



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.

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	
The Fiercest 3 from FBBC								95.0	1
Christy Heigh	1	1	7	23	1	4	3		
Eilish Short	2	9	4	15	1	5	2		
Natalie Johnson	4	2	8	1	1	1	1		
Action Conditioning Force							40	283.5	2
Lynn Suttie	12	18	2	3	1	9	4		
Nicoleen Heersink	20	6	17	40	1	14	14		
Ruth Waterfield	21	14	15	51	1	18	22		
Perfectfit4u #3								323.5	3
Elissa Culver	8	17	41	21	1	40	28		
Kelsie Rogers	18	15	14	38	1	10	12		
Ty Onerheim	3	4	5	12	1	33	8		
Action Conditioning Fury								328.5	4
Jordana Hudak	25	26	3	10	1	30	17		
Kiarra Armstrong	9	21	27	42	1	10	18		
Sam Pankratz	6	52	1	12	1	21	13		
Perfectfit4u #4								359.0	5
Jennifer Popp	30	16	40	15	1	26	25		
Laren Roelofsen	14	10	18	20	1	13	10		
Samantha Osbourne	23	20	19	14	1	39	23		
The Hot Shots								424.0	6
Abigail Wright	16	11	23	18	1	24	14		
Danielle Schmolde	15	8	35	60	1	21	29		
Nicole Balfour	22	5	34	54	1	35	31		

Live Better #1	83	92	120	90	3	75	90	500.5	7
Angela Donaghy	43	40	49	58	1	44	49		
Liz Toles	35	45	39	27	1	29	36		
Shauna Beierbach	5	7	32	5	1	2	5		
Our Team	102	87	103	104	3	83	88	538.5	8
Mandy Sauer	7	3	20	9	1	14	7		
Melanie Meier	42	29	46	39	1	36	41		
Tarah Kern	53	55	37	56	1	43	50		
Kilo Bellas #2	87	95	112	117	3	90	100	558.0	9
Breanna Hodge	32	49	43	28	1	34	39		
Melissa Schaffer	28	13	56	41	1	45	40		
Tracy McLellan	27	33	13	48	1	17	27		
Relentless	82	101	87	81	3	150	112	599.0	10
Brenda Dyck	17	23	21	8	1	32	20		
Joni Belanger	52	48	51	61	1	57	59		
Kelly Evaskevech	13	30	25	22	1	61	33		
Scrambled Legs	103	102	108	88	3	81	113	609.5	11
Carly Daniels	48	60	57	33	1	47	51		
Heidi Mettler	50	47	29	36	1	27	38		
Michelle Cartwright	45	41	22	17	1	7	24		
Action Conditioning Rockets	81	130	114	140	3	110	120	672.0	12
Carissa Filipuzzi	34	51	30	45	1	48	44		
Nicole St Germain	38	55	48	53	1	56	54		
Tiffany Olivieri	11	44	36	50	1	12	30		
Buns and Guns	107	100	101	111	3	100	100	721.5	13
Christina Stewart	56	62	52	48	1	55	60		
Jasmine Scott	46	42	47	44	1	37	45		
Lindsay Jacobsen	55	31	32	19	1	31	35		
Kilo Bellas #4	102	100	107	124	3	107	100	742.5	14
Brenda Ducharme	59	58	63	59	1	46	61		
Jolene Northfield	39	32	54	35	1	20	37		
Natasha Lammerhirt	54	46	50	30	1	41	48		

NOVICE INDIVIDUAL RANKING

#	NAME	DIVISION	TEAM	Overall Rank	Overall Points
65	Natalie Johnson	Novice	The Fiercest 3 from FBBC	1	17.5
64	Eilish Short	Novice	The Fiercest 3 from FBBC	2	38.5
63	Christy Heigh	Novice	The Fiercest 3 from FBBC	3	39.0
26	Lynn Suttie	Novice	Action Conditioning Force	4	49.5
46	Shauna Beierbach	Novice	Live Better #1	5	53.0
78	Jesse Harrison	Novice		6	57.0
47	Mandy Sauer	Novice	Our Team	7	61.0
53	Ty Onerheim	Novice	Perfectfit4u #3	8	74.5
86	Rebecca Tokariuk	Novice		9	75.5
55	Laren Roelofsen	Novice	Perfectfit4u #4	10	82.5
77	Jackie Kalcheva	Novice		11	94.0
52	Kelsie Rogers	Novice	Perfectfit4u #3	12	101.0
31	Sam Pankratz	Novice	Action Conditioning Fury	13	103.5
27	Nicoleen Heersink	Novice	Action Conditioning Force	14	105.0
66	Abigail Wright	Novice	The Hot Shots	14	105.0
73	Christina Duhnuch	Novice		16	106.5
29	Jordana Hudak	Novice	Action Conditioning Fury	17	110.0
30	Kiarra Armstrong	Novice	Action Conditioning Fury	18	115.0
84	Megan Hall	Novice		19	117.0
57	Brenda Dyck	Novice	Relentless	20	118.0
85	Michelle Hardy	Novice		21	124.5
28	Ruth Waterfield	Novice	Action Conditioning Force	22	129.0
56	Samantha Osbourne	Novice	Perfectfit4u #4	23	135.5
62	Michelle Cartwright	Novice	Scrambled Legs	24	136.5
54	Jennifer Popp	Novice	Perfectfit4u #4	25	141.0
70	Brenda Sorge	Novice		26	142.5
40	Tracy McLellan	Novice	Kilo Bellas #2	27	147.5
51	Elissa Culver	Novice	Perfectfit4u #3	28	148.0
67	Danielle Schmold	Novice	The Hot Shots	29	150.5
34	Tiffany Olivieri	Novice	Action Conditioning Rockets	30	160.0
68	Nicole Balfour	Novice	The Hot Shots	31	168.5
71	Brianna Salfi	Novice		32	176.0
59	Kelly Evaskevech	Novice	Relentless	33	182.5
89	Tracy Schmaltz	Novice		34	184.0
37	Lindsay Jacobsen	Novice	Buns and Guns	35	184.5
45	Liz Toles	Novice	Live Better #1	36	190.5
42	Jolene Northfield	Novice	Kilo Bellas #4	37	191.0
61	Heidi Mettler	Novice	Scrambled Legs	38	203.5
38	Breanna Hodge	Novice	Kilo Bellas #2	39	204.0
39	Melissa Schaffer	Novice	Kilo Bellas #2	40	206.5
48	Melanie Meier	Novice	Our Team	41	211.0
88	Seema Jamal	Novice		42	222.5
83	Lindsey Wright	Novice		43	226.5

32	Carissa Filipuzzi	Novice	Action Conditioning Rockets	44	233.0
36	Jasmine Scott	Novice	Buns and Guns	45	235.5
87	Samantha Loepky	Novice		46	237.0
74	Danica Bobyk	Novice		47	241.5
43	Natasha Lammerhirt	Novice	Kilo Bellas #4	48	242.5
44	Angela Donaghy	Novice	Live Better #1	49	257.0
49	Tarah Kern	Novice	Our Team	50	266.5
60	Carly Daniels	Novice	Scrambled Legs	51	269.5
82	Liliana Delgado	Novice		52	274.5
69	Amy Dewar	Novice		53	277.0
33	Nicole St Germain	Novice	Action Conditioning Rockets	54	279.0
75	Elley Chinook	Novice		55	286.0
81	Lia Golemba	Novice		56	290.0
72	Celia Phaneuf	Novice		57	291.5
79	Karen Doepel	Novice		58	292.0
58	Joni Belanger	Novice	Relentless	59	298.5
35	Christina Stewart	Novice	Buns and Guns	60	301.5
41	Brenda Ducharme	Novice	Kilo Bellas #4	61	309.0
76	Emma Wright	Novice		62	311.5
80	Karla Carcamo	Novice		63	342.0

NOVICE EVENT RANKING

OBSTACLE COURSE

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

NOVICE DIVISION			OBSTACLE COURSE			OC Rank
#	NAME	TEAM	OCTimer	OC Penalty	OC TIME	
65	Natalie Johnson	The Fiercest 3 from FBBC	00:13.59		00:13.59	1
46	Shauna Beierbach	Live Better #1	00:13.96		00:13.96	2
86	Rebecca Tokariuk		00:13.97		00:13.97	3
63	Christy Heigh	The Fiercest 3 from FBBC	00:14.09		00:14.09	4
64	Eilish Short	The Fiercest 3 from FBBC	00:14.12		00:14.12	5
78	Jesse Harrison		00:14.42		00:14.42	6
62	Michelle Cartwright	Scrambled Legs	00:14.81		00:14.81	7
77	Jackie Kalcheva		00:15.08		00:15.08	8
26	Lynn Suttie	Action Conditioning Force	00:15.21		00:15.21	9
30	Kiarra Armstrong	Action Conditioning Fury	00:15.25		00:15.25	10
52	Kelsie Rogers	Perfectfit4u #3	00:15.25		00:15.25	10
34	Tiffany Olivieri	Action Conditioning Rockets	00:15.50		00:15.50	12
55	Laren Roelofsen	Perfectfit4u #4	00:15.51		00:15.51	13
27	Nicoleen Heersink	Action Conditioning Force	00:15.62		00:15.62	14
47	Mandy Sauer	Our Team	00:15.62		00:15.62	14

84	Megan Hall		00:15.66		00:15.66	16
40	Tracy McLellan	Kilo Bellas #2	00:15.75		00:15.75	17
28	Ruth Waterfield	Action Conditioning Force	00:15.81		00:15.81	18
73	Christina Duhnrych		00:15.06	00:01.00	00:16.06	19
42	Jolene Northfield	Kilo Bellas #4	00:16.09		00:16.09	20
31	Sam Pankratz	Action Conditioning Fury	00:16.25		00:16.25	21
67	Danielle Schmold	The Hot Shots	00:16.25		00:16.25	21
85	Michelle Hardy		00:16.31		00:16.31	23
66	Abigail Wright	The Hot Shots	00:16.33		00:16.33	24
70	Brenda Sorge		00:16.39		00:16.39	25
54	Jennifer Popp	Perfectfit4u #4	00:16.66		00:16.66	26
61	Heidi Mettler	Scrambled Legs	00:16.56		00:16.93	27
71	Brianna Salfi		00:17.00		00:17.00	28
45	Liz Toles	Live Better #1	00:17.03		00:17.03	29
29	Jordana Hudak	Action Conditioning Fury	00:17.06		00:17.06	30
37	Lindsay Jacobsen	Buns and Guns	00:17.12		00:17.12	31
57	Brenda Dyck	Relentless	00:17.18		00:17.18	32
53	Ty Onerheim	Perfectfit4u #3	00:17.21		00:17.21	33
38	Breanna Hodge	Kilo Bellas #2	00:17.28		00:17.28	34
68	Nicole Balfour	The Hot Shots	00:16.30	00:01.00	00:17.30	35
48	Melanie Meier	Our Team	00:17.48		00:17.48	36
36	Jasmine Scott	Buns and Guns	00:17.53		00:17.53	37
89	Tracy Schmaltz		00:17.60		00:17.60	38
56	Samantha Osbourne	Perfectfit4u #4	00:16.62	00:01.00	00:17.62	39
51	Elissa Culver	Perfectfit4u #3	00:18.15		00:18.15	40
43	Natasha Lammerhirt	Kilo Bellas #4	00:18.31		00:18.31	41
87	Samantha Loeppky		00:18.37		00:18.37	42
49	Tarah Kern	Our Team	00:18.63		00:18.63	43
44	Angela Donaghy	Live Better #1	00:18.78		00:18.78	44
39	Melissa Schaffer	Kilo Bellas #2	00:18.96		00:18.96	45
41	Brenda Ducharme	Kilo Bellas #4	00:19.25		00:19.25	46
60	Carly Daniels	Scrambled Legs	00:19.56		00:19.56	47
32	Carissa Filipuzzi	Action Conditioning Rockets	00:19.66		00:19.66	48
88	Seema Jamal		00:19.99		00:19.99	49
75	Elley Chinook		00:20.09		00:20.09	50
82	Liliana Delgado		00:20.45		00:20.45	51
69	Amy Dewar		00:21.03		00:21.03	52
74	Danica Bobyk		00:21.30		00:21.30	53
76	Emma Wright		00:21.30		00:21.30	53
35	Christina Stewart	Buns and Guns	00:21.43		00:21.43	55
33	Nicole St Germain	Action Conditioning Rockets	00:21.56		00:21.56	56
58	Joni Belanger	Relentless	00:22.03		00:22.03	57
72	Celia Phaneuf		00:21.03	00:01.00	00:22.03	57
83	Lindsey Wright		00:19.10	00:03.00	00:22.10	59
79	Karen Doepel		00:23.34		00:23.34	60
59	Kelly Evaskevech	Relentless	00:29.99		00:29.99	61
80	Karla Carcamo		04:00.00		04:00.00	62
81	Lia Golemba		04:00.00		04:00.00	62

BOX JUMPS

NOVICE DIVISION			BOX JUMPS		Box Rank
#	NAME	TEAM	Box Reps	Box TIME	
63	Christy Heigh	The Fiercest 3 from FBBC	50	00:44.12	1
65	Natalie Johnson	The Fiercest 3 from FBBC	50	00:45.40	2
47	Mandy Sauer	Our Team	50	00:49.19	3
53	Ty Onerheim	Perfectfit4u #3	50	00:49.94	4
68	Nicole Balfour	The Hot Shots	50	00:51.25	5
27	Nicoleen Heersink	Action Conditioning Force	50	00:53.90	6
46	Shauna Beierbach	Live Better #1	50	00:56.78	7
67	Danielle Schmol	The Hot Shots	50	00:57.03	8
64	Eilish Short	The Fiercest 3 from FBBC	50	00:59.28	9
55	Laren Roelofsen	Perfectfit4u #4	50	01:05.84	10
66	Abigail Wright	The Hot Shots	50	01:09.03	11
77	Jackie Kalcheva		50	01:09.82	12
39	Melissa Schaffer	Kilo Bellas #2	50	01:12.00	13
28	Ruth Waterfield	Action Conditioning Force	50	01:14.13	14
52	Kelsie Rogers	Perfectfit4u #3	50	01:15.65	15
54	Jennifer Popp	Perfectfit4u #4	50	01:18.31	16
51	Elissa Culver	Perfectfit4u #3	50	01:19.41	17
26	Lynn Suttie	Action Conditioning Force	50	01:19.72	18
88	Seema Jamal		50	01:25.53	19
56	Samantha Osbourne	Perfectfit4u #4	50	01:27.22	20
30	Kiarra Armstrong	Action Conditioning Fury	50	01:28.68	21
86	Rebecca Tokariuk		50	01:28.75	22
57	Brenda Dyck	Relentless	50	01:28.81	23
73	Christina Duhnich		50	01:29.06	24
78	Jesse Harrison		50	01:30.06	25
29	Jordana Hudak	Action Conditioning Fury	50	01:31.75	26
70	Brenda Sorge		50	01:31.75	26
71	Brianna Salfi		50	01:34.82	28
48	Melanie Meier	Our Team	50	01:36.34	29
59	Kelly Evaskevech	Relentless	50	01:38.72	30
37	Lindsay Jacobsen	Buns and Guns	50	01:41.53	31
42	Jolene Northfield	Kilo Bellas #4	50	01:43.06	32
40	Tracy McLellan	Kilo Bellas #2	50	01:43.78	33
72	Celia Phaneuf		50	01:47.78	34
84	Megan Hall		50	01:47.81	35
82	Liliana Delgado		50	01:48.90	36
89	Tracy Schmaltz		50	01:49.38	37
83	Lindsey Wright		50	01:50.04	38
81	Lia Golemba		50	01:50.34	39
44	Angela Donaghy	Live Better #1	50	01:50.37	40
62	Michelle Cartwright	Scrambled Legs	50	01:58.03	41
36	Jasmine Scott	Buns and Guns	50	01:59.25	42

79	Karen Doepel		50	02:01.97	43
34	Tiffany Olivieri	Action Conditioning Rockets	50	02:07.97	44
45	Liz Toles	Live Better #1	50	02:12.59	45
43	Natasha Lammerhirt	Kilo Bellas #4	50	02:20.22	46
61	Heidi Mettler	Scrambled Legs	50	02:20.56	47
58	Joni Belanger	Relentless	50	02:22.10	48
38	Breanna Hodge	Kilo Bellas #2	50	02:32.46	49
69	Amy Dewar		50	02:37.34	50
32	Carissa Filipuzzi	Action Conditioning Rockets	50	02:42.28	51
31	Sam Pankratz	Action Conditioning Fury	50	02:49.10	52
85	Michelle Hardy		50	02:51.16	53
87	Samantha Loeppky		50	02:56.63	54
33	Nicole St Germain	Action Conditioning Rockets	47	03:00.00	55
49	Tarah Kern	Our Team	47	03:00.00	55
74	Danica Bobyk		47	03:00.00	55
41	Brenda Ducharme	Kilo Bellas #4	39	03:00.00	58
76	Emma Wright		39	03:00.00	58
60	Carly Daniels	Scrambled Legs	32	03:00.00	60
75	Elley Chinook		31	03:00.00	61
35	Christina Stewart	Buns and Guns	28	03:00.00	62
80	Karla Carcamo			03:00.00	63

TIRE FLIPS

NOVICE DIVISION		TIRE FLIP		Flip Rank	
#	NAME	TEAM	Flips		Flip Time
65	Natalie Johnson	The Fiercest 3 from FBBC	06	00:16.00	1
78	Jesse Harrison		06	00:16.18	2
26	Lynn Suttie	Action Conditioning Force	06	00:16.37	3
86	Rebecca Tokariuk		06	00:18.10	4
46	Shauna Beierbach	Live Better #1	06	00:18.84	5
84	Megan Hall		06	00:19.38	6
85	Michelle Hardy		06	00:19.38	6
57	Brenda Dyck	Relentless	06	00:20.00	8
47	Mandy Sauer	Our Team	06	00:20.25	9
29	Jordana Hudak	Action Conditioning Fury	06	00:20.37	10
73	Christina Duhnich		06	00:20.69	11
31	Sam Pankratz	Action Conditioning Fury	06	00:20.75	12
53	Ty Onerheim	Perfectfit4u #3	06	00:20.75	12
56	Samantha Osbourne	Perfectfit4u #4	06	00:20.93	14
54	Jennifer Popp	Perfectfit4u #4	06	00:21.00	15
64	Eilish Short	The Fiercest 3 from FBBC	06	00:21.00	15
62	Michelle Cartwright	Scrambled Legs	06	00:21.09	17
66	Abigail Wright	The Hot Shots	06	00:21.88	18
37	Lindsay Jacobsen	Buns and Guns	06	00:22.12	19

55	Laren Roelofsen	Perfectfit4u #4	06	00:22.25	20
51	Elissa Culver	Perfectfit4u #3	06	00:22.31	21
59	Kelly Evaskevech	Relentless	06	00:22.35	22
63	Christy Heigh	The Fiercest 3 from FBBC	06	00:22.75	23
89	Tracy Schmaltz		06	00:22.90	24
83	Lindsey Wright		06	00:22.93	25
70	Brenda Sorge		06	00:23.09	26
45	Liz Toles	Live Better #1	06	00:23.46	27
38	Breanna Hodge	Kilo Bellas #2	06	00:23.53	28
87	Samantha Loeppky		06	00:23.53	28
43	Natasha Lammerhirt	Kilo Bellas #4	06	00:24.28	30
74	Danica Bobyk		06	00:24.31	31
77	Jackie Kalcheva		06	00:24.34	32
60	Carly Daniels	Scrambled Legs	06	00:24.44	33
71	Brianna Salfi		06	00:24.44	33
42	Jolene Northfield	Kilo Bellas #4	06	00:24.59	35
61	Heidi Mettler	Scrambled Legs	06	00:24.60	36
81	Lia Golemba		06	00:24.62	37
52	Kelsie Rogers	Perfectfit4u #3	06	00:25.22	38
48	Melanie Meier	Our Team	06	00:25.25	39
27	Nicoleen Heersink	Action Conditioning Force	06	00:25.56	40
39	Melissa Schaffer	Kilo Bellas #2	06	00:26.13	41
30	Kiarra Armstrong	Action Conditioning Fury	06	00:26.94	42
69	Amy Dewar		06	00:26.94	42
36	Jasmine Scott	Buns and Guns	06	00:27.06	44
32	Carissa Filipuzzi	Action Conditioning Rockets	06	00:27.09	45
79	Karen Doepel		06	00:27.28	46
75	Elley Chinook		06	00:27.50	47
35	Christina Stewart	Buns and Guns	06	00:27.78	48
40	Tracy McLellan	Kilo Bellas #2	06	00:27.78	48
34	Tiffany Olivieri	Action Conditioning Rockets	06	00:27.87	50
28	Ruth Waterfield	Action Conditioning Force	06	00:28.44	51
88	Seema Jamal		06	00:28.91	52
33	Nicole St Germain	Action Conditioning Rockets	06	00:30.00	53
68	Nicole Balfour	The Hot Shots	06	00:30.22	54
76	Emma Wright		06	00:32.63	55
49	Tarah Kern	Our Team	06	00:32.66	56
82	Liliana Delgado		06	00:34.07	57
44	Angela Donaghy	Live Better #1	06	00:34.56	58
41	Brenda Ducharme	Kilo Bellas #4	06	00:36.00	59
67	Danielle Schmold	The Hot Shots	06	00:40.60	60
58	Joni Belanger	Relentless	06	00:45.94	61
80	Karla Carcamo		06	00:48.06	62
72	Celia Phaneuf			02:00.00	63

TIRE DRAG

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

KETTLEBELL LIFT

NOVICE DIVISION		KETTLE BELLS			KB Rank	
#	NAME	TEAM	KB Timer	KB Penalty		KB TIME
31	Sam Pankratz	Action Conditioning Fury	00:25.18		00:25.18	1
26	Lynn Suttie	Action Conditioning Force	00:25.65		00:25.65	2
29	Jordana Hudak	Action Conditioning Fury	00:26.06		00:26.06	3
64	Eilish Short	The Fiercest 3 from FBBC	00:26.09		00:26.09	4
53	Ty Onerheim	Perfectfit4u #3	00:26.19		00:26.19	5
77	Jackie Kalcheva		00:26.47		00:26.47	6
63	Christy Heigh	The Fiercest 3 from FBBC	00:26.62		00:26.62	7
65	Natalie Johnson	The Fiercest 3 from FBBC	00:25.69	00:01.00	00:26.69	8
73	Christina Duhnych		00:26.93		00:26.93	9
78	Jesse Harrison		00:26.97		00:26.97	10
84	Megan Hall		00:27.00		00:27.00	11
85	Michelle Hardy		00:27.00		00:27.00	11
40	Tracy McLellan	Kilo Bellas #2	00:27.03		00:27.03	13
52	Kelsie Rogers	Perfectfit4u #3	00:27.12		00:27.12	14
28	Ruth Waterfield	Action Conditioning Force	00:27.13		00:27.13	15
86	Rebecca Tokariuk		00:27.13		00:27.13	15
27	Nicoleen Heersink	Action Conditioning Force	00:27.25		00:27.25	17
55	Laren Roelofsen	Perfectfit4u #4	00:27.37		00:27.37	18
56	Samantha Osbourne	Perfectfit4u #4	00:27.91		00:27.91	19
47	Mandy Sauer	Our Team	00:28.00		00:28.00	20
57	Brenda Dyck	Relentless	00:28.53		00:28.53	21
62	Michelle Cartwright	Scrambled Legs	00:28.59		00:28.59	22
66	Abigail Wright	The Hot Shots	00:28.63		00:28.63	23
74	Danica Bobyk		00:28.66		00:28.66	24
59	Kelly Evaskevech	Relentless	00:28.87		00:28.87	25
70	Brenda Sorge		00:28.91		00:28.91	26
30	Kiarra Armstrong	Action Conditioning Fury	00:28.94		00:28.94	27
89	Tracy Schmaltz		00:29.09		00:29.09	28
61	Heidi Mettler	Scrambled Legs	00:29.10		00:29.10	29
32	Carissa Filipuzzi	Action Conditioning Rockets	00:29.25		00:29.25	30
71	Brianna Salfi		00:29.31		00:29.31	31
37	Lindsay Jacobsen	Buns and Guns	00:29.34		00:29.34	32
46	Shauna Beierbach	Live Better #1	00:29.34		00:29.34	32
68	Nicole Balfour	The Hot Shots	00:29.50		00:29.50	34
67	Danielle Schmolde	The Hot Shots	00:29.82		00:29.82	35
34	Tiffany Olivieri	Action Conditioning Rockets	00:26.84	00:03.00	00:29.84	36
49	Tarah Kern	Our Team	00:29.97		00:29.97	37
83	Lindsey Wright		00:30.16		00:30.16	38
45	Liz Toles	Live Better #1	00:30.28		00:30.28	39

54	Jennifer Popp	Perfectfit4u #4	00:30.50		00:30.50	40
51	Elissa Culver	Perfectfit4u #3	00:30.81		00:30.81	41
87	Samantha Loepky		00:30.94		00:30.94	42
38	Breanna Hodge	Kilo Bellas #2	00:31.06		00:31.06	43
75	Elley Chinook		00:31.09		00:31.09	44
69	Amy Dewar		00:31.12		00:31.12	45
48	Melanie Meier	Our Team	00:31.28		00:31.28	46
36	Jasmine Scott	Buns and Guns	00:31.65		00:31.65	47
33	Nicole St Germain	Action Conditioning Rockets	00:32.19		00:32.19	48
44	Angela Donaghy	Live Better #1	00:32.37		00:32.37	49
43	Natasha Lammerhirt	Kilo Bellas #4	00:32.44		00:32.44	50
58	Joni Belanger	Relentless	00:32.65		00:32.65	51
35	Christina Stewart	Buns and Guns	00:33.31		00:33.31	52
88	Seema Jamal		00:33.35		00:33.35	53
42	Jolene Northfield	Kilo Bellas #4	00:33.53		00:33.53	54
79	Karen Doepel		00:33.56		00:33.56	55
39	Melissa Schaffer	Kilo Bellas #2	00:33.81		00:33.81	56
60	Carly Daniels	Scrambled Legs	00:33.82		00:33.82	57
76	Emma Wright		00:34.16		00:34.16	58
81	Lia Golemba		00:34.57		00:34.57	59
82	Liliana Delgado		00:35.03		00:35.03	60
72	Celia Phaneuf		00:36.97		00:36.97	61
80	Karla Carcamo		00:41.18		00:41.18	62
41	Brenda Ducharme	Kilo Bellas #4	00:44.62	00:01.00	00:45.62	63

SANDBAG BURPEE CLEAN/PRESS

NOVICE DIVISION					SANDBAG		SB Rank
#	NAME	TEAM	Sandbag Reps	Sandbag TIME			
63	Christy Heigh	The Fiercest 3 from FBBC	15	00:44.60			1
64	Eilish Short	The Fiercest 3 from FBBC	15	00:50.47			2
53	Ty Onerheim	Perfectfit4u #3	15	00:51.28			3
65	Natalie Johnson	The Fiercest 3 from FBBC	15	00:53.53			4
46	Shauna Beierbach	Live Better #1	15	00:56.12			5
31	Sam Pankratz	Action Conditioning Fury	15	00:57.93			6
47	Mandy Sauer	Our Team	15	00:58.41			7
51	Elissa Culver	Perfectfit4u #3	15	00:59.50			8
30	Kiarra Armstrong	Action Conditioning Fury	15	00:59.82			9
78	Jesse Harrison		15	01:00.04			10
34	Tiffany Olivieri	Action Conditioning Rockets	15	01:00.72			11
26	Lynn Suttie	Action Conditioning Force	15	01:01.35			12
59	Kelly Evaskevech	Relentless	15	01:01.56			13
55	Laren Roelofsen	Perfectfit4u #4	15	01:01.78			14
67	Danielle Schmold	The Hot Shots	15	01:02.15			15
66	Abigail Wright	The Hot Shots	15	01:02.19			16

57	Brenda Dyck	Relentless	15	01:02.75	17
52	Kelsie Rogers	Perfectfit4u #3	15	01:03.25	18
85	Michelle Hardy		15	01:03.31	19
27	Nicoleen Heersink	Action Conditioning Force	15	01:04.06	20
28	Ruth Waterfield	Action Conditioning Force	15	01:05.57	21
68	Nicole Balfour	The Hot Shots	15	01:06.56	22
56	Samantha Osbourne	Perfectfit4u #4	15	01:07.09	23
88	Seema Jamal		15	01:07.72	24
29	Jordana Hudak	Action Conditioning Fury	15	01:08.15	25
70	Brenda Sorge		15	01:08.16	26
40	Tracy McLellan	Kilo Bellas #2	15	01:08.19	27
39	Melissa Schaffer	Kilo Bellas #2	15	01:09.53	28
86	Rebecca Tokariuk		15	01:09.66	29
54	Jennifer Popp	Perfectfit4u #4	15	01:10.69	30
77	Jackie Kalcheva		15	01:10.84	31
38	Breanna Hodge	Kilo Bellas #2	15	01:10.88	32
73	Christina Duhnich		15	01:10.94	33
32	Carissa Filipuzzi	Action Conditioning Rockets	15	01:11.22	34
45	Liz Toles	Live Better #1	15	01:14.66	35
83	Lindsey Wright		15	01:16.56	36
89	Tracy Schmaltz		15	01:17.12	37
33	Nicole St Germain	Action Conditioning Rockets	15	01:20.62	38
42	Jolene Northfield	Kilo Bellas #4	15	01:22.40	39
84	Megan Hall		15	01:23.38	40
71	Brianna Salfi		15	01:23.40	41
48	Melanie Meier	Our Team	15	01:25.75	42
44	Angela Donaghy	Live Better #1	15	01:25.88	43
82	Liliana Delgado		15	01:28.00	44
62	Michelle Cartwright	Scrambled Legs	15	01:30.06	45
36	Jasmine Scott	Buns and Guns	15	01:31.07	46
72	Celia Phaneuf		15	01:32.00	47
60	Carly Daniels	Scrambled Legs	15	01:33.03	48
87	Samantha Loeppky		15	01:33.30	49
61	Heidi Mettler	Scrambled Legs	15	01:36.75	50
74	Danica Bobyk		15	01:37.19	51
58	Joni Belanger	Relentless	15	01:39.22	52
49	Tarah Kern	Our Team	15	01:39.82	53
43	Natasha Lammerhirt	Kilo Bellas #4	15	01:50.60	54
37	Lindsay Jacobsen	Buns and Guns	15	01:58.35	55
35	Christina Stewart	Buns and Guns	15	02:04.47	56
79	Karen Doepel		15	02:10.81	57
75	Elley Chinook		15	02:27.15	58
41	Brenda Ducharme	Kilo Bellas #4	15	02:44.93	59
76	Emma Wright		15	02:50.62	60
69	Amy Dewar			03:00.00	61
80	Karla Carcamo			03:00.00	61
81	Lia Golembo			03:00.00	61

