

# RTB Lift Off 2026

April 11, 2026 – Raise the Bar Fitness – 699 Saint George Boulevard, Moncton, NB, Canada

## 1RM Cluster

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
10:30 - 10:38 Heat 1	<b>Kris Bourque</b> Men	<b>Lambert Baraut-Guinet</b> Men	<b>Jacob Morton</b> Men	<b>Mike Dunfield</b> Men	<b>Thomas Reinders</b> Men
10:43 - 10:51 Heat 2	<b>Mason Bourque</b> Men	<b>Filipe Aguiar da Silva</b> Men	<b>Dave Robichaud</b> Men	<b>Paulo Lins</b> Men	<b>Lucas Edwards</b> Men
10:56 - 11:04 Heat 3	<b>Emily Douthwright</b> Women	<b>Mariana Fonsati de Carvalho</b> Women	<b>Jen Dougan</b> Women	<b>Julie Patterson</b> Women	—
11:09 - 11:17 Heat 4	<b>Kelly Black</b> Women	<b>Chantal Barnaby</b> Women	<b>Mia Schofield</b> Women	<b>Carole Maillet</b> Women	—

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## 1RM Push Press

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
11:30 - 11:38 Heat 1	<b>Kris Bourque</b> Men	<b>Lambert Baraut-Guinet</b> Men	<b>Jacob Morton</b> Men	<b>Mike Dunfield</b> Men	<b>Thomas Reinders</b> Men
11:43 - 11:51 Heat 2	<b>Mason Bourque</b> Men	<b>Filipe Aguiar da Silva</b> Men	<b>Dave Robichaud</b> Men	<b>Paulo Lins</b> Men	<b>Lucas Edwards</b> Men
11:56 - 12:04 Heat 3	<b>Emily Douthwright</b> Women	<b>Mariana Fonsati de Carvalho</b> Women	<b>Jen Dougan</b> Women	<b>Julie Patterson</b> Women	—
12:09 - 12:17 Heat 4	<b>Kelly Black</b> Women	<b>Chantal Barnaby</b> Women	<b>Mia Schofield</b> Women	<b>Carole Maillet</b> Women	—

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## 1RM Back Squat

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
12:30 - 12:38 Heat 1	<b>Kris Bourque</b> Men	<b>Lambert Baraut-Guinet</b> Men	<b>Jacob Morton</b> Men	<b>Mike Dunfield</b> Men	<b>Thomas Reinders</b> Men
12:43 - 12:51 Heat 2	<b>Mason Bourque</b> Men	<b>Filipe Aguiar da Silva</b> Men	<b>Dave Robichaud</b> Men	<b>Paulo Lins</b> Men	<b>Lucas Edwards</b> Men
12:56 - 13:04 Heat 3	<b>Emily Douthwright</b> Women	<b>Mariana Fonsati de Carvalho</b> Women	<b>Jen Dougan</b> Women	<b>Julie Patterson</b> Women	—
13:09 - 13:17 Heat 4	<b>Kelly Black</b> Women	<b>Chantal Barnaby</b> Women	<b>Mia Schofield</b> Women	<b>Carole Maillet</b> Women	—

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## 1RM Deadlift

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
13:30 - 13:38 Heat 1	<b>Kris Bourque</b> Men	<b>Lambert Baraut-Guinet</b> Men	<b>Jacob Morton</b> Men	<b>Mike Dunfield</b> Men	<b>Thomas Reinders</b> Men
13:43 - 13:51 Heat 2	<b>Mason Bourque</b> Men	<b>Filipe Aguiar da Silva</b> Men	<b>Dave Robichaud</b> Men	<b>Paulo Lins</b> Men	<b>Lucas Edwards</b> Men
13:56 - 14:04 Heat 3	<b>Emily Douthwright</b> Women	<b>Mariana Fonsati de Carvalho</b> Women	<b>Jen Dougan</b> Women	<b>Julie Patterson</b> Women	—
14:09 - 14:17 Heat 4	<b>Kelly Black</b> Women	<b>Chantal Barnaby</b> Women	<b>Mia Schofield</b> Women	<b>Carole Maillet</b> Women	—