

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)	%		%		%	
Enya Pauliot (Top U18)	SA	U18	F	24.7	100.00%	11.28	77.26%	40	76.92%	300	100.00%	31	88.57%	7.4	75.51%	86.38
Sara Gardin (Top U14)	MA	U14	F	19.2	77.73%	12.52	63.76%	52	100.00%	300	100.00%	22	62.86%	9.1	92.86%	82.87
Emily MacPherson (Top U16)	SA	U16	F	18	72.87%	11.56	74.21%	51	98.08%	300	100.00%	20	57.14%	7.2	73.47%	79.30
Brianna Smith	MA	U14	F	18.5	74.90%	12.22	67.03%	19	36.54%	160	53.33%	35	100.00%	9.5	96.94%	71.46
Olivia Fogarty	SA	U18	F	18.2	73.68%	9.19	100.00%	19	36.54%	182	60.67%	20	57.14%	9	91.84%	69.98
Zahra Celikkanat	MA	U14	F	16	64.78%	11.87	70.84%	40	76.92%	140	46.67%	24	68.57%	8.5	86.73%	69.09
Halie Wile	PI	U16	F	21.2	85.83%	11.56	74.21%	33	63.46%	132	44.00%	14	40.00%	8.3	84.69%	65.37
Livia Nauss	SE	U16	F	18.3	74.09%	9.31	98.69%	16	30.77%	124	41.33%	18	51.43%	9.1	92.86%	64.86
Jacqueline Moore	SE	U16	F	17.5	70.85%	12.6	62.89%	13	25.00%	150	50.00%	27	77.14%	9.8	100.00%	64.31
Maura Macumber (Top U12)	PI	U12	F	17.6	71.26%	15.75	28.62%	28	53.85%	300	100.00%	16	45.71%	8.1	82.65%	63.68
Jazlyn Wincey	MA	U14	F	20.2	81.78%	0	0.00%	22	42.31%	300	100.00%	22	62.86%	8.5	86.73%	62.28
Molly Rusinak-Short	SE	U16	F	17.9	72.47%	11.94	70.08%	18	34.62%	122	40.67%	24	68.57%	8.2	83.67%	61.68
Fiona O'Donnell	SE	U16	F	16.8	68.02%	11.06	79.65%	16	30.77%	102	34.00%	26	74.29%	7.5	76.53%	60.54
Mya Cowper	SE	U14	F	17.7	71.66%	12.72	61.59%	30	57.69%	110	36.67%	21	60.00%	7.3	74.49%	60.35
Josie States	PI	U14	F	18.5	74.90%	12.28	66.38%	24	46.15%	81	27.00%	14	40.00%	9.3	94.90%	58.22
Sara Neville	BA	U16	F	16	64.78%	9.44	97.28%	36	69.23%	75	25.00%	32	91.43%	0	0.00%	57.95
Emma Yule	SA	U14	F	18.3	74.09%	10.66	84.00%	15	28.85%	71	23.67%	20	57.14%	7.2	73.47%	56.87
Katie MacMillan	SA	U14	F	15.3	61.94%	9.81	93.25%	12	23.08%	134	44.67%	8	22.86%	7.4	75.51%	53.55
Lilly MacPherson	SA	U18	F	17.1	69.23%	12.03	69.10%	17	32.69%	97	32.33%	19	54.29%	5.9	60.20%	52.97
Gabby Rolfe	PI	U12	F	17.9	72.47%	16.84	16.76%	8	15.38%	300	100.00%	13	37.14%	4.7	47.96%	48.29
Abby Cookson/Campbell	SA	U14	F	16	64.78%	12.89	59.74%	9	17.31%	96	32.00%	10	28.57%	8	81.63%	47.34
Ocean Lushman	SA	U14	F	14.7	59.51%	10	91.19%	5	9.62%	114	38.00%	7	20.00%	6.2	63.27%	46.93
Amelia Frank	PI	U12	F	19.6	79.35%	14.59	41.24%	8	15.38%	129	43.00%	16	45.71%	5.4	55.10%	46.63
Jenna Wile	PI	U12	F	16.8	68.02%	15.4	32.43%	35	67.31%	122	40.67%	20	57.14%	0	0.00%	44.26
Eva Bruce	PI	U16	F	15.2	61.54%	11.22	77.91%	11	21.15%	114	38.00%	0	0.00%	6.3	64.29%	43.81
Erica Walsh	SE	U12	F	16.3	65.99%	14.03	47.33%	10	19.23%	130	43.33%	4	11.43%	7.4	75.51%	43.80
Kvanna Hope	PI	U12	F	13.1	53.04%	14.28	44.61%	6	11.54%	75	25.00%	5	14.29%	4.4	44.90%	32.23