

2020 ADCKC Fitness (Jan 4)				Verticle Jump		Sled Pull		Flex Arm Hang		Plank		Push Up		Beep Test (Score)		Total Score
Name	Club	Age	Gender	(cms)	%	(sec)	%	(sec)	%	(sec)	%		%		%	
Eric Chouinard (Top U16)	MM	15	M	24.6	75.93%	9.28	74.25%	72.3	97.83%	300	100.00%	63	100.00%	13.4	100.00%	91.33
Jai Paliwal	SE	15	M	22.4	69.14%	10.53	65.43%	73.9	100.00%	233	77.67%	41	65.08%	12.4	92.54%	78.31
Iziah Storm (Top U14)	PI	13	M	23.5	72.53%	14.97	46.03%	50.47	68.29%	300	100.00%	46	73.02%	11.3	84.33%	74.03
Nicholas Albert	CH	13	M	21.8	67.28%	14.69	46.90%	57.5	77.81%	300	100.00%	42	66.67%	10.3	76.87%	72.59
Eli Nowlan	SE	15	M	32.4	100.00%	9.47	72.76%	48.36	65.44%	186	62.00%	29	46.03%	11.3	84.33%	71.76
Nathan Leger	CH	14	M	25.9	79.94%	10.87	63.39%	47.01	63.61%	184	61.33%	41	65.08%	12.9	96.27%	71.60
Aiden Martell	MA	14	M	18.3	56.48%	12.47	55.25%	52.3	70.77%	300	100.00%	40	63.49%	11.1	82.84%	71.47
Caleb Grey (Top Open)	CH	19	M	27.1	83.64%	9.25	74.49%	47.5	64.28%	140	46.67%	40	63.49%	12.8	95.52%	71.35
Ethan Page	SE	14	M	21.5	66.36%	12.59	54.73%	48.56	65.71%	300	100.00%	30	47.62%	10.9	81.34%	69.29
Rowan Gray	CH	16	M	22.6	69.75%	9.66	71.33%	49.5	66.98%	177	59.00%	30	47.62%	12	89.55%	67.37
Zach Wincey	MA	15	M	17.9	55.25%	12.28	56.11%	44.27	59.91%	300	100.00%	30	47.62%	11	82.09%	66.83
Ryan Chouinard	MM	14	M	21.6	66.67%	15.34	44.92%	39.78	53.83%	217	72.33%	35	55.56%	12.9	96.27%	64.93
Craig Johnson	SE	16	M	24.6	75.93%	8.88	77.59%	42.61	57.66%	149	49.67%	25	39.68%	11.8	88.06%	64.76
Jacob Wong	CH	15	M	24.6	75.93%	12.47	55.25%	55.21	74.71%	159	53.00%	40	63.49%	8.1	60.45%	63.80
Aiden Ferguson	SE	14	M	25.6	79.01%	10.13	68.02%	39.6	53.59%	145	48.33%	19	30.16%	12.8	95.52%	62.44
Robert Walsh	SE	16	M	21.1	65.12%	8.9	77.42%	21.68	29.34%	162	54.00%	36	57.14%	10.9	81.34%	60.73
Cameron Brown	SA	15	M	26.5	81.79%	10.25	67.22%	41.78	56.54%	149	49.67%	22	34.92%	9.9	73.88%	60.67
Christian Hall	PI	28	M	22.2	68.52%	6.89	100.00%	31.02	41.98%	124	41.33%	18	28.57%	10.6	79.10%	59.92
Hayden Hill	PI	11	M	19.4	59.88%	15.53	44.37%	26.16	35.40%	300	100.00%	33	52.38%	8.2	61.19%	58.87
Matt Zinck	SE	15	M	22.4	69.14%	10.93	63.04%	47.59	64.40%	70	23.33%	37	58.73%	8	59.70%	56.39
Devin Munro	SA	14	M	19.9	61.42%	10.97	62.81%	44	59.54%	113	37.67%	26	41.27%	9.8	73.13%	55.97
Liam Phillips	CH	16	M	21.2	65.43%	16.4	42.01%	47.7	64.55%	180	60.00%	32	50.79%	6.3	47.01%	54.97
Etienne Chenard	CH	12	M	24.8	76.54%	16.28	42.32%	0	0.00%	300	100.00%	15	23.81%	10.1	75.37%	53.01
Seamus Cote-Moss	MA	15	M	21.1	65.12%	11.09	62.13%	22.9	30.99%	184	61.33%	21	33.33%	8.6	64.18%	52.85
Jack Meisner	CH	13	M	18.6	57.41%	11.63	59.24%	51.07	69.11%	0	0.00%	36	57.14%	9.5	70.90%	52.30
Sam Allison	CH	12	M	19.6	60.49%	11.94	57.71%	21.56	29.17%	141	47.00%	31	49.21%	8.5	63.43%	51.17
David Leblanc	SE	15	M	18.9	58.33%	9.75	70.67%	20.47	27.70%	120	40.00%	27	42.86%	8.8	65.67%	50.87
William Koymor	CH	12	M	17.5	54.01%	9.78	70.45%	18.8	25.44%	162	54.00%	25	39.68%	7.7	57.46%	50.17
Eli Cowper	SE	11	M	15.8	48.77%	16.78	41.06%	20.53	27.78%	300	100.00%	20	31.75%	6.9	51.49%	50.14
Garrison Woodford	SE	14	M	19.2	59.26%	10.6	65.00%	23.46	31.75%	91	30.33%	20	31.75%	10.3	76.87%	49.16
Tate Levy	CH	12	M	12.1	37.35%	17.31	39.80%	18	24.36%	300	100.00%	17	26.98%	7.8	58.21%	47.78
Nevo Harel	CH	14	M	19.4	59.88%	13.03	52.88%	17.83	24.13%	127	42.33%	33	52.38%	7	52.24%	47.31
Mike Fleet (Top U18)	SA	17	M	16.7	51.54%	10.75	64.09%	21.95	29.70%	153	51.00%	20	31.75%	7.4	55.22%	47.22
Kaden Hope	PI	14	M	19	58.64%	13.75	50.11%	32	43.30%	127	42.33%	16	25.40%	8.3	61.94%	46.95
Xander Woodward	PI	12	M	18.5	57.10%	19.78	34.83%	40.42	54.70%	114	38.00%	25	39.68%	6.2	46.27%	45.10
Ibrahim Al-Rassi	SA	14	M	20.2	62.35%	11.07	62.24%	15.7	21.24%	70	23.33%	21	33.33%	7.1	52.99%	42.58
Phil Munroe	SA	12	M	21.9	67.59%	15.25	45.18%	20.8	28.15%	71	23.67%	20	31.75%	6.4	47.76%	40.68
Carter Naugler	PI	13	M	15.5	47.84%	14.56	47.32%	19.1	25.85%	128	42.67%	16	25.40%	6.8	50.75%	39.97
Andrew Hall	CH	14	M	17.9	55.25%	11.07	62.24%	13	17.59%	76	25.33%	20	31.75%	5.2	38.81%	38.49
Mark Hall	CH	12	M	13.5	41.67%	12.43	55.43%	0	0.00%	67	22.33%	9	14.29%	3.9	29.10%	27.14