

2020 ADCKC Fitness (Jan 4)				Verticle Jump		Sled Pull		Flex Arm Hang		Plank		Push Up		Beep Test (Score)		Total Score
Name	Club	Age	Gender	(in)	%	(sec)	%	(sec)	%	(sec)	%		%		%	
Enya Pouliot (Top U18)	SA	17	F	23.3	100.00%	11.06	82.82%	41.67	80.13%	300	100.00%	40	100.00%	7.5	68.81%	88.63
Emily MacPherson (Top U16)	SA	16	F	17.6	75.54%	10.91	83.96%	52	100.00%	300	100.00%	29	72.50%	6.2	56.88%	81.48
Shane Macmillan (Top U14)	CH	13	F	19.7	84.55%	11.72	78.16%	35.81	68.87%	229	76.33%	32	80.00%	10.9	100.00%	81.32
Abby Page (Top U12)	SE	12	F	16.2	69.53%	13.03	70.30%	39.1	75.19%	300	100.00%	40	100.00%	7.1	65.14%	80.03
Ava Carew	SE	16	F	17.6	75.54%	10.06	91.05%	44.58	85.73%	151	50.33%	34	85.00%	9	82.57%	78.37
Brianna Smith	MA	14	F	19.4	83.26%	11.88	77.10%	30.5	58.65%	210	70.00%	35	87.50%	9.9	90.83%	77.89
Lily Baert	SE	17	F	16.4	70.39%	10.66	85.93%	37.58	72.27%	156	52.00%	32	80.00%	10.5	96.33%	76.15
Maura Macumber	PI	12	F	17.1	73.39%	13.5	67.85%	21.9	42.12%	300	100.00%	30	75.00%	7.7	70.64%	71.50
Anna O'Brien	SE	17	F	18.9	81.12%	10.28	89.11%	32.52	62.54%	112	37.33%	21	52.50%	9.4	86.24%	68.14
Olivia Fogarty	SA	18	F	19.1	81.97%	9.9	92.53%	21.92	42.15%	160	53.33%	24	60.00%	8.1	74.31%	67.38
Mya Cowper	SE	14	F	19.2	82.40%	12.67	72.30%	31.57	60.71%	105	35.00%	30	75.00%	8.5	77.98%	67.23
Hali Wile	PI	15	F	19.2	82.40%	11.5	79.65%	31.49	60.56%	150	50.00%	15	37.50%	7.5	68.81%	63.15
Brandi-Lee Briand	PI	15	F	17.5	75.11%	11.28	81.21%	18.1	34.81%	234	78.00%	13	32.50%	7.9	72.48%	62.35
Sydney Amirault	CH	13	F	19.1	81.97%	13.59	67.40%	27.6	53.08%	187	62.33%	25	62.50%	6	55.05%	63.72
Molly Rusinak-Short	SE	15	F	17.7	75.97%	11.66	78.56%	17.63	33.90%	128	42.67%	30	75.00%	7.5	68.81%	62.48
Josie States	PI	13	F	17.3	74.25%	11.28	81.21%	24.4	46.92%	90	30.00%	14	35.00%	8.3	76.15%	57.25
Rylee MacKinnon	MA	14	F	17.2	73.82%	12.38	73.99%	10.6	20.38%	101	33.67%	20	50.00%	9.7	88.99%	56.81
Lilly MacPherson	SA	17	F	18.6	79.83%	12.27	74.65%	17.36	33.38%	120	40.00%	20	50.00%	6.3	57.80%	55.94
Kiara Levasseur	CH	12	F	15.6	66.95%	18.44	49.67%	29.1	55.96%	159	53.00%	28	70.00%	8.3	76.15%	61.96
Katie MacMillan	SA	14	F	14.2	60.94%	11.25	81.42%	10.9	20.96%	154	51.33%	20	50.00%	7.1	65.14%	54.97
Ella Cozens	CH	12	F	17.4	74.68%	16.29	56.23%	22.1	42.50%	160	53.33%	24	60.00%	7	64.22%	58.49
Gabby Rolfe	PI	11	F	16	68.67%	17.35	52.80%	11.5	22.12%	300	100.00%	23	57.50%	5.2	47.71%	58.13
Emma Yule	SA	14	F	16.9	72.53%	9.16	100.00%	10.14	19.50%	56	18.67%	19	47.50%	5.2	47.71%	50.98
Kyanna Hope	PI	12	F	14.1	60.52%	14.78	61.98%	7.14	13.73%	300	100.00%	17	42.50%	5.4	49.54%	54.71
Elle MacKenzie	CH	11	F	14	60.09%	14.16	64.69%	19.3	37.12%	120	40.00%	22	55.00%	6.2	56.88%	52.30
Abby Campbell	SA	14	F	14.7	63.09%	13.5	67.85%	18.82	36.19%	90	30.00%	15	37.50%	7	64.22%	49.81
Eva Bruce-Slaunwhite	PI	14	F	13.5	57.94%	10.9	84.04%	17.36	33.38%	97	32.33%	10	25.00%	4.7	43.12%	45.97
Claire Naugler	PI	13	F	20.5	87.98%	13.15	69.66%	19.19	36.90%	63	21.00%	11	27.50%	4.7	43.12%	47.69
Amelia Frank	PI	12	F	16.5	70.82%	15.75	58.16%	9.76	18.77%	187	62.33%	18	45.00%	5.2	47.71%	50.46
Ella Taylor	CH	12	F	13.3	57.08%	13.19	69.45%	6	11.54%	105	35.00%	20	50.00%	5.2	47.71%	45.13
Sarah Leger	CH	11	F	13.8	59.23%	17.31	52.92%	15.2	29.23%	120	40.00%	16	40.00%	7	64.22%	47.60
Moira Malek	SE	11	F	13.7	58.80%	14.62	62.65%	0	0.00%	105	35.00%	20	50.00%	0	0.00%	34.41