



FEMSPORT Calgary Challenge – June 23rd, 2018



CHI Bursary Winner: Elizabeth Toles

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.)
- ★ Each competitor received 1 point for Tire Drag which was not performed at this event.

MASTERS TEAM RANKING

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

	SB Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	
Action Conditioning Thunder								64.0	1
Charlotte Haig	3	5	2	4	1	3	1		
Cherie Armfelt	8	1	4	3	1	2	2		
Cindy Veluw	1	19	1	1	1	1	3		
The Golden 3 from FBBC								188.0	2
Cindy Sijpbeer	6	11	13	16	1	15	12		
Janelle Jentink	12	16	21	12	1	18	18		
Kirsten Cleland	2	10	3	6	1	5	4		
The Fiercer 3 from FBBC								267.0	3
Jackie Austin	19	22	18	15	1	22	21		
Lori Harasem	9	12	20	19	1	13	15		
Tami Pedersen	10	8	14	20	1	17	14		

MASTERS INDIVIDUAL RANKING

#	NAME	TEAM	Overall Rank	Overall Points
1	Charlotte Haig	Action Conditioning Thunder	1	19.5
2	Cherie Armfelt	Action Conditioning Thunder	2	20.0
3	Cindy Veluw	Action Conditioning Thunder	3	24.5
9	Kirsten Cleland	The Golden 3 from FBBC	4	29.5
17	Lisa Coffey		5	31.0
15	Katrina Sexton		6	33.0
21	Shari Krukowski		7	42.0
18	Lorrena Norbert		8	47.5
22	Stacey Boivin		9	61.0
16	Lana Wicentovich		10	65.5
19	Melissa Christensen		10	65.5
7	Cindy Sijpbeer	The Golden 3 from FBBC	12	69.5
20	Nikki Sitch		13	78.0
6	Tami Pedersen	The Fiercer 3 from FBBC	14	78.5
5	Lori Harasem	The Fiercer 3 from FBBC	15	80.5
13	Joanne Flack		16	85.0
11	Christi Clouter		17	87.0
8	Janelle Jentink	The Golden 3 from FBBC	18	89.0
12	Cindy Frederick		19	91.0
24	Tricia Northcott		20	96.5
4	Jackie Austin	The Fiercer 3 from FBBC	21	108.0
23	Tracey Johnson		22	111.5
10	Cathy Turner		23	126.5
14	Karen Anderson		24	130.0

MASTERS EVENT RANKING

OBSTACLE COURSE

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

MASTERS DIVISION			OBSTACLE COURSE			OC Rank
#	NAME	TEAM	OCTimer	OC Penalty	OC TIME	
3	Cindy Veluw	Action Conditioning Thunder	00:14.97		00:14.97	1
2	Cherie Armfelt	Action Conditioning Thunder	00:15.47		00:15.47	2
1	Charlotte Haig	Action Conditioning Thunder	00:15.59		00:15.59	3
17	Lisa Coffey		00:15.66		00:15.66	4
9	Kirsten Cleland	The Golden 3 from FBBC	00:15.75		00:15.75	5
15	Katrina Sexton		00:16.00		00:16.00	6
18	Lorrena Norbert		00:16.90		00:16.90	7
21	Shari Krukowski		00:16.94	00:01.00	00:17.94	8

19	Melissa Christensen		00:18.03		00:18.03	9
22	Stacey Boivin		00:18.75		00:18.75	10
16	Lana Wicentovich		00:19.21		00:19.21	11
12	Cindy Frederick		00:19.22		00:19.22	12
5	Lori Harasem	The Fiercer 3 from FBBC	00:19.53		00:19.53	13
13	Joanne Flack		00:19.59		00:19.59	14
7	Cindy Sijpheer	The Golden 3 from FBBC	00:19.84		00:19.84	15
20	Nikki Sitch		00:20.12		00:20.12	16
6	Tami Pedersen	The Fiercer 3 from FBBC	00:21.09		00:21.09	17
8	Janelle Jentink	The Golden 3 from FBBC	00:21.81		00:21.81	18
24	Tricia Northcott		00:22.04		00:22.04	19
11	Christi Clouter		00:22.43	00:01.00	00:23.43	20
23	Tracey Johnson		00:24.16		00:24.16	21
4	Jackie Austin	The Fiercer 3 from FBBC	00:20.31	00:10.00	00:30.31	22
10	Cathy Turner		00:23.28	00:10.00	00:33.28	23
14	Karen Anderson		00:34.66		00:34.66	24

BOX JUMPS

MASTERS DIVISION					BOX JUMPS		Box Rank
#	NAME	TEAM	Box Reps	Box TIME			
2	Cherie Armfelt	Action Conditioning Thunder	50	00:52.60			1
21	Shari Krukowski		50	01:09.34			2
15	Katrina Sexton		50	01:14.10			3
17	Lisa Coffey		50	01:14.97			4
1	Charlotte Haig	Action Conditioning Thunder	50	01:25.31			5
13	Joanne Flack		50	01:30.44			6
18	Lorrena Norbert		50	01:43.12			7
6	Tami Pedersen	The Fiercer 3 from FBBC	50	01:47.50			8
16	Lana Wicentovich		50	01:49.34			9
9	Kirsten Cleland	The Golden 3 from FBBC	50	01:55.10			10
7	Cindy Sijpheer	The Golden 3 from FBBC	50	01:57.16			11
5	Lori Harasem	The Fiercer 3 from FBBC	50	01:57.34			12
22	Stacey Boivin		50	02:15.88			13
20	Nikki Sitch		50	02:16.57			14
19	Melissa Christensen		50	02:20.15			15
8	Janelle Jentink	The Golden 3 from FBBC	50	02:22.19			16
12	Cindy Frederick		50	02:51.22			17
23	Tracey Johnson		50	03:00.00			18
3	Cindy Veluw	Action Conditioning Thunder	48	03:00.00			19
11	Christi Clouter		47	03:00.00			20
24	Tricia Northcott		45	03:00.00			21
4	Jackie Austin	The Fiercer 3 from FBBC		03:00.00			22
10	Cathy Turner			03:00.00			22
14	Karen Anderson			03:00.00			22

TIRE FLIPS

MASTERS DIVISION			TIRE FLIP		Flip Rank
#	NAME	TEAM	Flips	Flip Time	
3	Cindy Veluw	Action Conditioning Thunder	06	00:18.62	1
21	Shari Krukowski		06	00:19.25	2
2	Cherie Armfelt	Action Conditioning Thunder	06	00:19.78	3
1	Charlotte Haig	Action Conditioning Thunder	06	00:20.41	4
11	Christi Clouter		06	00:21.59	5
9	Kirsten Cleland	The Golden 3 from FBBC	06	00:21.94	6
22	Stacey Boivin		06	00:22.00	7
17	Lisa Coffey		06	00:22.59	8
24	Tricia Northcott		06	00:23.28	9
15	Katrina Sexton		06	00:24.82	10
19	Melissa Christensen		06	00:25.06	11
8	Janelle Jentink	The Golden 3 from FBBC	06	00:26.47	12
18	Lorrena Norbert		06	00:26.87	13
20	Nikki Sitch		06	00:26.87	13
4	Jackie Austin	The Fiercer 3 from FBBC	06	00:28.37	15
7	Cindy Sijpheer	The Golden 3 from FBBC	06	00:29.53	16
23	Tracey Johnson		06	00:29.59	17
12	Cindy Frederick		06	00:30.43	18
5	Lori Harasem	The Fiercer 3 from FBBC	06	00:34.28	19
6	Tami Pedersen	The Fiercer 3 from FBBC	06	00:36.35	20
13	Joanne Flack		06	00:38.37	21
16	Lana Wicentovich		06	00:39.43	22
10	Cathy Turner		06	00:39.81	23
14	Karen Anderson			02:00.00	24

TIRE DRAG

Each competitor received 1 point for Tire Drag which was not performed at this event.

KETTLEBELL LIFT

MASTERS DIVISION			KETTLE BELLS			KB Rank
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME	
3	Cindy Veluw	Action Conditioning Thunder	00:25.31		00:25.31	1
1	Charlotte Haig	Action Conditioning Thunder	00:26.03		00:26.03	2
9	Kirsten Cleland	The Golden 3 from FBBC	00:26.81		00:26.81	3
2	Cherie Armfelt	Action Conditioning Thunder	00:27.16		00:27.16	4
15	Katrina Sexton		00:27.31		00:27.31	5
16	Lana Wicentovich		00:28.50		00:28.50	6
21	Shari Krukowski		00:29.50		00:29.50	7
17	Lisa Coffey		00:30.06		00:30.06	8
18	Lorrena Norbert		00:30.78		00:30.78	9
20	Nikki Sitch		00:31.07		00:31.07	10
19	Melissa Christensen		00:31.12		00:31.12	11
22	Stacey Boivin		00:31.50		00:31.50	12
7	Cindy Sijpbeer	The Golden 3 from FBBC	00:31.62		00:31.62	13
6	Tami Pedersen	The Fiercer 3 from FBBC	00:33.19		00:33.19	14
12	Cindy Frederick		00:33.28		00:33.28	15
11	Christi Clouter		00:34.97		00:34.97	16
24	Tricia Northcott		00:35.06		00:35.06	17
4	Jackie Austin	The Fiercer 3 from FBBC	00:35.34		00:35.34	18
13	Joanne Flack		00:36.28		00:36.28	19
5	Lori Harasem	The Fiercer 3 from FBBC	00:36.41		00:36.41	20
8	Janelle Jentink	The Golden 3 from FBBC	00:38.06		00:38.06	21
10	Cathy Turner		00:39.31		00:39.31	22
23	Tracey Johnson		00:41.13		00:41.13	23
14	Karen Anderson		01:04.88		01:04.88	24

SANDBAG BURPEE CLEAN/PRESS

MASTERS DIVISION			SANDBAG		SB Rank
#	NAME	TEAM	Sandbag Reps	Sandbag Time	
3	Cindy Veluw	Action Conditioning Thunder	15	00:53.25	1
9	Kirsten Cleland	The Golden 3 from FBBC	15	00:53.38	2
1	Charlotte Haig	Action Conditioning Thunder	15	00:59.47	3
17	Lisa Coffey		15	01:00.09	4
15	Katrina Sexton		15	01:00.28	5
7	Cindy Sijpbeer	The Golden 3 from FBBC	15	01:03.22	6
18	Lorrena Norbert		15	01:04.81	7
2	Cherie Armfelt	Action Conditioning Thunder	15	01:05.12	8
5	Lori Harasem	The Fiercer 3 from FBBC	15	01:09.53	9
6	Tami Pedersen	The Fiercer 3 from FBBC	15	01:10.28	10

16	Lana Wicentovich		15	01:12.16	11
8	Janelle Jentink	The Golden 3 from FBBC	15	01:15.12	12
22	Stacey Boivin		15	01:26.37	13
19	Melissa Christensen		15	01:33.97	14
11	Christi Clouter		15	01:34.85	15
20	Nikki Sitch		15	01:35.56	16
13	Joanne Flack		15	01:38.25	17
21	Shari Krukowski		15	01:40.28	18
4	Jackie Austin	The Fiercer 3 from FBBC	15	01:41.09	19
24	Tricia Northcott		15	01:49.50	20
23	Tracey Johnson		15	01:52.75	21
12	Cindy Frederick		15	02:00.18	22
14	Karen Anderson		07	03:00.00	23
10	Cathy Turner		05	03:00.00	24