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

RTB Lift Off 2025

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1RM Clean

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

RTB Lift Off 2025

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3RM Deadlift

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

RTB Lift Off 2025

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

2RM Back Squat

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