



**USA CANOE KAYAK - NATIONAL DEVELOPMENT PROGRAM - FITDEX TESTING - DECEMBER 2008**



ATHLETES - WOMEN - 39	CLUB	DOB	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
EMILY VINSON	LCKC	1989	180	1	180	150	3	165	22	135	65 (50%)	64	65 (50%)	94	39	4:52
MORGAN SMITH	LCKC	1992	160	1	160	125	3	137	9	145	60	54	60	85	52	5:23
KATELYN DILL	LCKC	1992	95	3	105	95	3	105	1	145	60	25	60	63	46	5:34
CHELSEA SMITH	LCKC	1993	125	3	137	125	3	137	10	130	50	57	50	84	59	6:12
CANNIE ASH	LCKC	1991	105	3	115	120	1	120	7	130	50	60	50	67	62	5:21
MACY DWYER	LCKC	1992	75	3	82	DNT	DNT	DNT	0	105	40	37	40	54	36	5:58
ANNA CRAWFORD	LCKC	1991	115	1	115	140	1	140	0	155	65	30	65	50	20	6:33
REBECCA WESTMORELAND	LCKC	1994	100	3	110	110	3	121	2	125	50	42	50	52	51	5:00
HOLLY SCHILLING	LCKC	1994	90	3	99	110	3	121	5	135	55	30	55	37	32	6:32
HEATHER LANA	LCKC	1994	80	3	88	95	3	104	1	125	50	36	50	58	15	DNT
ALISA MACARTHUR	LCKC	1993	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	5:06
HANNAH ROSE JACKSON	LCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	2	130	50	27	50	52	34	6:17
DAPHNE AUSTIN	SCKC	1993	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	5:03
EVELYN BROWN	SCKC	1993	DNT	DNT	DNT	DNT	DNT	DNT	DNT	143	DNT	DNT	DNT	DNT	101	DNT
MIA OVERTON	SCKC	1993	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	5:00
HANNAH NORD	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	3	115	50	26	50	46	98	4:34
SAMANTHA MURPHY	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	146	DNT	DNT	60	24	DNT	5:49
LANA CHAPKO	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	106	DNT	DNT	50	29	66	4:57
RITA MCCALL	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	112	50	6	50	23	56	6:09
KARIN NORD	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	100	6:09
ANGELA WANG	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	4	148	60	30	60	34	102	DNT
CLAIRICE KIM	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	178	70	24	70	30	78	6:05
SARA CORSA	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	127	50	27	50	32	105	5:31
BAILEY NURMIA	SCKC	1995	DNT	DNT	DNT	DNT	DNT	DNT	0	140	55	32	55	33	120	4:43
KATIE MCKEEVER	GIG	1994	95	DNT	105	125	DNT	138	2	155	DNT	24	DNT	32	91	5:41
KYRA FAULSTICH	GIG	1995	55	DNT	61	DNT	DNT	DNT	DNT	115	DNT	DNT	DNT	DNT	64	DNT
MOLLY TIMMONS	GIG	1994	65	DNT	72	115	DNT	127	5	128	DNT	DNT	DNT	DNT	89	5:19
KATIE HILL	GIG	1992	125	DNT	138	135	DNT	149	7	137	DNT	81	DNT	76	142	4:48
ALYSON MORSE	GIG	1996	65	DNT	72	105	DNT	116	DNT	141	DNT	DNT	DNT	DNT	87	6:40
NATALIE GRIFFIN	GIG	1995	75	DNT	83	105	DNT	116	3	125	DNT	52	DNT	39	127	5:44
EVA MONDAY	GIG	1994	65	DNT	72	95	DNT	105	0	141	DNT	20	DNT	34	103	5:07
ZOE KUHN	GIG	1994	70	DNT	77	100	DNT	110	3	129	DNT	42	DNT	38	105	5:01
QUINN FREDRICKSON	GIG	1995	70	DNT	77	105	DNT	116	1	145	DNT	DNT	DNT	37	119	5:47
LEXIE BOHLMAN	SDCKT	1993	90	3	98	95	3	104	1	123	47	42	50	45	102	4:32
KATARINA LA JUENESSE	SDCKT	1993	DNT	DNT	DNT	DNT	DNT	DNT	1	DNT	DNT	DNT	DNT	DNT	72	5:13
SYDNEY BOHLMAN	SDCKT	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	DNT	DNT	DNT	DNT	DNT	46	6:35
JESSICA JENKINS	SDCKT	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	111	DNT	DNT	DNT	DNT	76	5:44
GIULIA ANDERSON	HCKT	1991	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT
RACHEL FUJITA	HCKT	1992	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT
HOKU KEALA	HCKT	1991	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT

**DNT = DID NOT TEST or DID NOT TABULATE**