

Oct-23

# Squat

1	Mull, A	300
2	Callaway, C	300
3	Dent, L	300
4	Dean, B	295
5	Moore, C	280
6	Curtis, I	275
7	Ward, C	275
8	Briscoe, B	255
9	Ponsford, S	255
10	Deaton, N	245

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# Bench

1	Dean, B	230
2	Mull, A	210
3	Briscoe, B	195
4	Ward, C	195
5	Dent, L	190
6	Ponsford, S	185
7	Moore, C	180
8	Callaway, C	175
9	Curtis, I	175
10	Cutrell, D	170

# Clean

1	Dean, B	205
2	Briscoe, B	200
3	Ponsford, S	200
4	Dent, L	195
5	Mull, A	190
6	Curtis, I	185
7	Callaway, C	175
8	Metz, J	175
9	Moore, C	170
10	Ward, D	170

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# 40 Yard Dash

1	Nguyen, L	4.8
2	Dean, B	4.8
3	Ponsford, S	4.8
4	Moore, C	4.9
5	Mull, A	4.9
6	Dent, L	5.0
7	Campbell, E	5.0
8	Curtis, I	5.0
9	Ward, D	5.1
10	Schocke, P	5.1

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# Rope Jumps

1	Moore, C	183
2	Nguyen, L	183
3	Ponsford, S	171
4	Dean, B	171
5	Campbell, E	170
6	Ward, D	166
7	Lee, N	158
8	Mull, A	150
9	Perry, G	140
10	Schocke, P	140

# Double Jumps

1	Ponsford, S	27
2	Moore, C	27
3	Ward, D	25
4	Davidson, R	23
5	Nguyen, L	22
6	Mull, A	20
7	Dean, B	20
8	Callaway, C	18
9	Campbell, E	18
10	Dent, L	18

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# Long Jump

1	Ponsford, S	8' 08
2	Schocke, P	8' 04
3	Curtis, I	8' 03
4	Nguyen, L	8' 03
5	Mull, A	8' 02
6	Ward, D	8' 02
7	Dean, B	8' 01
8	Lee, N	7' 11
9	Moore, C	7' 10
10	Dent, L	7' 10

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# 3 Lap Run

1	Mull, A	1:22
2	Ponsford, S	1:25
3	Walters, B	1:28
4	Dean, B	1:29
5	Moore, C	1:32
6	Campbell, E	1:32
7	Schocke, P	1:36
8	Davidson, R	1:38
9	Ward, D	1:38
10	Nguyen, L	1:39

## Squat (Ratio)

Score divided by Weight

1 Mull, A	1.923
2 Nguyen, L	1.797
3 Curtis, I	1.741
4 Ward, C	1.719
5 Moore, C	1.707

## Bench (Ratio)

Score divided by Weight

1 Mull, A	1.346
2 Dean, B	1.257
3 Ward, C	1.219
4 Nguyen, L	1.211
5 Ponsford, S	1.114

## Clean (Ratio)

Score divided by Weight

1 Mull, A	1.218
2 Ponsford, S	1.205
3 Nguyen, L	1.172
4 Curtis, I	1.171
5 Perry, G	1.143

# All-Around

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

1	Ponsford, S	24
2	Dean, B	27
3	Mull, A	32
4	Moore, C	41
5	Dent, L	56
6	Ward, D	63
7	Nguyen, L	65
8	Curtis, I	71
9	Callaway, C	72
10	Campbell, E	97

## Squat (Seniors)

1	Brown, A		0
2	#N/A	#N/A	
3	#N/A	#N/A	
4	#N/A	#N/A	
5	#N/A	#N/A	

## Bench (Seniors)

1	Brown, A		0
2	#N/A	#N/A	
3	#N/A	#N/A	
4	#N/A	#N/A	
5	#N/A	#N/A	

## Clean (Seniors)

1			0
2	#N/A	#N/A	
3	#N/A	#N/A	
4	#N/A	#N/A	
5	#N/A	#N/A	

## Squat (Juniors)

1 Mull, A	300
2 Briscoe, B	255
3 Ponsford, S	255
4 Deaton, N	245
5 Lee, N	220

## Bench (Juniors)

1 Mull, A	210
2 Briscoe, B	195
3 Ponsford, S	185
4 Deaton, N	165
5 Lee, N	155

## Clean (Juniors)

1 Briscoe, B	200
2 Ponsford, S	200
3 Mull, A	190
4 Deaton, N	155
5 Lee, N	140

## Squat (Sophomores)

1 Callaway, C	300
2 Dean, B	295
3 Moore, C	280
4 Curtis, I	275
5 Nguyen, L	230

## Bench (Sophomores)

1 Dean, B	230
2 Moore, C	180
3 Callaway, C	175
4 Curtis, I	175
5 Nguyen, L	155

## Clean (Sophomores)

1 Dean, B	205
2 Curtis, I	185
3 Callaway, C	175
4 Moore, C	170
5 Taylor, A	160

## Squat (Frosh)

1 Dent, L	300
2 Ward, C	275
3 Metz, J	240
4 Abbott, M	235
5 Hasick, H	235

## Bench (Frosh)

1 Ward, C	195
2 Dent, L	190
3 Cutrell, D	170
4 Ledford, D	165
5 Ward, D	165

## Clean (Frosh)

1 Dent, L	195
2 Metz, J	175
3 Ward, D	170
4 Hasick, H	165
5 Perry, G	160