

2019 ADCKC Fitness (Nov 16)				Verticle Jump		Sled Pull		Flex Arm Hang		Plank		Push Up		Beep Test (Score)		Total Score
Name	Club	Age	Gender	(cms)	%	(sec)	%	(sec)	%	(sec)	%		%		%	
Jai Paliwal (Top U16)	SE	U16	M	22.9	70.68%	10	80.67%	65	92.86%	230	76.67%	40	83.33%	12.6	94.74%	99.79
Eric Chouinard	MM	U16	M	22.9	70.68%	10.72	72.08%	70	100.00%	164	54.67%	48	100.00%	13.3	100.00%	99.48
Eli Nowlan	SE	U16	M	32.4	100.00%	9.07	91.77%	41	58.57%	152	50.67%	28	58.33%	12.2	91.73%	90.21
Craig Johnson	SE	U16	M	24.8	76.54%	8.38	100.00%	25	35.71%	156	52.00%	36	75.00%	11.4	85.71%	84.99
Alex Erith Ellwood	SE	U16	M	25.8	79.63%	8.81	94.87%	48	68.57%	149	49.67%	20	41.67%	10.2	76.69%	82.22
Zak Storm (Top U14)	PI	U14	M	22.7	70.06%	15.56	14.32%	50	71.43%	300	100.00%	30	62.50%	11.2	84.21%	80.50
James Erith-Ellwood (Top U18)	SE	U18	M	20.5	63.27%	10.06	79.95%	45	64.29%	100	33.33%	34	70.83%	11.1	83.46%	79.03
Aidan Martell	MA	U14	M	16.5	50.93%	13.85	34.73%	48	68.57%	300	100.00%	23	47.92%	11.5	86.47%	77.72
Max Lundrigan	MA	U14	M	21.3	65.74%	12.53	50.48%	23	32.86%	300	100.00%	26	54.17%	10.7	80.45%	76.74
Rob Walsh	SE	U16	M	22.8	70.37%	9.44	87.35%	25	35.71%	127	42.33%	27	56.25%	11.4	85.71%	75.55
Devin Munroe	SA	U14	M	20.4	62.96%	10.19	78.40%	39	55.71%	189	63.00%	21	43.75%	9.5	71.43%	75.05
Cameron Brown	SA	U16	M	25.9	79.94%	10.8	71.12%	32	45.71%	95	31.67%	17	35.42%	12	90.23%	70.82
Hayden Dill (Top U12)	PI	U12	M	22.5	69.44%	14.03	32.58%	17	24.29%	300	100.00%	27	56.25%	8.9	66.92%	69.90
Michael Fleet	SA	U18	M	16.2	50.00%	8.57	97.73%	29	41.43%	109	36.33%	19	39.58%	8.1	60.90%	65.20
Ryan Chouinard	MM	U14	M	20.6	63.58%	15.56	14.32%	23	32.86%	134	44.67%	36	75.00%	12.3	92.48%	64.58
Brendan Canning	BA	U14	M	21.4	66.05%	15.1	19.81%	35	50.00%	66	22.00%	43	89.58%	9.4	70.68%	63.62
Evan Moser	PI	U14	M	24.4	75.31%	12.91	45.94%	19	27.14%	215	71.67%	0	0.00%	10.1	75.94%	59.20
Kayden Hope	PI	U14	M	19.6	60.49%	11.81	59.07%	20	28.57%	122	40.67%	15	31.25%	10.1	75.94%	59.20
David LeBlanc	SE	U16	M	19.5	60.19%	10.6	73.51%	18	25.71%	84	28.00%	16	33.33%	9.1	68.42%	57.83
Zack Wincey	MA	U16	M	17.1	52.78%	12.68	48.69%	38	54.29%	0	0.00%	24	50.00%	10.4	78.20%	56.79
Rylan Carrigan	PI	U12	M	16.4	50.62%	13.25	41.89%	21	30.00%	123	41.00%	21	43.75%	8.1	60.90%	53.63
Xander Woodward	PI	U12	M	18.5	57.10%	22.5	10.00%	15	21.43%	199	66.33%	19	39.58%	6.9	51.88%	49.26
Phil Munroe	SA	U12	M	21.4	66.05%	13.44	39.62%	15	21.43%	71	23.67%	22	45.83%	6.4	48.12%	48.94
Eli Cowper	SE	U12	M	15.5	47.84%	19.94	13.00%	15	21.43%	184	61.33%	13	27.08%	8.1	60.90%	46.32
Brayden Carrigan (Top U10)	PI	U10	M	15.3	47.22%	23.09	10.00%	15	21.43%	196	65.33%	21	43.75%	5.6	42.11%	45.97
Joseph Metlef	MA	U12	M	15.7	48.46%	21	12.00%	10	14.29%	106	35.33%	12	25.00%	9.1	68.42%	40.70