

# RTB Lift Off 2025

April 19, 2025 – Raise the Bar Fitness – 699 St George Blvd, Moncton, NB, Canada

## 1RM Thruster

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
10:20 - 10:30 Heat 1	Dave Robichaud Men	Félix Tucker Men	Luc Doucet Men	Mia Schofield Women	Cara Smith Women
10:35 - 10:45 Heat 2	Lucas Edwards Men	Julie Patterson Women	Emily Douthwright Women	Jason Tucker Men	—
10:50 - 11:00 Heat 3	Paulo Lins Men	Carole Maillet Women	Amber Mactavish Women	Kris Bourque Men	AJ Antiporda Men
11:05 - 11:15 Heat 4	Thomas Reinders Men	Andrew Calvert Men	Heather Macdonald Women	Julie Leger Women	—

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## 1RM Clean

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
11:25 - 11:35 Heat 1	<b>Dave Robichaud</b> Men	<b>Félix Tucker</b> Men	<b>Luc Doucet</b> Men	<b>Mia Schofield</b> Women	<b>Cara Smith</b> Women
11:40 - 11:50 Heat 2	<b>Lucas Edwards</b> Men	<b>Julie Patterson</b> Women	<b>Emily Douthwright</b> Women	<b>Jason Tucker</b> Men	—
11:55 - 12:05 Heat 3	<b>Paulo Lins</b> Men	<b>Carole Maillet</b> Women	<b>Amber Mactavish</b> Women	<b>Kris Bourque</b> Men	<b>AJ Antiporda</b> Men
12:10 - 12:20 Heat 4	<b>Thomas Reinders</b> Men	<b>Andrew Calvert</b> Men	<b>Heather Macdonald</b> Women	<b>Julie Leger</b> Women	—

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## 3RM Deadlift

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
12:30 - 12:40 Heat 1	Dave Robichaud Men	Félix Tucker Men	Luc Doucet Men	Mia Schofield Women	Cara Smith Women
12:45 - 12:55 Heat 2	Lucas Edwards Men	Julie Patterson Women	Emily Douthwright Women	Jason Tucker Men	—
13:00 - 13:10 Heat 3	Paulo Lins Men	Carole Maillet Women	Amber Mactavish Women	Kris Bourque Men	AJ Antiporda Men
13:15 - 13:25 Heat 4	Thomas Reinders Men	Andrew Calvert Men	Heather Macdonald Women	Julie Leger Women	—

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## 2RM Back Squat

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
12:40 - 12:50 Heat 1	Dave Robichaud Men	Félix Tucker Men	Luc Doucet Men	Mia Schofield Women	Cara Smith Women
12:55 - 13:05 Heat 2	Lucas Edwards Men	Julie Patterson Women	Emily Douthwright Women	Jason Tucker Men	—
13:10 - 13:20 Heat 3	Paulo Lins Men	Carole Maillet Women	Amber Mactavish Women	Kris Bourque Men	AJ Antiporda Men
13:25 - 13:35 Heat 4	Thomas Reinders Men	Andrew Calvert Men	Heather Macdonald Women	Julie Leger Women	—