



2020 Holiday Fitness Classic

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Results sheet for

FI Fitness Forearm Planks Modified 2



Final

Division:	01A	Delegation	Score	Place
	Brustowicz, Megan	KAU. Kauai Storm		DNS
Division:	01	Delegation	Score	Place
	Fu, Jenna	LEE.Team Arise	0 min, 56.00 sec	1st
	Reyes, Lance	LEE.Team Arise	0 min, 28.00 sec	2nd
Division:	02A	Delegation	Score	Place
	Tanigawa, Michael	KAU. Kauai Storm	0 min, 16.47 sec	1st
	Lee, Randelle	KAU. Kauai Storm	0 min, 12.13 sec	2nd
Division:	02B	Delegation	Score	Place
	Lomeli, Stephanie	MAU.Maui	0 min, 3.03 sec	1st
Division:	02	Delegation	Score	Place
	Murakami, Ka'umelani	MAU.Maui	0 min, 8.15 sec	1st
	Carineo, Jerry	KAU. Kauai Storm	0 min, 6.42 sec	2nd
Division:	03A	Delegation	Score	Place
	Behn, Ryan	MAU.Maui	1 min, 58.64 sec	1st
Division:	03	Delegation	Score	Place
	McClurg, Alexandra	KAU. Kauai Storm	1 min, 48.00 sec	1st
	Ayer, Audrey	CEN.Terminators	1 min, 40.00 sec	2nd



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Division:	1A	Delegation	Score	Place
	Frattarelli, Brandon	WIN.Windward Warriors	0 min, 17.29 sec	1st
Division:	1B	Delegation	Score	Place
	Mejia-Kaua, Lanice	EHA.Hilo High School	4 min, 12.20 sec	1st
	Akau, Hayden	WIN.Windward Warriors	3 min, 51.74 sec	2nd
	Faust, Dailynn	EHA.Hilo High School	0 min, 47.44 sec	3rd
Division:	1	Delegation	Score	Place
	Christakis, Matthew	WIN.Windward Warriors	0 min, 36.43 sec	1st
Division:	2A	Delegation	Score	Place
	Trim, Zachary	WHA.Kona	2 min, 28.00 sec	1st
	Pascua, Brian	CEN.Terminators	2 min, 12.00 sec	2nd
	Spieth, Kayla	CEN.Terminators	1 min, 48.00 sec	3rd
	Ho, Ryan	CEN.Terminators	1 min, 12.00 sec	4th
Division:	2	Delegation	Score	Place
	Romero, Rell	CEN.Terminators	1 min, 50.00 sec	1st
Division:	3A	Delegation	Score	Place
	Duncan, SolRay	CEN.Terminators	3 min, 10.00 sec	1st
	Naki, Tyson	CEN.Terminators	3 min, 8.00 sec	2nd
Division:	3	Delegation	Score	Place
	Guerrero, Shallen	EHA.Honokaa Hawks	3 min, 7.00 sec	1st
	Mateaki, Lynnell	MAU.Maui	0 min, 27.07 sec	2nd



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Division:	01A	Delegation	Score	Place
	Minvielle, Conner	WIN.Windward Warriors	0 min, 29.00 sec	1st
	Shiota, Iori	HON.Kaimuki Bulldogs	0 min, 8.00 sec	2nd
Division:	01B	Delegation	Score	Place
	Alford, Kaia	WIN.Windward Warriors	0 min, 31.00 sec	1st
Division:	01	Delegation	Score	Place
	Tongpalan, Caven	HON.Na Alii	0 min, 23.00 sec	1st
Division:	02	Delegation	Score	Place
	Farinas, Renzel	LEE.Team Arise	1 min, 8.00 sec	1st
	Mitsunaga, Masaya	HON.Kaimuki Bulldogs	0 min, 45.00 sec	2nd
	Leong, Keola	WIN.Windward Warriors	0 min, 39.00 sec	3rd
	Fanelli, James	HON.Kaimuki Bulldogs		DNS
Division:	03	Delegation	Score	Place
	Whitaker, Jack	CEN.Terminators	1 min, 25.69 sec	1st
	Shiota, Yamato	HON.Na Alii	1 min, 17.65 sec	2nd
	Planas, Travis	KAU. Kauai Storm	0 min, 58.48 sec	3rd
	Badua, Jeremy	EHA.Hilo High School	0 min, 49.20 sec	4th
Division:	04	Delegation	Score	Place
	Katayama, Robert	HON.Na Alii	1 min, 41.00 sec	1st
	Sakamoto, Matthew	HON.Na Alii	1 min, 29.00 sec	2nd
	Momohara, Kenji	CEN.Terminators	1 min, 16.00 sec	3rd
	Muller III, Phillip	HON.Na Alii	0 min, 41.73 sec	4th
Division:	05	Delegation	Score	Place
	Bautista, Britney	MAU.Maui	1 min, 33.00 sec	1st
	Sugiyama, Zachary	HON.Na Alii	1 min, 15.00 sec	2nd
	Yamamoto-Fusco, Richard	CEN.MoHS Na Menehune	1 min, 9.00 sec	3rd
	Balaz, Ho'opi'ookalani	CEN.Terminators	0 min, 49.54 sec	4th
Division:	06	Delegation	Score	Place
	Lever, Jordan	LEE.Team Arise	2 min, 15.00 sec	1st
	Kahaunaele, Arnold	EHA.Hilo High School	1 min, 32.00 sec	2nd
Division:	07A	Delegation	Score	Place
	Jones, Diego	WIN.Windward Warriors	5 min, 1.00 sec	1st
	Chu, Jaron	HON.Kaimuki Bulldogs	4 min, 37.00 sec	2nd



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Division:	07	Delegation	Score	Place
	Ishiki, Kurt	HON.Na Alii	4 min, 5.00 sec	1st
	Ishiki, Seth	HON.Na Alii	2 min, 32.00 sec	2nd
	Koga, Kevin	HON.Kaimuki Bulldogs	2 min, 28.00 sec	3rd

Division:	08A	Delegation	Score	Place
	Uchida, Cindy	EHA.Explosion	1 min, 21.00 sec	1st
	Ujano, Eva	MAU.Maui	1 min, 19.00 sec	2nd
	Garma, Anthony	KAU. Kauai Storm	0 min, 31.00 sec	3rd

Division:	08	Delegation	Score	Place
	Kelley, Nicole	CEN.Terminators	2 min, 13.00 sec	1st
	DeCambra, Brandon	MAU.Maui	0 min, 52.00 sec	2nd
	Smith, Alita	KAU. Kauai Storm	0 min, 14.50 sec	3rd

Division:	09	Delegation	Score	Place
	DeLuz, Isaiah	EHA.Honokaa Hawks	1 min, 23.00 sec	1st
	Rice, Michael	WIN.Windward Warriors	1 min, 20.00 sec	2nd
	Acosta, Gilbert	EHA.Honokaa Hawks	1 min, 14.00 sec	3rd

Division:	10	Delegation	Score	Place
	Garcia, Jocelyn	EHA.Explosion	2 min, 29.84 sec	1st
	Moniz, Kylie	KAU. Kauai Storm	1 min, 51.89 sec	2nd
	Elizares, Cynthia	EHA.Honokaa Hawks	1 min, 30.45 sec	3rd
	Ho, Kristina	WIN.Windward Warriors	1 min, 7.59 sec	4th

Division:	11	Delegation	Score	Place
	Manfredi, Renee	CEN.Terminators	2 min, 22.00 sec	1st
	Cadium, Kyson	CEN.Terminators	1 min, 55.00 sec	2nd
	Wong, Quentin	WHA.Kona	1 min, 15.00 sec	3rd
	Tazaki, Ken	KAU. Kauai Storm		DNS

Division:	12	Delegation	Score	Place
	Mitts, Michael	EHA.Honokaa Hawks	3 min, 6.00 sec	1st
	Wong, Isaiah	WHA.Kona	2 min, 50.00 sec	2nd
	Pang, Bryant	CEN.Terminators	1 min, 17.00 sec	3rd



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Division:	01A	Delegation	Score	Place
	Leong, Keola	WIN.Windward Warriors	26.00 points	1st

Division:	01	Delegation	Score	Place
	Frattarelli, Brandon	WIN.Windward Warriors	24.00 points	1st
	Brustowicz, Megan	KAU. Kauai Storm		DNS

Division:	02	Delegation	Score	Place
	Lomeli, Stephanie	MAU.Maui	10.00 points	1st
	Arakaki, Jensen	CEN.Terminators	9.00 points	2nd
	Tanigawa, Michael	KAU. Kauai Storm	9.00 points	2nd
	Ludington, Willabeth	KAU. Kauai Storm	2.00 points	4th

Division:	03	Delegation	Score	Place
	Pascua, Brian	CEN.Terminators	26.00 points	1st
	Garma, Anthony	KAU. Kauai Storm	25.00 points	2nd
	Smith, Steven	CEN.Terminators	19.00 points	3rd
	Carineo, Jerry	KAU. Kauai Storm	10.00 points	4th

Division:	04	Delegation	Score	Place
	Behn, Ryan	MAU.Maui	33.00 points	1st
	Torres, Fae	MAU.Maui	26.00 points	2nd
	Lee, Randelle	KAU. Kauai Storm	19.00 points	3rd
	Lee, Virginia	WHA.Kona	18.00 points	4th
	McClurg, Alexandra	KAU. Kauai Storm	18.00 points	4th

Division:	05	Delegation	Score	Place
	Murakami, Ka'umelani	MAU.Maui	30.00 points	1st
	Spieth, Kayla	CEN.Terminators	30.00 points	1st
	Godoy, Jairah	CEN.Terminators	26.00 points	3rd
	Sears, Richard	CEN.Terminators	24.00 points	4th

Division:	06	Delegation	Score	Place
	Playter, Courtney	CEN.Terminators	37.00 points	1st
	Uchida, Cindy	EHA.Explosion	31.00 points	2nd
	Elizares, Cynthia	EHA.Honokaa Hawks	27.00 points	3rd
	Mateaki, Lynnell	MAU.Maui	17.00 points	4th

Division:	07	Delegation	Score	Place
	Manfredi, Renee	CEN.Terminators	37.00 points	1st
	Judd, Donovan	CEN.Terminators	34.00 points	2nd
	Moore, Teresa	WHA.Kona	32.00 points	3rd
	Guerrero, Shallen	EHA.Honokaa Hawks	21.00 points	4th



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Division:	01A	Delegation	Score	Place
	Faust, Dailynn	EHA.Hilo High School	23.00 points	1st
	Mejia-Kaua, Lanice	EHA.Hilo High School	22.00 points	2nd
	Akau, Hayden	WIN.Windward Warriors	17.00 points	3rd
	Christakis, Matthew	WIN.Windward Warriors	14.00 points	4th
Division:	01	Delegation	Score	Place
	Tongpalan, Caven	HON.Na Alii	12.00 points	1st
Division:	02	Delegation	Score	Place
	Planas, Travis	KAU. Kauai Storm	42.00 points	1st
	Reyes, Lance	LEE.Team Arise	30.00 points	2nd
	Cochran, Mariah	EHA.Hilo High School	27.00 points	3rd
	Momohara, Kenji	CEN.Terminators	24.00 points	4th
	Fu, Jenna	LEE.Team Arise	22.00 points	5th
Division:	03A	Delegation	Score	Place
	Katayama, Robert	HON.Na Alii	66.00 points	1st
	Okada, Noah	HON.Na Alii	46.00 points	2nd
	Ishiki, Seth	HON.Na Alii	44.00 points	3rd
Division:	03	Delegation	Score	Place
	Bautista, Britney	MAU.Maui	38.00 points	1st
	Carter, Chase	HON.Kaimuki Bulldogs	35.00 points	2nd
	Pham, Milton	HON.Kaimuki Bulldogs	29.00 points	3rd
Division:	04	Delegation	Score	Place
	Whitaker, Jack	CEN.Terminators	65.00 points	1st
	Fanelli, James	HON.Kaimuki Bulldogs	55.00 points	2nd
	Lever, Jordan	LEE.Team Arise	52.00 points	3rd
	Sakamoto, Matthew	HON.Na Alii	40.00 points	4th
Division:	05	Delegation	Score	Place
	Sugiyama, Zachary	HON.Na Alii	74.00 points	1st
	Muller III, Phillip	HON.Na Alii	64.00 points	2nd
	Balaz, Ho'opi'ookalani	CEN.Terminators	56.00 points	3rd
	Badua, Jeremy	EHA.Hilo High School	49.00 points	4th
	Farinas, Renzel	LEE.Team Arise	48.00 points	5th
Division:	06	Delegation	Score	Place
	Yamamoto-Fusco, Richard	CEN.MoHS Na Menehune	68.00 points	1st
	Koga, Kevin	HON.Kaimuki Bulldogs	61.00 points	2nd
	Shiota, Iori	HON.Kaimuki Bulldogs	59.00 points	3rd
	Alford, Kaia	WIN.Windward Warriors	56.00 points	4th



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Division:	07	Delegation	Score	Place
	Mitsunaga, Masaya	HON.Kaimuki Bulldogs	66.00 points	1st
	Kahaunaele, Arnold	EHA.Hilo High School	62.00 points	2nd
	Kan, Zachary	HON.Kaimuki Bulldogs	55.00 points	3rd
	Chu, Jaron	HON.Kaimuki Bulldogs	52.00 points	4th
Division:	08	Delegation	Score	Place
	Jones, Diego	WIN.Windward Warriors	73.00 points	1st
	Shiota, Yamato	HON.Na Alii	69.00 points	2nd
	Ishiki, Kurt	HON.Na Alii	64.00 points	3rd
Division:	09	Delegation	Score	Place
	Ujano, Eva	MAU.Maui	20.00 points	1st
	Shanahan, Michelle	CEN.Terminators	13.00 points	2nd
	Smith, Alita	KAU. Kauai Storm	12.00 points	3rd
	Tazaki, Ken	KAU. Kauai Storm		DNS
Division:	10	Delegation	Score	Place
	Kelley, Nicole	CEN.Terminators	32.00 points	1st
	Ayer, Audrey	CEN.Terminators	26.00 points	2nd
	Rice, Michael	WIN.Windward Warriors	26.00 points	2nd
	Mitts, Michael	EHA.Honokaa Hawks	23.00 points	4th
	Ho, Kristina	WIN.Windward Warriors	13.00 points	5th
Division:	11	Delegation	Score	Place
	Wong, Isaiah	WHA.Kona	57.00 points	1st
	DeCambra, Brandon	MAU.Maui	42.00 points	2nd
	Ho, Ryan	CEN.Terminators	35.00 points	3rd
	Romero, Rell	CEN.Terminators	33.00 points	4th
	Naki, Tyson	CEN.Terminators	25.00 points	5th
Division:	12	Delegation	Score	Place
	DeLuz, Isaiah	EHA.Honokaa Hawks	46.00 points	1st
	Acosta, Gilbert	EHA.Honokaa Hawks	44.00 points	2nd
	Duncan, SolRay	CEN.Terminators	39.00 points	3rd
	Pang, Bryant	CEN.Terminators	32.00 points	4th
	Garcia, Jocelyn	EHA.Explosion	26.00 points	5th
Division:	13A	Delegation	Score	Place
	Cadium, Kyson	CEN.Terminators	86.00 points	1st



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Division: 13	Delegation	Score	Place
Moniz, Kylie	KAU. Kauai Storm	69.00 points	1st
Wong, Quentin	WHA.Kona	59.00 points	2nd
Trim, Zachary	WHA.Kona	46.00 points	3rd



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Division: 1	Delegation	Score	Place
Brustowicz, Megan	KAU. Kauai Storm		DNS

Division: 2A	Delegation	Score	Place
Burke, Brian	CEN.Terminators	14.00 points	1st
Arakaki, Jensen	CEN.Terminators	13.00 points	2nd

Division: 2	Delegation	Score	Place
Shankle, Breck	WHA.Kona	12.00 points	1st
Lomeli, Stephanie	MAU.Maui	6.00 points	2nd
Ludington, Willabeth	KAU. Kauai Storm	2.00 points	3rd



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Division:	01A	Delegation	Score	Place
	Faust, Dailynn	EHA.Hilo High School	21.00 points	1st
	Christakis, Matthew	WIN.Windward Warriors	14.00 points	2nd
Division:	01	Delegation	Score	Place
	Reyes, Lance	LEE.Team Arise	11.00 points	1st
	Tongpalan, Caven	HON.Na Alii	11.00 points	1st
	Mejia-Kaua, Lanice	EHA.Hilo High School	10.00 points	3rd
Division:	02A	Delegation	Score	Place
	Alford, Kaia	WIN.Windward Warriors	23.00 points	1st
Division:	02	Delegation	Score	Place
	Frattarelli, Brandon	WIN.Windward Warriors	20.00 points	1st
	Leong, Keola	WIN.Windward Warriors	20.00 points	1st
	Fu, Jenna	LEE.Team Arise	14.00 points	3rd
Division:	03A	Delegation	Score	Place
	Smith, Steven	CEN.Terminators	13.00 points	1st
	Smith, Alita	KAU. Kauai Storm	11.00 points	2nd
	Lee, Randelle	KAU. Kauai Storm	10.00 points	3rd
	Romero, Rell	CEN.Terminators	7.00 points	4th
Division:	03	Delegation	Score	Place
	Carineo, Jerry	KAU. Kauai Storm	7.00 points	1st
	Tanigawa, Michael	KAU. Kauai Storm	2.00 points	2nd
Division:	04	Delegation	Score	Place
	Murakami, Ka'umelani	MAU.Maui	14.00 points	1st
	Shanahan, Michelle	CEN.Terminators	13.00 points	2nd
	McClurg, Alexandra	KAU. Kauai Storm	11.00 points	3rd
	Godoy, Jairah	CEN.Terminators	8.00 points	4th
	Tazaki, Ken	KAU. Kauai Storm		DNS
Division:	05	Delegation	Score	Place
	Judd, Donovan	CEN.Terminators	23.00 points	1st
	Behn, Ryan	MAU.Maui	19.00 points	2nd
	Ho, Ryan	CEN.Terminators	17.00 points	3rd
	Elizares, Cynthia	EHA.Honokaa Hawks	15.00 points	4th
	Guerrero, Shallen	EHA.Honokaa Hawks	14.00 points	5th



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Division: 06	Delegation	Score	Place
Duncan, SolRay	CEN.Terminators	20.00 points	1st
Torres, Fae	MAU.Maui	18.00 points	2nd
Ayer, Audrey	CEN.Terminators	16.00 points	3rd
Uchida, Cindy	EHA.Explosion	14.00 points	4th



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Division:	01	Delegation	Score	Place
	Mitsunaga, Masaya	HON.Kaimuki Bulldogs	22.00 points	1st
	Shiota, Iori	HON.Kaimuki Bulldogs	18.00 points	2nd
	Kan, Zachary	HON.Kaimuki Bulldogs	16.00 points	3rd
	Okada, Noah	HON.Na Alii	16.00 points	3rd
	Akau, Hayden	WIN.Windward Warriors	15.00 points	5th
Division:	02	Delegation	Score	Place
	Ishiki, Seth	HON.Na Alii	24.00 points	1st
	Whitaker, Jack	CEN.Terminators	24.00 points	1st
	Sugiyama, Zachary	HON.Na Alii	22.00 points	3rd
	Yamamoto-Fusco, Richard	CEN.MoHS Na Menehune	21.00 points	4th
	Bautista, Britney	MAU.Maui	19.00 points	5th
Division:	03	Delegation	Score	Place
	Lever, Jordan	LEE.Team Arise	24.00 points	1st
	Balaz, Ho'opi'ookalani	CEN.Terminators	23.00 points	2nd
	Sakamoto, Matthew	HON.Na Alii	20.00 points	3rd
	Carter, Chase	HON.Kaimuki Bulldogs	16.00 points	4th
	Planas, Travis	KAU. Kauai Storm	13.00 points	5th
Division:	04	Delegation	Score	Place
	Momohara, Kenji	CEN.Terminators	19.00 points	1st
	Farinas, Renzel	LEE.Team Arise	17.00 points	2nd
	Ishiki, Kurt	HON.Na Alii	16.00 points	3rd
Division:	05A	Delegation	Score	Place
	Koga, Kevin	HON.Kaimuki Bulldogs	23.00 points	1st
Division:	05B	Delegation	Score	Place
	Jones, Diego	WIN.Windward Warriors	19.00 points	1st
Division:	05	Delegation	Score	Place
	Cochran, Mariah	EHA.Hilo High School	23.00 points	1st
	Badua, Jeremy	EHA.Hilo High School	21.00 points	2nd
Division:	06	Delegation	Score	Place
	Kahaunaele, Arnold	EHA.Hilo High School	25.00 points	1st
	Muller III, Phillip	HON.Na Alii	23.00 points	2nd
	Chu, Jaron	HON.Kaimuki Bulldogs	22.00 points	3rd
	Shiota, Yamato	HON.Na Alii	8.00 points	4th



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Division:	07	Delegation	Score	Place
	Garcia, Jocelyn	EHA.Expllosion	15.00 points	1st
	Garma, Anthony	KAU. Kauai Storm	14.00 points	2nd
	Ho, Kristina	WIN.Windward Warriors	10.00 points	3rd
	Naki, Tyson	CEN.Terminators	10.00 points	3rd
	Pascua, Brian	CEN.Terminators	10.00 points	3rd

Division:	08	Delegation	Score	Place
	DeCambra, Brandon	MAU.Maui	20.00 points	1st
	Playter, Courtney	CEN.Terminators	12.00 points	2nd
	Lee, Virginia	WHA.Kona	11.00 points	3rd
	Rice, Michael	WIN.Windward Warriors	10.00 points	4th
	Mateaki, Lynnell	MAU.Maui	4.00 points	5th

Division:	09	Delegation	Score	Place
	Kelley, Nicole	CEN.Terminators	38.00 points	1st
	Moore, Teresa	WHA.Kona	23.00 points	2nd
	Acosta, Gilbert	EHA.Honokaa Hawks	18.00 points	3rd
	Spieth, Kayla	CEN.Terminators	14.00 points	4th
	Ujano, Eva	MAU.Maui	8.00 points	5th

Division:	10	Delegation	Score	Place
	DeLuz, Isaiah	EHA.Honokaa Hawks	22.00 points	1st
	Pang, Bryant	CEN.Terminators	22.00 points	1st
	Mitts, Michael	EHA.Honokaa Hawks	19.00 points	3rd
	Moniz, Kylie	KAU. Kauai Storm	19.00 points	3rd

Division:	11	Delegation	Score	Place
	Cdiam, Kyson	CEN.Terminators	33.00 points	1st
	Wong, Isaiah	WHA.Kona	28.00 points	2nd
	Wong, Quentin	WHA.Kona	27.00 points	3rd
	Trim, Zachary	WHA.Kona	18.00 points	4th



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Division:	1A	Delegation	Score	Place
	Playter, Courtney	CEN.Terminators	0 min, 44.00 sec	1st

Division:	1B	Delegation	Score	Place
	Shanahan, Michelle	CEN.Terminators	3 min, 25.00 sec	1st
	Lee, Virginia	WHA.Kona	2 min, 3.00 sec	2nd

Division:	1C	Delegation	Score	Place
	Torres, Fae	MAU.Maui	3 min, 8.00 sec	1st
	Moore, Teresa	WHA.Kona	2 min, 25.00 sec	2nd

Division:	1	Delegation	Score	Place
	Godoy, Jairah	CEN.Terminators	2 min, 27.00 sec	1st



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Division: 1	Delegation	Score	Place
Cataquian, Marc	KAU.Chiefess Kamakahahei	1 min, 1.50 sec	1st
Naumu, Nawena	KAU.Chiefess Kamakahahei	1 min, 1.50 sec	1st



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Division:	1A	Delegation	Score	Place
	Braman, David	KAU.Chiefess Kamakahahei	3 min, 7.00 sec	1st
	Goias-Abrigo, Kasen	KAU.Chiefess Kamakahahei	3 min, 7.00 sec	1st

Division:	1	Delegation	Score	Place
	Gantt-Yangco, Kaylynn	KAU.Chiefess Kamakahahei	1 min, 47.70 sec	1st
	Kinney, Kaimanu	KAU.Chiefess Kamakahahei	1 min, 47.70 sec	1st



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Division: 1	Delegation	Score	Place
Cataquian, Marc	KAU.Chiefess Kamakahahelei	110.00 points	1st
Naumu, Nawena	KAU.Chiefess Kamakahahelei	110.00 points	1st



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Division: 1	Delegation	Score	Place
Braman, David	KAU.Chiefess Kamakahahei	84.00 points	1st
Goias-Abrigo, Kasen	KAU.Chiefess Kamakahahei	84.00 points	1st
Gantt-Yangco, Kaylynn	KAU.Chiefess Kamakahahei	70.00 points	2nd
Kinney, Kaimanu	KAU.Chiefess Kamakahahei	70.00 points	2nd



2020 Holiday Fitness Classic

Fitness

Results sheet for FI Fitness Unified Squat



Final

Division:	1A	Delegation	Score	Place
	Cataquian, Marc	KAU.Chiefess Kamakahahelei	21.00 points	1st
	Naumu, Nawena	KAU.Chiefess Kamakahahelei	21.00 points	1st

Division:	1B	Delegation	Score	Place
	Braman, David	KAU.Chiefess Kamakahahelei	53.00 points	1st
	Goias-Abrigo, Kasen	KAU.Chiefess Kamakahahelei	53.00 points	1st

Division:	1	Delegation	Score	Place
	Gantt-Yangco, Kaylynn	KAU.Chiefess Kamakahahelei	23.00 points	1st
	Kinney, Kaimanu	KAU.Chiefess Kamakahahelei	23.00 points	1st



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Fitness
Results sheet for
FI Fitness WC/Level III Air Punch
Final



Division: 1	Delegation	Score	Place
Shankle, Breck	WHA.Kona	28.00 points	1st
Smith, Steven	CEN.Terminators	28.00 points	1st
Takahashi, Yuu	WHA.Kona	18.00 points	3rd

Division: 2A	Delegation	Score	Place
Judd, Donovan	CEN.Terminators	41.00 points	1st

Division: 2	Delegation	Score	Place
Sears, Richard	CEN.Terminators	32.00 points	1st
Burke, Brian	CEN.Terminators	26.00 points	2nd



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Fitness

Results sheet for

FI Fitness WC/Level III Shoulder Press



Final

Division:	1	Delegation	Score	Place
	Takahashi, Yuu	WHA.Kona	17.00 points	1st
	Shankle, Breck	WHA.Kona	5.00 points	2nd
Division:	2A	Delegation	Score	Place
	Arakaki, Jensen	CEN.Terminators	23.00 points	1st
Division:	2	Delegation	Score	Place
	Burke, Brian	CEN.Terminators	21.00 points	1st
	Sears, Richard	CEN.Terminators	19.00 points	2nd