

2022 TRI-FITNESS RESULTS

WOMEN'S TRI-FITNESS OVERALL - ALL 7 EVENTS

1	Shana Verstegen	Wisconsin
2	Jennifer Walker	Florida
3	Melissa Goodrich	Florida
4	Stacy Wig	Maryland
5	Misti Flomer	Alabama
6	Gwen Atkinson	Virginia
7	Meredith Butulis	Florida
8	Megan Stangl	Maryland
9	Kathy Nettles	Florida
10	Liva Rivera	Florida
11	Shari Ciapka	New Jersey
12	Nikki Wiggins	Alabama
13	Atinu Jamison	Florida
14	Whitney Damianidis	Virginia
15	Carol Anthony	South Africa

MEN'S TRI-FITNESS OVERALL - ALL 5 EVENTS

1	Weston Walker	Florida
2	Lorenzo Newell	Texas
3	Jonathon Souders	Florida
4	Richard Rivera	Texas
5	Dakota Colangelo	Florida
6	Shane Beasley	Alabama
7	Noah Houck	Florida
8	Eric Mayfield	Maryland
9	Michael McKee	Alabama
10	Jim Driscoll	Colorado

TRI-FITNESS OPTIONAL - (ALL EVENTS EXCEPT ROUTINE)

1	Jennifer Walker	Florida
2	Pamela Forrest	Florida
3	Annik Nayler	Canada
4	Shana Verstegen	Wisconsin
5	Melissa Goodrich	Florida
6	Nicole Robinson	Alabama
7	Stacy Wig	Maryland
8	Kelly Stout	Pennsylvania
9	Billie Jean Wangerow	Colorado
10	Ronshende Whittington	Maryland
11	Rachele Dolly	Maryland
12	Misti Flomer	Alabama
13	Gwen Atkinson	Virginia
14	Amy Magliulo	Florida

15 Tina Irby Mississippi

WOMEN'S TRI-FITNESS - 5 EVENTS - NO G&P/ ROUTINE

1	Jennifer Walker	Florida
2	Melissa Goodrich	Florida
3	Pamela Forrest	Florida
4	Shana Versteegen	Wisconsin
5	Annik Naylor	Canada
6	Kelly Stout	Pennsylvania
7	Ronshende Whittington	Maryland
8	Billie Jean Wangerow	Colorado
9	Nicole Robinson	Alabama
10	Stacy Wig	Maryland
11	Misti Flomer	Alabama
12	Gwen Atkinson	Virginia
13	Kathy Nettles	Florida
14	Megan Stangl	Maryland
15	Jennifer Fontana	Florida

WOMEN'S OBSTACLE COURSE

1	Jennifer Walker	Florida	52.32
2	Annik Naylor	Canada	55.69
3	Melissa Goodrich	Florida	56.59
4	Pamela Forrest	Florida	56.78
5	Shana Versteegen	Wisconsin	61.03
6	Kathy Nettles	Florida	65.69
7	Liva Rivera	Florida	68.06
8	Kelly Stout	Pennsylvania	68.78
9	Savannah Wilbur	Virginia	70.09
10	Misti Flomer	Alabama	70.91
11	Stacy Wig	Maryland	71.69
12	Jennifer Fontana	Florida	72.47
13	Megan Stangl	Maryland	72.78
14	Billie Jean Wangerow	Colorado	73.88
15	Nicole Robinson	Alabama	74.1
16	Rachel Dolly	Maryland	75.75
17	Sidney Jones	South Carolina	77.25
18	Jackie Callaway	Florida	78.31
19	Gwen Atkinson	Virginia	78.43
20	Ronshende Whittington	Maryland	78.47

MEN'S OBSTACLE COURSE

1	Weston Walker	Florida	40.63
2	Lorenzo Newell	Texas	49.5
3	Jonathon Souders	Florida	50.75
4	Richard Rivera	Texas	51.37
5	Dakota Colangelo	Florida	53.12

6	Jamie Griffith	Alabama	59
7	Noah Houck	Florida	59.75
8	Shane Beasley	Alabama	61.38
9	Eric Mayfield	Maryland	62.78
10	Michael McKee	Alabama	69.56
11	Jim Driscoll	Colorado	69.66
12	Joshua Hauck	Indiana	78.97
13	Paul Flomer Jr	Alabama	106.44

WOMEN'S GRACE & PHYSIQUE

1	Tina Davis	Georgia
2	Pamela Forrest	Florida
3	Annik Nayler	Canada
4	Nicole Robinson	Alabama
5	Shana Verstegen	Wisconsin
6	Stacy Wig	Maryland
7	Rachel Dolly	Maryland
8	Atinu Jamison	Florida
9	Brandi McLaughlin	Florida
10	Shari Ciapka	New Jersey
11	Amy Magliulo	Florida
12	Melissa Goodrich	Florida
13	Tina Irby	Mississippi
14	Nikki Wiggins	Alabama
15	Whitney Damianidis	Virginia
16	Marianne Colon	Colorado
17	Nanani Alicea	Georgia
18	Billie Jean Wangerow	Colorado
19	Jennifer Walker	Florida
20	Ronshende Whittington	Maryland
21	Kristen Fleig	Maryland
22	Kelly Stout	Pennsylvania
23	Meredith Butulis	Florida
24	Sidney Jones	South Carolina
25	Sharon Maloney	New Hampshire

WOMEN'S TRUE GRIT

1	Jennifer Walker	Florida	85.29
2	Annik Nayler	Canada	94.44
3	Billie Jean Wangerow	Colorado	96.75
4	Pamela Forrest	Florida	98.47
5	Gwen Atkinson	Virginia	99.28
6	Melissa Goodrich	Florida	100.6
7	Shana Verstegen	Wisconsin	100.81
8	Ronshende Whittington	Maryland	101.24
9	Kelly Stout	Pennsylvania	101.97
10	Savannah Wilbur	Virginia	102.24

11	Kathy Nettles	Florida	103.03
12	Megan Stangl	Maryland	105.1
13	Liva Rivera	Florida	105.15
14	Misti Flomer	Alabama	105.47
15	Suzy Perdomo	Florida	105.78
16	Teresa Evans	Florida	107.72
17	Courtney Sides	Alabama	107.78
18	Jennifer Fontana	Florida	107.81
19	Nicole Robinson	Alabama	108.31
20	Stacy Wig	Maryland	109.25

MEN'S TRUE GRIT

1	Weston Walker	Florida	78.71
2	Lorenzo Newell	Texas	88.5
3	Jonathon Souders	Florida	89.12
4	Dakota Colangelo	Florida	92.18
5	Shande Beasley	Alabama	92.91
6	Jamie Griffith	Alabama	94.28
7	Noah Houck	Florida	96.22
8	Richard Rivara	Texas	97.75
9	Jim Driscoll	Colorado	98.52
10	Jeff Robinson	Alabama	100.63
11	Ben Ahrens	Florida	100.81
12	Michael McKee	Alabama	102.6
13	Joshua Hauck	Indiana	104.68
14	Eric Mayfield	Virginia	105.25
15	Paul Flomer Jr	Alabama	121.03

WOMEN'S FITNESS SKILLS - BOX, BENCH, SHUTTLE

1	Jennifer Walker	Florida
2	Melissa Goodrich	Florida
3	Shana Verstegen	Wisconsin
4	Tina Dale	Florida
5	Ronshende Whittington	Maryland
6	Nicole Robinson	Alabama
7	Pamela Forrest	Florida
8	Jessica Kew	Florida
9	Kelly Stout	Pennsylvania
10	Stacy Wig	Maryland
11	Tina Flanders	Texas
12	Carol Anthony	South Africa
13	Gwen Atkinson	Virginia
14	Misti Flomer	Alabama
15	Amy Magliulo	Florida
16	Billie Jean Wangerow	Colorado
17	Tina Irby	Mississippi
18	Nanani Alicea	Georgia

19	Jessica Condron	Missouri
20	Whitney Damianidis	Virginia

MEN'S FITNESS SKILLS - BENCH, BOX, SHUTTLE

1	Weston Walker	Florida
2	Richard Rivera	Texas
3	Lorenzo Newell	Texas
4	Jonathan Souders	Florida
5	Dakota Colangelo	Florida
6	Shane Beasley	Alabama
7	Noah Houck	Florida
8	Eric Mayfield	Virginia
9	Michael McKee	Alabama
10	Jeff Robinson	Alabama
11	Justin Kelly	Alabama
12	Jim Driscoll	Colorado
13	Joshua Hauck	Indiana
14	Paul Flomer Jr	Alabama

WOMEN'S FITNESS ROUTINES

1	Shana Verstegen	Wisconsin
2	Stacy Wig	Maryland
3	Erin Miller	Florida
4	Meredith Butulis	Florida
5	Melissa Goodrich	Florida
6	Jennifer Walker	Florida
7	Misti Flomer	Alabama
8	Gwen Atkinson	Virginia
9	Nikki Wiggins	Alabama
10	Shari Ciapka	New Jersey
11	Kim Sides	Alabama
12	Liva Rivera	Florida
13	Megan Stangl	Maryland
14	Makayla Galarza	Florida
15	Kathy Nettles	Florida
16	Kimi Prohias	Florida
17	Jenny Jimenez	Florida
18	Atinu Jamison	Florida
19	Rene Driscoll	Colorado
20	Whitney Damianidis	Virginia

WOMEN'S OBSTACLE COURSE AGE GROUP FIRST PLACE WINNERS

TEEN TALL	Courtney Sides
TEEN SHORT	Kai Robinson
18-24 TALL	Kylie Cox
18-24 SHORT	Kelly Jansen
25-29 TALL	Megan Stangl

25-29 SHORT	Andrea Carter
30-34 TALL	Savannah Wilbur
30-34 SHORT	Rachel Dolly
35-39 TALL	Kathy Nettles
35-39 SHORT	Jennifer Walker
40-44 TALL	Annik Nayler
40-44 SORT	Melissa Goodrich
45-49 SHORT	Jennifer Fontana
45-49 TALL	Pamela Forrest
50-54 TALL	Shari Ciapka
50-54 SHORT	Stacy Wig
55-59 TALL	Sidney Jones
55-59 SHORT	Marianne Colon
60-64 TALL	Laura Zobrist
60-64 SHORT	Amy Magiulo
65-69 TALL	Tina Flanders
65-69 SHORT	Linda Schroedter
75-79 TALL	Judy Thacker
75-79 SHORT	

WOMEN'S GRACE & PHYSIQUE AGE GROUP FIRST PLACE

18-24 TALL	Kelly Cox
18-24 SHORT	Kelly Jansen
25-29 TALL	Sophia Colon
25-29 SHORT	Andrea Carter
30-34 TALL	Whitney Damianidis
30-34 SHORT	Rachel Dolly
35-39 TALL	Billie Jean Wangerow
35-39 SHORT	Tina Irby
40-44 TALL	Annik Nayler
40-44 SHORT	Nicole Robinson
45-49 SHORT	Tina Davis
45-49 TALL	Pamela Forrest
50-54 TALL	Shari Ciapka
50-54 SHORT	Stacy Wig
55-59 TALL	Karin Jones
55-59 SHORT	Marianne Colon
60-64 TALL	Gail Kozlowski
60-64 SHORT	Amy Magliulo
65-69 TALL	Tina Flanders

WOMEN'S TRUE GRIT AGE GROUP FIRST PLACE

TEEN TALL	Courtney Sides
TEEN SHORT	Kai Robinson
18-24 TALL	Emma Blackwell
18-24 SHORT	Kelly Jansen
25-29 TALL	Megan Stangl

25-29 SHORT	Andrea Carter
30-34 TALL	Savannah Wilbur
30-34 SHORT	Rachel Dolly
35-39 TALL	Billie Jean Wangerow
35-39 SHORT	Jennifer Walker
40-44 TALL	Annik Nayler
40-44 SHORT	Melissa Goodrich
45-49 SHORT	Teresa Evans
45-49 TALL	Pamela Forrest
50-54 TALL	Shari Ciapka
50-54 SHORT	Suzy Perdomo
55-59 TALL	Eirene Knott
55-59 SHORT	April Lawton
60-64 TALL	Gail Kozlowski
60-64 SHORT	Jessica Kew
65-69 TALL	Tina Flanders
65-69 SHORT	Linda Schroedter
75-79 TALL	Judy Thacker
75-79 SHORT	Chris Green

WOMEN'S FITNESS SKILLS AGE GROUP FIRST PLACE

TEEN TALL	Courtney Sides
TEEN SHORT	Kai Robinson
18-24 TALL	Kylie Cox
18-24 SHORT	Kelly Jansen
25-29 TALL	Megan Stangl
30-34 TALL	Whitney Damianidis
30-34 SHORT	Rachel Dolly
35-39 TALL	Gwen Atkinson
35-39 SHORT	Jennifer Walker
40-44 TALL	Shana Verstegen
40-44 SHORT	Melissa Goodrich
45-49 SHORT	Jessica Condron
45-49 TALL	Pamela Forrest
50-54 TALL	Shari Ciapka
50-54 SHORT	Stacy Wig
55-59 TALL	Eirene Knott
55-59 SHORT	Carol Anthony
60-64 TALL	Gail Kozlowski
60-64 SHORT	Tina Dale
65-69 TALL	Tina Flanders
65-69 SHORT	Linda Schroedter
75-79 TALL	Judy Thacker
75-79 SHORT	Chris Green

WOMEN'S FITNESS ROUTINE AGE GROUP FIRST PLACE

TEEN SHORT	Makayla Galarza
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18-24 TALL	Erin Miller
25-29 TALL	Megan Stangl
30-34 TALL	Whitney Damianidis
35-39 TALL	Gwen Atkinson
35-39 SHORT	Jennifer Walker
40-44 TALL	Shana Versteegen
40-44 SHORT	Melissa Goodrich
45-49 SHORT	Kimi Prohias
45-49 TALL	Kim Sides
50-54 TALL	Shari Ciapka
50-54 SHORT	Stacy Wig
55-59 TALL	Eirene Knott
55-59 SHORT	Carol Anthony

CHILDREN'S ACCOMPLISHMENT

Gloriana Forrest
Ava Bailey
Minka Grage
Ava Duval
Preslee Ramsey
Aiden Bailey