

Mar-24

# Squat

1	Dent, L	350
2	Dean, B	330
3	Callaway, C	320
4	Ward, C	315
5	Curtis, I	310
6	Mull, A	305
7	Metz, J	305
8	Daulton, N	300
9	Cutrell, D	285
10	Ward, D	280

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# Bench

1	Dean, B	235
2	Ward, C	235
3	Daulton, N	225
4	Cutrell, D	210
5	Briscoe, B	205
6	Mull, A	205
7	Ponsford, S	205
8	Curtis, I	205
9	Dent, L	205
10	Ward, D	200

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# Clean

1	Daulton, N	235
2	Ponsford, S	230
3	Dent, L	220
4	Dean, B	215
5	Mull, A	205
6	Curtis, I	205
7	Metz, J	205
8	Ward, D	205
9	Ward, C	195
10	Briscoe, B	190

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# 40 Yard Dash

1	Deaton, N	4.7
2	Nguyen, L	4.8
3	Foster, W	4.8
4	Ponsford, S	4.8
5	Mull, A	4.8
6	Dent, L	4.9
7	Dean, B	4.9
8	Daulton, N	4.9
9	Many with	5.0
10		

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# Rope Jumps

1	Dent, L	210
2	Moore, C	196
3	Nguyen, L	185
4	Dean, B	182
5	Ponsford, S	180
6	Mull, A	177
7	Walters, B	175
8	Campbell, E	175
9	Callaway, C	171
10	Curtis, I	170

# Double Jumps

1	Ponsford, S	31
2	Moore, C	27
3	Nguyen, L	27
4	Ward, D	27
5	Campbell, E	26
6	Mull, A	25
7	Davidson, R	25
8	Dent, L	25
9	Callaway, C	23
10	Foster, W	23

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# Long Jump

1	Deaton, N	9' 00
2	Mull, A	8' 09
3	Ponsford, S	8' 09
4	Foster, W	8' 09
5	Daulton, N	8' 08
6	Ward, D	8' 06
7	Moore, C	8' 05
8	Dent, L	8' 05
9	Schocke, P	8' 05
10	Curtis, I	8' 03

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# 3 Lap Run

1	Mull, A	1:21
2	Ponsford, S	1:28
3	Moore, C	1:29
4	Campbell, E	1:30
5	Dean, B	1:33
6	Dent, L	1:34
7	Davidson, R	1:35
8	Walters, B	1:35
9	Nguyen, L	1:36
10	Callaway, C	1:37



## Squat (Ratio)

Score divided by Body Weight

1 Foster, W	2.040
2 Nguyen, L	2.000
3 Deaton, N	2.000
4 Mull, A	1.968
5 Dent, L	1.892

## Bench (Ratio)

Score divided by Body Weight

1 Deaton, N	1.423
2 Ward, C	1.343
3 Mull, A	1.323
4 Ward, D	1.274
5 Nguyen, L	1.269

## Clean (Ratio)

Score divided by Body Weight

1 Nguyen, L	1.346
2 Ponsford, S	1.337
3 Mull, A	1.323
4 Deaton, N	1.308
5 Ward, D	1.306

# All Tests

Each Test is Ranked

1st=1 point

2nd=2 points

3rd=3 points

4th=4 points

5th=5 points

6th=6 points

7th=7 points

8th=8 points

9th=9 points

10th=10 points

11th & Higher=15 points

1	Mull, A	33
2	Ponsford, S	34
3	Dent, L	35
4	Dean, B	52
5	Daulton, N	68
6	Moore, C	68
7	Ward, D	72
8	Nguyen, L	76
9	Curtis, I	80
10	Campbell, E	85

## Squat (Juniors)

1 Mull, A	305
2 Daulton, N	300
3 Ponsford, S	265
4 Briscoe, B	260
5 Deaton, N	260

## Bench (Juniors)

1 Daulton, N	225
2 Briscoe, B	205
3 Mull, A	205
4 Ponsford, S	205
5 Deaton, N	185

## Clean (Juniors)

1 Daulton, N	235
2 Ponsford, S	230
3 Mull, A	205
4 Briscoe, B	190
5 Deaton, N	170

## Squat (Sophomores)

1 Dean, B	330
2 Callaway, C	320
3 Curtis, I	310
4 Moore, C	275
5 Nguyen, L	260

## Bench (Sophomores)

1 Dean, B	235
2 Curtis, I	205
3 Moore, C	190
4 Callaway, C	180
5 Nguyen, L	165

## Clean (Sophomores)

1 Dean, B	215
2 Curtis, I	205
3 Callaway, C	185
4 Moore, C	185
5 Nguyen, L	175

## Squat (Frosh)

1 Dent, L	350
2 Ward, C	315
3 Metz, J	305
4 Cutrell, D	285
5 Ward, D	280

## Bench (Frosh)

1 Ward, C	235
2 Cutrell, D	210
3 Dent, L	205
4 Ward, D	200
5 Abbott, M	180

## Clean (Frosh)

1 Dent, L	220
2 Metz, J	205
3 Ward, D	205
4 Ward, C	195
5 Cutrell, D	185