2009 AOA SPRING FITNESS TESTING - K1

					Sit and Reach	ABS	Vertical Jump	5 Consecutive Jumps			Illinois Agility Run		40m Sprint	Box Jumps		60 sec.		Shuttle Run
Lastname	**Firstname**	**Gender**	**DOB**	**HOME CLUB**	Best	Upper	Best (inches)	Both	L	R	L-R (sec)	R-L (sec)	Best (sec)	0-30	30-60	60-90	Total	20 m
Harriet	Kitchen	f	3/12/1998	Osler Bluff	25	2	15.5	7.98	6.21	6.43	23.53	24.06	7.34	34	27	18	61	6.6
Bier	Claudia	F	2/28/1998	Georgian Peaks	29	2	15.4	8.05	6.73	7.82	26.5	27.07	7.22	32	23	20	55	7.1
Brock	Lauren	F	2/18/1998	Chicopee	26	1	15.3	6.9	5.11	4.62	29.1	27.43	8.15	32	19	25	51	2.6
elmhirst	victoria	F	11/12/1997	horseshoe	38	4	15.2	9.57	8.63	8.85	22.58	23.38	7.06	28	20	16	48	6.6
Hale	Lauren	F	11/12/1997	Jozo weider	33	4	17.9	7.91	6.37	7.08	24.32	24.31	7.34	24	18	16	42	8.1
Harvey	Sara	F	6/3/1997	Georgian Peaks	30	3	16	8.76	7	7.24	22.97	22.66	6.88	40	29	27	69	9.2
Nullmeyer	Ali	F	1998	Georgian Peaks	38.5	4	15.2	7.56	7.72	8.19	22.63	23.75	6.9	39	28	0	67	8
Jordan	Gwyneth	F	8/26/1997	Caledon	28	2	18.5	8.2	7.28	8.64	23.51	24.91	7.26	30	14	0	44	6.1
Kamin	Izzy	F	2/19/1998	Alpine	37	1	16.1	9.75	7.43	7.34	25.47	24.69	7.5	34	16	15	50	3.7
MacDonald	Alanna	F	10/6/1998	Chicopee	28	2	17.9	8.37	6.71	6.23	26.57	27.94	7.51	34	22	16	56	54
McCann	Heather	F	3/27/1998	Devil's Glen	37	4	24.3	10.51	9.13	8.73	22.85	22.47	6.37	31	26	27	57	0
nella	katrina	F	10/7/1997	georgian peaks club	31	2	13.7	7.79	0	0	23.63	23.97	7.94	31	25	0	56	8.5
Roberts	Aleda	F	11/29/1997	Beaver Valley	33	2	16.7	8.5	7.52	7.77	23.06	23.28	7.63	33	26	23	59	6.6
nella	Terese	F	1998	Georgian Peaks	27.7	1	15	7.1	6.9	6.3	25.44	26.1	7.66	32	27	20	59	4.2
nella	Julianne	F	1998	Georgian Peaks	28.5	1	15.4	8.4	6.87	7.83	27.19	27.06	7.47	31	22	22	53	5.3
Surmann	Anneliese	F	2/14/1997	Snow Valley	31	2	17	6.72	8.5	8.2	22.59	24.68	7.5	28	28	15	56	6.2
Bunce	Jack	M	3/27/1997	Chicopee	35	3	14.4	7.82	6.9	6.57	25.47	23.97	8	21	13	20	33	6.3
Burks	Jared	M	8/24/1997	Devils Glen	31.5	4	17.8	9.78	9.43	9.6	23.69	24.03	6.94	32	28	26	60	8.4
Crawford	Jack	M	5/3/1997	Georgian Peaks	38	4	15.1	8.26	6.46	6.8	24.22	24.6	7.54	34	30	23	64	6
Denis	Fabian	M	6/29/1997	devils glen	35	4	16.2	9.1	8	7.6	23.09	24.29	7.53	32	24	25	54	7.3
Dickson	Jace	M	8/16/1997	Chicopee	24	3	13.3	7	6.95	5.84	25.94	24.5	8.1	20	19	17	39	5.5
Eastmure	Christopher	M	4/13/1998	Osler Bluff	27	2	15.3	8.03	7.4	7.73	24.93	24.84	7.68	33	19	21	52	6.9
Jake	Mealey	M	5/13/1998	Georgian Peaks	30	2	18.5	8.57	7.34	7.48	25.28	24.41	7.44	37	31	28	68	8.1
Gasparini	Christopher	M	8/13/1998	Jozo Blue Mountain	39.5	4	15.2	8.3	6.77	7.22	26	26.41	8	30	22	17	52	6.1
Zivkovic	Philip	M	5/14/1997	Jozo	20	4	15.4	8.77	8	8	22.78	22.22	6.97	36	38	28	74	0
Grieve	Charlotte	M	8/16/1997	Georgian Peaks	26	2	16.6	7.71	6.81	6.9	23.9	23.34	6.84	33	26	39	59	6.7
Wood	Carter	M	8/6/1997	Georgian Peaks	25	4	17.9	9.52	9	9.67	21.38	21.41	6.87	37	33	31	70	12.2
Woodside	Marshall	M	12/18/1998	Devil's Glen	35	2	16.2	7.93	6.66	6.97	27.34	28.07	7.6	21	25	0	46	7.1
Jewett	Cameron	M	9/30/1997	Devil's Glen	29	2	15.3	9.38	7.67	8.15	25.68	23.21	7.06	35	30	28	65	7.1
Owen	Walsham	M	9/7/1997	Chicopee	15	3	17.6	8.15	7.7	7.83	22.63	23.18	6.91	33	31	25	64	10.1
ROSEN	JAKE	M	3/12/1997	HORSESHOE	28	4	20	9.8	8.69	8.84	23.5	25.97	7.16	38	30	29	68	8.6
Schumacher	Cole	M	1/18/1998	Horseshoe Valley	40.5	2	18.5	9.26	8.4	8.84	23	23.13	7.21	41	30	32	71	7.4
Sparks	Cameron	M	7/21/1997	Georgian Peaks	20	4	18.5	9.63	8.6	8.83	21.59	22.87	6.87	40	30	33	70	9.7
stobbs	graydon	M	12/30/1997	Georgian Peaks	18	4	17.1	9.16	7.56	8.7	23.78	24.47	7.25	39	20	15	59	7.5
sudomericky	Kuba	M	12/15/1998	Devils Glen CC	36	3	15.4	7.6	7.17	7	22.9	23.46	7.4	36	23	23	59	7.1
Wilkins-Reeves	Dean	M	5/6/1997	Devil's Glen	35	2	21.2	10.68	8.86	9.73	20.57	21.38	6.59	36	31	0	67	7.5