



NATIONAL DEVELOPMENT PROGRAM - FITDEX #2 - FEBRUARY/MARCH 2009



TOTAL NUMBER OF ATHLETES TESTED = 64 (33 MEN / 31 WOMEN)								DNT = DID NOT TEST or DID NOT TABULATE							
LCKC - 25 ATHLETES	YOB	STRENGTH BENCH PRESS			STRENGTH BENCH PULL			CHIN UP	BODY	90" MUS. END. B P		90" M. END B PULL		90 sec	1200
WOMEN - 10		MAX	REPS	pred 1 RM	MAX	REPS	pred 1 RM	MAX	WEIGHT	WT	REPS	WT	REPS	CRL UPS	RUN
										40% BW		40% BW			
MORGAN SMITH	1992	155	3	170	125	3	137	7	DNT	55	71	55	83	51	5:31
KATELYN DILL	1992	125	3	137	115	3	126	2	DNT	55	42	55	70	52	5:59
CHELSEA SMITH	1993	DNT	DNT	DNT	DNT	DNT	DNT	14	DNT	55	71	55	114	76	6:28
CANNIE ASH	1991	125	3	137	105	3	115	13	DNT	55	73	55	80	80	5:16
MACY DWYER	1992	95	3	104	85	3	93	5	DNT	45	67	45	57	36	5:38
ANNA CRAWFORD	1991	DNT	DNT	DNT	DNT	DNT	DNT	1	DNT	DNT	DNT	60	57	37	7:13
REBECCA WESTMORELAND	1994	125	3	137	110	3	120	1	DNT	50	50	50	63	60	4:58
HOLLY SCHILLING	1994	115	3	126	110	3	120	5	DNT	50	44	50	47	28	6:27
HEATHER LANA	1994	95	3	104	90	3	98	1	DNT	45	51	45	63	50	8:11
ALISA MACARTHUR	1993	125	3	137	110	3	120	4	DNT	45	53	45	48	46	4:33
MEN - 15										50% BW		50% BW			
STANTON COLLINS	1994	185	3	203	145	3	159	17	DNT	75	47	75	57	51	4:19
CHRIS MILLER	1991	195	3	214	165	3	181	17	DNT	85	48	85	59	DNT	4:23
JARED MACARTHUR	1991	185	3	203	195	3	214	16	DNT	80	58	80	95	47	3:40
BEN HEFNER	1992	DNT	DNT	DNT	DNT	DNT	DNT	21	DNT	95	51	95	63	DNT	4:18
ZACH ROBERTSON	1992	205	3	225	195	3	214	24	DNT	85	56	85	82	24	3:59
LUKE POTTS	1992	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	75	69	75	103	DNT	4:07
ZACK COPELAND	1992	115	3	126	125	3	137	9	DNT	75	22	75	35	49	4:22
WILL ROSZEL	1992	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	90	55	90	84	35	DNT
ETHAN JACKSON	1992	205	3	225	180	3	197	20	DNT	DNT	DNT	65	109	41	4:34
HEZEKIAH BLACKBURN	1992	175	3	192	185	3	203	35	DNT	75	47	75	84	35	4:15
JAMES WATSON	1993	145	3	159	125	3	137	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT
TANNER EASTERDAY	1993	155	3	170	145	3	159	13	DNT	75	40	75	71	49	4:26
RICARDO LOPEZ	1993	195	3	214	175	3	192	25	DNT	75	50	75	67	48	5:04
SAM D'ENTREMONT	1986	220	3	241	235	3	258	DNT	DNT	85	87	DNT	DNT	50	DNT
JOHN BLACKBURN	1990	215	3	236	235	3	258	24	DNT	90	56	90	65	DNT	5:04
SCKC - 18 ATHLETES	YOB	STRENGTH BENCH PRESS			STRENGTH BENCH PULL			CHIN UP	BODY	90" MUS. END. B P		90" M. END B PULL		90 sec	1200
WOMEN - 10		MAX	REPS	pred 1 RM	MAX	REPS	pred 1 RM	MAX	WEIGHT	WT	TOTAL	WT	TOTAL	CRL UPS	RUN
										40% BW		40% BW			
DAPHNE AUSTIN	1993	DNT	DNT	DNT	90	2	95	13	126	50	47	50	55	95	5:15
EVELYN BROWN	1993	DNT	DNT	DNT	DNT	DNT	DNT	DNT	140	55	13	55	42	96	5:15
MIA OVERTON	1993	95	1	95	100	2	107	DNT	128	50	34	50	50	116	DNF
HANNAH NORD	1994	95	1	95	95	2	101	7	121	50	32	50	49	95	4:45
LANA CHAPKO	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	104	40	20	40	34	106	5:35
RITA MCCALL	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	120	50	13	50	44	83	DNT
ANGELA WANG	1994	DNT	DNT	DNT	DNT	DNT	DNT	1	149	60	38	60	46	96	DNT
CLAIRICE KIM	1994	140	2	149	145	1	145	2	183	70	31	70	48	77	6:43
SARA CORSA	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	132	55	26	55	31	111	5:14
BAILEY NURMIA	1995	105	2	112	105	1	105	0	145	60	33	60	33	132	4:56



NATIONAL DEVELOPMENT PROGRAM - FITDEX #2 - WOMEN - FEBRUARY/MARCH 2009



ATHLETES - WOMEN - 31	CLUB	YOB	STRENGTH BENCH PRESS			STRENGTH BENCH PULL			CHIN UP	BODY	90" MUS. END. B P		90" M. END B PULL		90 sec	1200
			MAX	REPS	pred 1 RM	MAX	REPS	pred 1 RM	MAX	WEIGHT	WT	TOTAL	WT	TOTAL	CRL UPS	RUN
										40% BW		40% BW				
MORGAN SMITH	LCKC	1992	155	3	170	125	3	137	7	DNT	55	71	55	83	51	5:31
KATELYN DILL	LCKC	1992	125	3	137	115	3	126	2	DNT	55	42	55	70	52	5:59
CHELSEA SMITH	LCKC	1993	DNT	DNT	DNT	DNT	DNT	DNT	14	DNT	55	71	55	114	76	6:28
CANNIE ASH	LCKC	1991	125	3	137	105	3	115	13	DNT	55	73	55	80	80	5:16
MACY DWYER	LCKC	1992	95	3	104	85	3	93	5	DNT	45	67	45	57	36	5:38
ANNA CRAWFORD	LCKC	1991	DNT	DNT	DNT	DNT	DNT	DNT	1	DNT	DNT	DNT	60	57	37	7:13
REBECCA WESTMORELAND	LCKC	1994	125	3	137	110	3	120	1	DNT	50	50	50	63	60	4:58
HOLLY SCHILLING	LCKC	1994	115	3	126	110	3	120	5	DNT	50	44	50	47	28	6:27
HEATHER LANA	LCKC	1994	95	3	104	90	3	98	1	DNT	45	51	45	63	50	8:11
ALISA MACARTHUR	LCKC	1993	125	3	137	110	3	120	4	DNT	45	53	45	48	46	4:33
NATHALIE HANSON	KCKC	1991	95	3	105	115	3	126	0	147	60	37	65	45	67	4:53
ELIZABETH RAY	WCC	1993	DNT	DNT	DNT	DNT	DNT	DNT	5	128	45	70	45	52	48	5:03
DAPHNE AUSTIN	SCKC	1993	DNT	DNT	DNT	90	2	95	13	126	50	47	50	55	95	5:15
EVELYN BROWN	SCKC	1993	DNT	DNT	DNT	DNT	DNT	DNT	DNT	140	55	13	55	42	96	5:15
MIA OVERTON	SCKC	1993	95	1	95	100	2	107	DNT	128	50	34	50	50	116	DNF
HANNAH NORD	SCKC	1994	95	1	95	95	2	101	7	121	50	32	50	49	95	4:45
LANA CHAPKO	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	104	40	20	40	34	106	5:35
RITA MCCALL	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	120	50	13	50	44	83	DNT
ANGELA WANG	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	1	149	60	38	60	46	96	DNT
CLAIRICE KIM	SCKC	1994	140	2	149	145	1	145	2	183	70	31	70	48	77	6:43
SARA CORSA	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	132	55	26	55	31	111	5:14
BAILEY NURMIA	SCKC	1995	105	2	112	105	1	105	0	145	60	33	60	33	132	4:56
KATIE MCKEEVER	GIG	1994	125	2	133	155	3	170	0	157	DNT	46	DNT	55	97	5:41
KATIE HILL	GIG	1992	150	1	154	160	1	165	12	140	DNT	87	DNT	99	151	4:49
ZOE KUHN	GIG	1994	85	3	93	110	2	117	5	130	DNT	38	DNT	71	97	5:16
EVA MONDAY	GIG	1994	90	3	98	110	3	121	3	147	DNT	27	DNT	47	95	DNT
ABBIE BARBER	GIG	1992	105	1	108	120	2	127	0	DNT	DNT	DNT	DNT	DNT	DNT	DNT
LEXIE BOHLMAN	SDCKT	1993	85	1	87	85	1	87	1	105	45	31	45	42	98	DNT
GIULIA ANDERSON	HCKT	1991	105	3	115	115	3	126	5	162	DNT	DNT	DNT	DNT	107	DNT
KATI ERWIN	HCKT	1987	95	3	104	110	3	120	6	150	DNT	DNT	DNT	DNT	107	DNT
HOKU KEALA	HCKT	1991	70	3	77	85	3	93	6	120	50	27	50	45	110	DNT

DNT = DID NOT TEST or DID NOT TABULATE



NATIONAL DEVELOPMENT PROGRAM - FITDEX #2 - MEN - FEBRUARY/MARCH 2009



ATHLETES - MEN - 33	CLUB	YOB	STRENGTH BENCH PRESS			STRENGTH BENCH PULL			CHIN UP	BODY	90" MUS. END. B P		90" M. END B PULL		90 sec	1200
			MAX	REPS	pred 1 RM	MAX	REPS	pred 1 RM	MAX	WEIGHT	WT	TOTAL	WT	TOTAL	CRL UPS	RUN
											50% BW		50% BW			
STANTON COLLINS	LCKC	1994	185	3	203	145	3	159	17	DNT	75	47	75	57	51	4:19
CHRIS MILLER	LCKC	1991	195	3	214	165	3	181	17	DNT	85	48	85	59	DNT	4:23
JARED MACARTHUR	LCKC	1991	185	3	203	195	3	214	16	DNT	80	58	80	95	47	3:40
BEN HEFNER	LCKC	1992	DNT	DNT	DNT	DNT	DNT	DNT	21	DNT	95	51	95	63	DNT	4:18
ZACH ROBERTSON	LCKC	1992	205	3	225	195	3	214	24	DNT	85	56	85	82	24	3:59
LUKE POTTS	LCKC	1992	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	75	69	75	103	DNT	4:07
ZACK COPELAND	LCKC	1992	115	3	126	125	3	137	9	DNT	75	22	75	35	49	4:22
WILL ROSZEL	LCKC	1992	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	90	55	90	84	35	DNT
ETHAN JACKSON	LCKC	1992	205	3	225	180	3	197	20	DNT	DNT	DNT	65	109	41	4:34
HEZEKIAH BLACKBURN	LCKC	1992	175	3	192	185	3	203	35	DNT	75	47	75	84	35	4:15
JAMES WATSON	LCKC	1993	145	3	159	125	3	137	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT
TANNER EASTERDAY	LCKC	1993	155	3	170	145	3	159	13	DNT	75	40	75	71	49	4:26
RICARDO LOPEZ	LCKC	1993	195	3	214	175	3	192	25	DNT	75	50	75	67	48	5:04
SAM D'ENTREMONT	LCKC	1986	220	3	241	235	3	258	DNT	DNT	85	87	DNT	DNT	50	DNT
JOHN BLACKBURN	LCKC	1990	215	3	236	235	3	258	24	DNT	90	56	90	65	DNT	5:04
JEFF CAYTON	SCKC	1993	DNT	DNT	DNT	DNT	DNT	DNT	10	165	80	35	80	37	114	4:07
ERIC ROUX	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	7	122	60	36	60	51	122	3:58
GEORGE WHITE	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	3:59
SAM SCHANTZ	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	199	100	0	100	3	106	6:04
WYATT ETRICK	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	4	135	DNT	DNT	70	22	36	4:19
MAC JAFFE	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	216	DNT	DNT	110	11	DNT	5:59
AKIRA MURPHY	SCKC	1995	DNT	DNT	DNT	DNT	DNT	DNT	3	112	55	7	55	20	102	5:02
MALCOLM ROUX	SCKC	1997	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	45	4:42.9
CEDRIC BOND	GIG	1991	200	1	206	220	1	227	29	160	DNT	70	DNT	78	144	4:09
SCOTT PUCKETT	GIG	1991	160	1	165	200	1	206	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT
ZAC JOHNSON	GIG	1992	145	1	149	175	1	180	27	133	DNT	58	DNT	81	155	4:11
NICK HANOIAN	SDCKT	1991	155	3	170	190	1	190	19	150	75	50	75	55	DNT	3:51
RYAN STOCK	SDCKT	1991	225	3	247	220	3	241	14	200	95	45	95	53	61	4:30
MATTHEW YOUNGER	WCC	1992	135	5	157	155	1	160	16	150	75	33	75	36	77	4:15
IAN ROSS	WCC	1992	160	1	170	200	1	206	17	200	100	30	100	45	59	4:34
RIDGE SOUZA	HCKT	1991	170	2	181	DNT	DNT	DNT	19	161	80	41	80	56	103	DNT
TRENTON TAM	HCKT	1993	165	2	175	150	3	164	19	150	75	45	75	41	93	DNT
KAIHE CHONG	HCKT	1990	200	2	213	DNT	DNT	DNT	13	165	100	44	100	37	125	DNT

DNT = DID NOT TEST or DID NOT TABULATE