



2020 Oahu Holiday Fitness Classic

**Fitness**

**Results sheet for**

**FI Fitness Forearm Planks Modified 2**



**Final**

<b>Division: 1A</b>	<b>Delegation</b>	<b>Score</b>	<b>Place</b>
Godoy, Jairah	CEN.Terminators	0 min, 5.00 sec	1st
<b>Division: 1B</b>	<b>Delegation</b>	<b>Score</b>	<b>Place</b>
Ayer, Audrey	CEN.Terminators	1 min, 10.00 sec	1st
<b>Division: 1C</b>	<b>Delegation</b>	<b>Score</b>	<b>Place</b>
Fu, Jenna	LEE.Team Arise	0 min, 6.00 sec	1st
<b>Division: 1</b>	<b>Delegation</b>	<b>Score</b>	<b>Place</b>
Reyes, Lance	LEE.Team Arise	0 min, 3.00 sec	1st



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Division: 1	Delegation	Score	Place
<b>Spieth, Kayla</b>	CEN.Terminators	1 min, 33.60 sec	<b>1st</b>
<b>Ho, Ryan</b>	CEN.Terminators	1 min, 22.00 sec	<b>2nd</b>
<b>Christakis, Matthew</b>	WIN.Windward Warriors	0 min, 15.80 sec	<b>3rd</b>
<b>Playter, Courtney</b>	CEN.Terminators	0 min, 14.60 sec	<b>4th</b>

  

Division: 2A	Delegation	Score	Place
<b>Frattarelli, Brandon</b>	WIN.Windward Warriors	1 min, 22.00 sec	<b>1st</b>

  

Division: 2	Delegation	Score	Place
<b>Pascua, Brian</b>	CEN.Terminators	1 min, 37.00 sec	<b>1st</b>
<b>Romero, Rell</b>	CEN.Terminators	0 min, 9.00 sec	<b>2nd</b>

  

Division: 3	Delegation	Score	Place
<b>Kelley, Nicole</b>	CEN.Terminators	4 min, 45.00 sec	<b>1st</b>
<b>Shanahan, Michelle</b>	CEN.Terminators	2 min, 40.00 sec	<b>2nd</b>

  

Division: 4	Delegation	Score	Place
<b>Naki, Tyson</b>	CEN.Terminators	2 min, 59.00 sec	<b>1st</b>
<b>Akau, Hayden</b>	WIN.Windward Warriors	2 min, 50.00 sec	<b>2nd</b>
<b>Duncan, SolRay</b>	CEN.Terminators	2 min, 30.00 sec	<b>3rd</b>



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Division:	01	Delegation	Score	Place
	<b>Whitaker, Jack</b>	CEN.Terminators	0 min, 52.00 sec	<b>1st</b>
	<b>Shiota, Iori</b>	HON.Kaimuki Bulldogs	0 min, 13.00 sec	<b>2nd</b>
Division:	02	Delegation	Score	Place
	<b>Sakamoto, Matthew</b>	HON.Na Alii	1 min, 0.00 sec	<b>1st</b>
	<b>Alford, Kaia</b>	WIN.Windward Warriors	0 min, 36.00 sec	<b>2nd</b>
	<b>Farinas, Renzel</b>	LEE.Team Arise	0 min, 23.00 sec	<b>3rd</b>
	<b>Leong, Keola</b>	WIN.Windward Warriors	0 min, 22.00 sec	<b>4th</b>
Division:	03	Delegation	Score	Place
	<b>Lever, Jordan</b>	LEE.Team Arise	1 min, 51.10 sec	<b>1st</b>
	<b>Yamamoto-Fusco, Richard</b>	CEN.MoHS Na Menehune	1 min, 16.90 sec	<b>2nd</b>
	<b>Muller III, Phillip</b>	HON.Na Alii	1 min, 7.30 sec	<b>3rd</b>
	<b>Minvielle, Conner</b>	WIN.Windward Warriors		<b>Part</b>
Division:	04	Delegation	Score	Place
	<b>Koga, Kevin</b>	HON.Kaimuki Bulldogs	2 min, 26.00 sec	<b>1st</b>
	<b>Shiota, Yamato</b>	HON.Na Alii	0 min, 48.00 sec	<b>2nd</b>
	<b>Fanelli, James</b>	HON.Kaimuki Bulldogs	0 min, 21.10 sec	<b>3rd</b>
	<b>Okada, Noah</b>	HON.Na Alii		<b>DNS</b>
Division:	05	Delegation	Score	Place
	<b>Chu, Jaron</b>	HON.Kaimuki Bulldogs	3 min, 45.00 sec	<b>1st</b>
	<b>Sugiyama, Zachary</b>	HON.Na Alii	1 min, 28.00 sec	<b>2nd</b>
	<b>Katayama, Robert</b>	HON.Na Alii	1 min, 4.00 sec	<b>3rd</b>
Division:	07	Delegation	Score	Place
	<b>Balaz, Ho'opi'ookalani</b>	CEN.Terminators	1 min, 18.00 sec	<b>1st</b>
	<b>Tongpalan, Caven</b>	HON.Na Alii	0 min, 6.00 sec	<b>2nd</b>
Division:	08	Delegation	Score	Place
	<b>Pang, Bryant</b>	CEN.Terminators	1 min, 51.00 sec	<b>1st</b>
	<b>Ho, Kristina</b>	WIN.Windward Warriors	1 min, 32.00 sec	<b>2nd</b>
	<b>Mitsunaga, Masaya</b>	HON.Kaimuki Bulldogs	0 min, 24.18 sec	<b>3rd</b>
Division:	09	Delegation	Score	Place
	<b>Rice, Michael</b>	WIN.Windward Warriors	1 min, 7.00 sec	<b>1st</b>
	<b>Momohara, Kenji</b>	CEN.Terminators	1 min, 3.00 sec	<b>2nd</b>
Division:	10A	Delegation	Score	Place
	<b>Manfredi, Renee</b>	CEN.Terminators	1 min, 47.00 sec	<b>1st</b>



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Division:	10B	Delegation	Score	Place
	<b>Ishiki, Kurt</b>	HON.Na Alii	2 min, 24.60 sec	<b>1st</b>
Division:	10C	Delegation	Score	Place
	<b>Jones, Diego</b>	WIN.Windward Warriors	3 min, 55.00 sec	<b>1st</b>
Division:	10	Delegation	Score	Place
	<b>Ishiki, Seth</b>	HON.Na Alii	2 min, 21.60 sec	<b>1st</b>
	<b>Cdiam, Kyson</b>	CEN.Terminators	1 min, 42.80 sec	<b>2nd</b>



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#### FI Fitness Side Hops Modified

### Final



Division:	1	Delegation	Score	Place
	<b>Godoy, Jairah</b>	CEN.Terminators	25.00 points	<b>1st</b>
	<b>Frattarelli, Brandon</b>	WIN.Windward Warriors	13.00 points	<b>2nd</b>
Division:	2	Delegation	Score	Place
	<b>Playter, Courtney</b>	CEN.Terminators	30.00 points	<b>1st</b>
	<b>Leong, Keola</b>	WIN.Windward Warriors	26.00 points	<b>2nd</b>
	<b>Minvielle, Conner</b>	WIN.Windward Warriors		<b>DNS</b>
Division:	3	Delegation	Score	Place
	<b>Spieth, Kayla</b>	CEN.Terminators	25.00 points	<b>1st</b>
	<b>Sears, Richard</b>	CEN.Terminators	24.00 points	<b>2nd</b>
	<b>Smith, Steven</b>	CEN.Terminators	17.00 points	<b>3rd</b>
	<b>Arakaki, Jensen</b>	CEN.Terminators	8.00 points	<b>4th</b>
Division:	4	Delegation	Score	Place
	<b>Judd, Donovan</b>	CEN.Terminators	30.00 points	<b>1st</b>
	<b>Manfredi, Renee</b>	CEN.Terminators	30.00 points	<b>1st</b>
	<b>Pascua, Brian</b>	CEN.Terminators	14.00 points	<b>3rd</b>



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## Fitness

### Results sheet for FI Fitness Side Hops



## Final

Division:	01	Delegation	Score	Place
	<b>Yamamoto-Fusco, Richard</b>	CEN.MoHS Na Menehune	59.00 points	<b>1st</b>
	<b>Whitaker, Jack</b>	CEN.Terminators	51.00 points	<b>2nd</b>
	<b>Carter, Chase</b>	HON.Kaimuki Bulldogs	33.00 points	<b>3rd</b>
	<b>Akau, Hayden</b>	WIN.Windward Warriors	18.00 points	<b>4th</b>
	<b>Christakis, Matthew</b>	WIN.Windward Warriors	15.00 points	<b>5th</b>
Division:	02	Delegation	Score	Place
	<b>Jones, Diego</b>	WIN.Windward Warriors	75.00 points	<b>1st</b>
	<b>Shiota, Yamato</b>	HON.Na Alii	70.00 points	<b>2nd</b>
Division:	03	Delegation	Score	Place
	<b>Muller III, Phillip</b>	HON.Na Alii	55.00 points	<b>1st</b>
	<b>Okada, Noah</b>	HON.Na Alii	39.00 points	<b>2nd</b>
	<b>Pham, Milton</b>	HON.Kaimuki Bulldogs	28.00 points	<b>3rd</b>
	<b>Reyes, Lance</b>	LEE.Team Arise	26.00 points	<b>4th</b>
Division:	04	Delegation	Score	Place
	<b>Kan, Zachary</b>	HON.Kaimuki Bulldogs	60.00 points	<b>1st</b>
	<b>Alford, Kaia</b>	WIN.Windward Warriors	57.00 points	<b>2nd</b>
	<b>Farinas, Renzel</b>	LEE.Team Arise	52.00 points	<b>3rd</b>
	<b>Sakamoto, Matthew</b>	HON.Na Alii	51.00 points	<b>4th</b>
Division:	05	Delegation	Score	Place
	<b>Sugiyama, Zachary</b>	HON.Na Alii	54.00 points	<b>1st</b>
	<b>Lever, Jordan</b>	LEE.Team Arise	50.00 points	<b>2nd</b>
	<b>Katayama, Robert</b>	HON.Na Alii	45.00 points	<b>3rd</b>
Division:	06	Delegation	Score	Place
	<b>Chu, Jaron</b>	HON.Kaimuki Bulldogs	64.00 points	<b>1st</b>
	<b>Koga, Kevin</b>	HON.Kaimuki Bulldogs	58.00 points	<b>2nd</b>
	<b>Shiota, Iori</b>	HON.Kaimuki Bulldogs	57.00 points	<b>3rd</b>
	<b>Fanelli, James</b>	HON.Kaimuki Bulldogs	50.00 points	<b>4th</b>
Division:	07	Delegation	Score	Place
	<b>Shanahan, Michelle</b>	CEN.Terminators	11.00 points	<b>1st</b>
	<b>Tongpalan, Caven</b>	HON.Na Alii	7.00 points	<b>2nd</b>
Division:	08	Delegation	Score	Place
	<b>Naki, Tyson</b>	CEN.Terminators	26.00 points	<b>1st</b>
	<b>Ho, Ryan</b>	CEN.Terminators	24.00 points	<b>2nd</b>
	<b>Ayer, Audrey</b>	CEN.Terminators	22.00 points	<b>3rd</b>
	<b>Ho, Kristina</b>	WIN.Windward Warriors	18.00 points	<b>4th</b>



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## Fitness

### Results sheet for FI Fitness Side Hops



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Division:	09	Delegation	Score	Place
	<b>Pang, Bryant</b>	CEN.Terminators	31.00 points	<b>1st</b>
	<b>Momohara, Kenji</b>	CEN.Terminators	25.00 points	<b>2nd</b>
	<b>Fu, Jenna</b>	LEE.Team Arise	24.00 points	<b>3rd</b>
Division:	10	Delegation	Score	Place
	<b>Balaz, Ho'opi'ookalani</b>	CEN.Terminators	52.00 points	<b>1st</b>
	<b>Duncan, SolRay</b>	CEN.Terminators	33.00 points	<b>2nd</b>
	<b>Romero, Rell</b>	CEN.Terminators	28.00 points	<b>3rd</b>
	<b>Kelley, Nicole</b>	CEN.Terminators	24.00 points	<b>4th</b>
	<b>Rice, Michael</b>	WIN.Windward Warriors	20.00 points	<b>5th</b>
Division:	11A	Delegation	Score	Place
	<b>Cdiam, Kyson</b>	CEN.Terminators	72.00 points	<b>1st</b>
Division:	11	Delegation	Score	Place
	<b>Ishiki, Kurt</b>	HON.Na Alii	70.00 points	<b>1st</b>
	<b>Mitsunaga, Masaya</b>	HON.Kaimuki Bulldogs	61.00 points	<b>2nd</b>
	<b>Ishiki, Seth</b>	HON.Na Alii	44.00 points	<b>3rd</b>



2020 Oahu Holiday Fitness Classic

**Fitness**

**Results sheet for**

**FI Fitness Squat Modified 2**

**Final**



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Division: 1	Delegation	Score	Place
Arakaki, Jensen	CEN.Terminators	13.00 points	1st
Burke, Brian	CEN.Terminators	13.00 points	1st
Romero, Rell	CEN.Terminators	7.00 points	3rd

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## Fitness

### Results sheet for

### FI Fitness Squat Modified

### Final



Division:	1A	Delegation	Score	Place
	<b>Ayer, Audrey</b>	CEN.Terminators	18.00 points	<b>1st</b>

  

Division:	1	Delegation	Score	Place
	<b>Leong, Keola</b>	WIN.Windward Warriors	21.00 points	<b>1st</b>
	<b>Christakis, Matthew</b>	WIN.Windward Warriors	18.00 points	<b>2nd</b>
	<b>Frattarelli, Brandon</b>	WIN.Windward Warriors	18.00 points	<b>2nd</b>

  

Division:	2	Delegation	Score	Place
	<b>Fu, Jenna</b>	LEE.Team Arise	19.00 points	<b>1st</b>
	<b>Ho, Ryan</b>	CEN.Terminators	15.00 points	<b>2nd</b>
	<b>Reyes, Lance</b>	LEE.Team Arise	8.00 points	<b>3rd</b>
	<b>Smith, Steven</b>	CEN.Terminators	7.00 points	<b>4th</b>

  

Division:	3	Delegation	Score	Place
	<b>Shanahan, Michelle</b>	CEN.Terminators	11.00 points	<b>1st</b>
	<b>Godoy, Jairah</b>	CEN.Terminators	9.00 points	<b>2nd</b>
	<b>Tongpalan, Caven</b>	HON.Na Alii	8.00 points	<b>3rd</b>

  

Division:	4A	Delegation	Score	Place
	<b>Alford, Kaia</b>	WIN.Windward Warriors	30.00 points	<b>1st</b>

  

Division:	4	Delegation	Score	Place
	<b>Duncan, SolRay</b>	CEN.Terminators	21.00 points	<b>1st</b>
	<b>Judd, Donovan</b>	CEN.Terminators	14.00 points	<b>2nd</b>



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## Fitness

### Results sheet for

### FI Fitness Squat

## Final



Division:		Delegation	Score	Place
1	<b>Muller III, Phillip</b>	HON.Na Alii	23.00 points	1st
	<b>Farinas, Renzel</b>	LEE.Team Arise	17.00 points	2nd
	<b>Sakamoto, Matthew</b>	HON.Na Alii	17.00 points	2nd
	<b>Sugiyama, Zachary</b>	HON.Na Alii	14.00 points	4th
Division:	2	Delegation	Score	Place
	<b>Whitaker, Jack</b>	CEN.Terminators	12.00 points	1st
	<b>Okada, Noah</b>	HON.Na Alii	11.00 points	2nd
	<b>Akau, Hayden</b>	WIN.Windward Warriors	8.00 points	3rd
	<b>Kan, Zachary</b>	HON.Kaimuki Bulldogs	8.00 points	3rd
Division:	3	Delegation	Score	Place
	<b>Shiota, Yamato</b>	HON.Na Alii	24.00 points	1st
	<b>Jones, Diego</b>	WIN.Windward Warriors	23.00 points	2nd
	<b>Carter, Chase</b>	HON.Kaimuki Bulldogs	17.00 points	3rd
	<b>Shiota, Iori</b>	HON.Kaimuki Bulldogs	6.00 points	4th
Division:	4	Delegation	Score	Place
	<b>Koga, Kevin</b>	HON.Kaimuki Bulldogs	22.00 points	1st
	<b>Lever, Jordan</b>	LEE.Team Arise	16.00 points	2nd
	<b>Yamamoto-Fusco, Richard</b>	CEN.MoHS Na Menehune	16.00 points	2nd
Division:	5	Delegation	Score	Place
	<b>Chu, Jaron</b>	HON.Kaimuki Bulldogs	26.00 points	1st
	<b>Katayama, Robert</b>	HON.Na Alii		DNS
	<b>Minvielle, Conner</b>	WIN.Windward Warriors		DNS
Division:	6	Delegation	Score	Place
	<b>Balaz, Ho'opi'ookalani</b>	CEN.Terminators	17.00 points	1st
	<b>Ishiki, Kurt</b>	HON.Na Alii	17.00 points	1st
	<b>Ishiki, Seth</b>	HON.Na Alii	16.00 points	3rd
	<b>Ho, Kristina</b>	WIN.Windward Warriors	9.00 points	4th
	<b>Naki, Tyson</b>	CEN.Terminators	8.00 points	5th
Division:	7	Delegation	Score	Place
	<b>Kelley, Nicole</b>	CEN.Terminators	15.00 points	1st
	<b>Mitsunaga, Masaya</b>	HON.Kaimuki Bulldogs	8.00 points	2nd
	<b>Pascua, Brian</b>	CEN.Terminators	7.00 points	3rd
Division:	8	Delegation	Score	Place
	<b>Cdiam, Kyson</b>	CEN.Terminators	21.00 points	1st
	<b>Pang, Bryant</b>	CEN.Terminators	18.00 points	2nd
	<b>Rice, Michael</b>	WIN.Windward Warriors	12.00 points	2nd



2020 Oahu Holiday Fitness Classic

**Fitness**

**Results sheet for**

**FI Fitness Squat**

**Final**



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Division: <b>9</b>	Delegation	Score	Place
<b>Momohara, Kenji</b>	CEN.Terminators	20.00 points	<b>1st</b>
<b>Spieth, Kayla</b>	CEN.Terminators	15.00 points	<b>2nd</b>
<b>Playter, Courtney</b>	CEN.Terminators	11.00 points	<b>3rd</b>

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2020 Oahu Holiday Fitness Classic

**Fitness**

**Results sheet for**

**FI Fitness WC/Level III Air Punch**

**Final**



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Division: 1	Delegation	Score	Place
Burke, Brian	CEN.Terminators	21.00 points	1st
Smith, Steven	CEN.Terminators	10.00 points	2nd

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Division: 2	Delegation	Score	Place
Judd, Donovan	CEN.Terminators	56.00 points	1st
Sears, Richard	CEN.Terminators	29.00 points	2nd

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2020 Oahu Holiday Fitness Classic

**Fitness**

**Results sheet for**

**FI Fitness WC/Level III Shoulder Press**



**Final**

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Division: 1	Delegation	Score	Place
Arakaki, Jensen	CEN.Terminators	25.00 points	1st
Burke, Brian	CEN.Terminators	14.00 points	2nd
Sears, Richard	CEN.Terminators	12.00 points	3rd

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