-YOU-tiful Beast	00:14.72		00:14.72
11	Teri-ann Bartok	Be-YOU-tiful Beast	00:14.87		00:14.87
12	Heather Miller	Burpees or Bust	00:14.94		00:14.94
45	Yolandi Burnett		00:16.03		00:16.03
40	Mariah Moen		00:16.62		00:16.62
28	Kailey Anuik	Killin It	00:17.09		00:17.09
21	Carla Forester	Ironmaidens	00:17.43		00:17.43
30	Lindsey Beliveau	Let's Get Slothed	00:17.47		00:17.47
14	Sarah Miller	Burpees or Bust	00:17.56		00:17.56
23	Jenn Pippus	Ironmaidens	00:17.66		00:17.66
42	Melissa Bollinger		00:17.66		00:17.66
26	Wanita Honan	JWT	00:17.78		00:17.78
39	Lindsay Kovatch		00:18.25		00:18.25
38	Jamie Lees		00:18.54		00:18.54
31	Melissa Weatherill	Let's Get Slothed	00:18.97		00:18.97
20	Melissa Sharp	Hauling Ass	00:20.44		00:20.44
25	Tricia Piper	JWT	00:20.44		00:20.44
19	Lara Mnaymneh	Hauling Ass	00:20.50		00:20.50
18	Crystal MacGregor	Hauling Ass	00:21.07		00:21.07
36	Cassandra Silva		00:21.41		00:21.41
34	Ara Steinger	TrainWithConviction	00:21.78		00:21.78
35	Samira Nadoroznick	TrainWithConviction	00:21.81		00:21.81
16	Lynn Weiers	Gut Busters	00:23.09		00:23.09
13	Kristyn Wells	Burpees or Bust	00:23.28		00:23.28
17	Rebecca Hanson	Gut Busters	00:23.34		00:23.34
32	Taylor Olson	Let's Get Slothed	00:24.00		00:24.00
27	Gillian Muench	Killin It	00:24.03		00:24.03
24	Jessi Pastachak	JWT	00:25.59		00:25.59
29	Kelsey Wells	Killin It	00:25.90		00:25.90
22	Doris O'Reilly	Ironmaidens	00:26.59		00:26.59
15	Candice Robinson	Gut Busters	00:27.69		00:27.69
37	Christina Smith		00:29.09		00:29.09
33	Amanda Gabel	TrainWithConviction	00:29.44		00:29.44
41	Marni Pettegrew		00:29.87		00:29.87
44	Stacey Tillmanns		00:31.50		00:31.50

KETTLEBELL LIFT

NOVICE DIVISION		KETTLE BELLS			KB Rank	
#	NAME	TEAM	KB Timer	KB Penalty		KB TIME
39	Lindsay Kovatch		00:35.68		00:35.68	1
9	Christine Cardenas	Be-YOU-tiful Beast	00:37.50		00:37.50	2
42	Melissa Bollinger		00:38.16		00:38.16	3
40	Mariah Moen		00:37.56	00:01.00	00:38.56	4
28	Kailey Anuik	Killin It	00:39.28		00:39.28	5
12	Heather Miller	Burpees or Bust	00:39.31		00:39.31	6
21	Carla Forester	Ironmaidens	00:39.88		00:39.88	7
10	Lorraine Forster	Be-YOU-tiful Beast	00:39.94		00:39.94	8
38	Jamie Lees		00:40.62		00:40.62	9
14	Sarah Miller	Burpees or Bust	00:40.65		00:40.65	10
30	Lindsey Beliveau	Let's Get Slothed	00:40.66		00:40.66	11
11	Teri-ann Bartok	Be-YOU-tiful Beast	00:41.07		00:41.07	12
27	Gillian Muench	Killin It	00:41.09		00:41.09	13
20	Melissa Sharp	Hauling Ass	00:41.72		00:41.72	14
33	Amanda Gabel	TrainWithConviction	00:41.97		00:41.97	15
29	Kelsey Wells	Killin It	00:42.00		00:42.00	16
26	Wanita Honan	JWT	00:42.93		00:42.93	17
18	Crystal MacGregor	Hauling Ass	00:43.25		00:43.25	18
36	Cassandra Silva		00:43.59		00:43.59	19
23	Jenn Pippus	Ironmaidens	00:43.78		00:43.78	20
35	Samira Nadoroznick	TrainWithConviction	00:43.91		00:43.91	21
45	Yolandi Burnett		00:44.00		00:44.00	22
13	Kristyn Wells	Burpees or Bust	00:44.16		00:44.16	23
34	Ara Steininger	TrainWithConviction	00:44.90		00:44.90	24
22	Doris O'Reilly	Ironmaidens	00:45.09		00:45.09	25
15	Candice Robinson	Gut Busters	00:45.15		00:45.15	26
41	Marni Pettegrew		00:45.66		00:45.66	27
43	Michaeline Franson		00:45.78		00:45.78	28
24	Jessi Pastachak	JWT	00:46.19		00:46.19	29
37	Christina Smith		00:46.50		00:46.50	30
17	Rebecca Hanson	Gut Busters	00:46.56		00:46.56	31
44	Stacey Tillmanns		00:46.63		00:46.63	32
32	Taylor Olson	Let's Get Slothed	00:46.84		00:46.84	33
19	Lara Mnaymneh	Hauling Ass	00:48.53		00:48.53	34
31	Melissa Weatherill	Let's Get Slothed	00:53.65		00:53.65	35
25	Tricia Piper	JWT	00:55.06		00:55.06	36
16	Lynn Weiers	Gut Busters	00:55.93		00:55.93	37

SANDBAG BURPEE CLEAN/PRESS

NOVICE DIVISION		SANDBAG		SB Rank	
#	NAME	TEAM	Sandbag Reps		Sandbag TIME
39	Lindsay Kovatch		15	00:44.04	1
42	Melissa Bollinger		15	00:44.35	2
35	Samira Nadoroznick	TrainWithConviction	15	00:49.44	3
9	Christine Cardenas	Be-YOU-tiful Beast	15	00:53.66	4
40	Mariah Moen		15	00:54.91	5
36	Cassandra Silva		15	00:57.28	6
10	Lorraine Forster	Be-YOU-tiful Beast	15	00:59.53	7
29	Kelsey Wells	Killin It	15	01:01.40	8
19	Lara Mnaymneh	Hauling Ass	15	01:01.54	9
28	Kailey Anuik	Killin It	15	01:02.34	10
11	Teri-ann Bartok	Be-YOU-tiful Beast	15	01:02.63	11
27	Gillian Muench	Killin It	15	01:04.47	12
21	Carla Forester	Ironmaidens	15	01:04.78	13
38	Jamie Lees		15	01:06.44	14
12	Heather Miller	Burpees or Bust	15	01:06.91	15
34	Ara Steininger	TrainWithConviction	15	01:07.19	16
26	Wanita Honan	JWT	15	01:07.78	17
22	Doris O'Reilly	Ironmaidens	15	01:08.10	18
18	Crystal MacGregor	Hauling Ass	15	01:11.65	19
20	Melissa Sharp	Hauling Ass	15	01:11.72	20
13	Kristyn Wells	Burpees or Bust	15	01:12.34	21
14	Sarah Miller	Burpees or Bust	15	01:12.37	22
17	Rebecca Hanson	Gut Busters	15	01:12.43	23
24	Jessi Pastachak	JWT	15	01:12.91	24
44	Stacey Tillmanns		15	01:13.22	25
37	Christina Smith		15	01:15.06	26
41	Marni Pettegrew		15	01:17.50	27
45	Yolandi Burnett		15	01:17.69	28
32	Taylor Olson	Let's Get Slothed	15	01:18.75	29
15	Candice Robinson	Gut Busters	15	01:22.41	30
23	Jenn Pippus	Ironmaidens	15	01:22.65	31
33	Amanda Gabel	TrainWithConviction	15	01:23.81	32
30	Lindsey Beliveau	Let's Get Slothed	15	01:24.13	33
25	Tricia Piper	JWT	15	01:34.25	34
31	Melissa Weatherill	Let's Get Slothed	15	01:39.44	35
43	Michaeline Franson		15	01:39.60	36
16	Lynn Weiers	Gut Busters	15	01:43.22	37