

# Squat

|    |             |     |
|----|-------------|-----|
| 1  | Dent, L     | 335 |
| 2  | Ward, C     | 310 |
| 3  | Callaway, C | 305 |
| 4  | Dean, B     | 305 |
| 5  | Mull, A     | 300 |
| 6  | Ward, D     | 290 |
| 7  | Ponsford, S | 285 |
| 8  | Curtis, I   | 280 |
| 9  | Moore, C    | 275 |
| 10 | Taylor, A   | 275 |

# Bench

|    |             |     |
|----|-------------|-----|
| 1  | Dean, B     | 245 |
| 2  | Ward, C     | 225 |
| 3  | Mull, A     | 210 |
| 4  | Ponsford, S | 200 |
| 5  | Curtis, I   | 195 |
| 6  | Moore, C    | 190 |
| 7  | Cutrell, D  | 190 |
| 8  | Dent, L     | 185 |
| 9  | Ward, D     | 185 |
| 10 | Callaway, C | 175 |

# Clean

|    |             |     |
|----|-------------|-----|
| 1  | Ponsford, S | 225 |
| 2  | Dent, L     | 215 |
| 3  | Dean, B     | 210 |
| 4  | Mull, A     | 200 |
| 5  | Curtis, I   | 195 |
| 6  | Ward, D     | 190 |
| 7  | Taylor, A   | 185 |
| 8  | Cutrell, D  | 185 |
| 9  | Ward, C     | 185 |
| 10 | Callaway, C | 175 |

# 40 Yard Dash

|    |             |     |
|----|-------------|-----|
| 1  | Deaton, N   | 4.7 |
| 2  | Nguyen, L   | 4.8 |
| 3  | Ponsford, S | 4.8 |
| 4  | Mull, A     | 4.8 |
| 5  | Ward, D     | 4.9 |
| 6  | Dean, B     | 4.9 |
| 7  | Schocke, P  | 5.0 |
| 8  | Dent, L     | 5.0 |
| 9  | Moore, C    | 5.0 |
| 10 | Curtis, I   | 5.0 |

# Rope Jumps

|    |             |     |
|----|-------------|-----|
| 1  | Moore, C    | 196 |
| 2  | Ponsford, S | 185 |
| 3  | Nguyen, L   | 185 |
| 4  | Dean, B     | 184 |
| 5  | Lynch, L    | 179 |
| 6  | Lee, N      | 170 |
| 7  | Walters, B  | 170 |
| 8  | Schocke, P  | 169 |
| 9  | Ledford, D  | 157 |
| 10 | Mull, A     | 152 |

# Double Jumps

|    |             |    |
|----|-------------|----|
| 1  | Ponsford, S | 32 |
| 2  | Moore, C    | 29 |
| 3  | Callaway, C | 26 |
| 4  | Perry, G    | 26 |
| 5  | Mull, A     | 25 |
| 6  | Deaton, N   | 23 |
| 7  | Nguyen, L   | 23 |
| 8  | Dean, B     | 22 |
| 9  | Foster, W   | 20 |
| 10 | Ward, D     | 20 |

# Long Jump

|    |             |       |
|----|-------------|-------|
| 1  | Ponsford, S | 8' 10 |
| 2  | Foster, W   | 8' 09 |
| 3  | Deaton, N   | 8' 07 |
| 4  | Curtis, I   | 8' 06 |
| 5  | Nguyen, L   | 8' 03 |
| 6  | Ward, D     | 8' 02 |
| 7  | Mull, A     | 8' 00 |
| 8  | Dean, B     | 8' 00 |
| 9  | Moore, C    | 7' 11 |
| 10 | Dent, L     | 7' 11 |

Dec-23

# 3 Lap Run

|    |             |      |
|----|-------------|------|
| 1  | Ponsford, S | 1:28 |
| 2  | Mull, A     | 1:31 |
| 3  | Moore, C    | 1:32 |
| 4  | Campbell, E | 1:32 |
| 5  | Walters, B  | 1:33 |
| 6  | Dean, B     | 1:34 |
| 7  | Nguyen, L   | 1:34 |
| 8  | Davidson, R | 1:37 |
| 9  | Lee, N      | 1:45 |
| 10 | Daulton, C  | 1:48 |



## Squat (Ratio)

Score divided by Weight

|             |       |
|-------------|-------|
| 1 Foster, W | 2.008 |
| 2 Mull, A   | 1.948 |
| 3 Nguyen, L | 1.923 |
| 4 Ward, C   | 1.879 |
| 5 Dent, L   | 1.811 |

## Bench (Ratio)

Score divided by Weight

|             |       |
|-------------|-------|
| 1 Ward, C   | 1.364 |
| 2 Mull, A   | 1.364 |
| 3 Dean, B   | 1.354 |
| 4 Nguyen, L | 1.269 |
| 5 Deaton, N | 1.231 |

## Clean (Ratio)

Score divided by Weight

|               |       |
|---------------|-------|
| 1 Ponsford, S | 1.301 |
| 2 Mull, A     | 1.299 |
| 3 Foster, W   | 1.270 |
| 4 Nguyen, L   | 1.231 |
| 5 Curtis, I   | 1.226 |

# All-Around

Each test is ranked (1st=1 point,  
2nd=2 points, 3rd=3 points, etc

|    |             |    |
|----|-------------|----|
| 1  | Ponsford, S | 19 |
| 2  | Dean, B     | 37 |
| 3  | Mull, A     | 38 |
| 4  | Moore, C    | 49 |
| 5  | Nguyen, L   | 64 |
| 6  | Ward, D     | 66 |
| 7  | Curtis, I   | 69 |
| 8  | Callaway, C | 77 |
| 9  | Dent, L     | 89 |
| 10 | Ward, C     | 93 |

## Squat (Juniors)

|               |     |
|---------------|-----|
| 1 Mull, A     | 300 |
| 2 Ponsford, S | 285 |
| 3 Lee, N      | 225 |
| 4 Deaton, N   | 210 |
| 5             |     |

## Bench (Juniors)

|               |     |
|---------------|-----|
| 1 Mull, A     | 210 |
| 2 Ponsford, S | 200 |
| 3 Deaton, N   | 160 |
| 4 Lee, N      | 155 |
| 5             |     |

## Clean (Juniors)

|               |     |
|---------------|-----|
| 1 Ponsford, S | 225 |
| 2 Mull, A     | 200 |
| 3 Deaton, N   | 150 |
| 4 Lee, N      | 145 |
| 5             |     |

## Squat (Sophomores)

|               |     |
|---------------|-----|
| 1 Callaway, C | 305 |
| 2 Dean, B     | 305 |
| 3 Curtis, I   | 280 |
| 4 Moore, C    | 275 |
| 5 Taylor, A   | 275 |

## Bench (Sophomores)

|               |     |
|---------------|-----|
| 1 Dean, B     | 245 |
| 2 Curtis, I   | 195 |
| 3 Moore, C    | 190 |
| 4 Callaway, C | 175 |
| 5 Taylor, A   | 175 |

## Clean (Sophomores)

|               |     |
|---------------|-----|
| 1 Dean, B     | 210 |
| 2 Curtis, I   | 195 |
| 3 Taylor, A   | 185 |
| 4 Callaway, C | 175 |
| 5 Moore, C    | 170 |

## Squat (Frosh)

|              |     |
|--------------|-----|
| 1 Dent, L    | 335 |
| 2 Ward, C    | 310 |
| 3 Ward, D    | 290 |
| 4 Metz, J    | 265 |
| 5 Cutrell, D | 260 |

## Bench (Frosh)

|              |     |
|--------------|-----|
| 1 Ward, C    | 225 |
| 2 Cutrell, D | 190 |
| 3 Dent, L    | 185 |
| 4 Ward, D    | 185 |
| 5 Abbott, M  | 170 |

## Clean (Frosh)

|              |     |
|--------------|-----|
| 1 Dent, L    | 215 |
| 2 Ward, D    | 190 |
| 3 Cutrell, D | 185 |
| 4 Ward, C    | 185 |
| 5 Metz, J    | 175 |