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

RTB Lift Off 2026

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

1RM Push Press

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

RTB Lift Off 2026

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

1RM Back Squat

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

RTB Lift Off 2026

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

1RM Deadlift

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