

Fitness Testing 2016																	
Test	Curl Ups		Pull-Ups		Armhang		Shuttle		Mile		S-Reach		Height		Weight		
Fall / Spring	F	S	F	S	F	S	F	S	F	S	F	S	F	S	F	S	
Student																	
	53	59	1	4	35	45	10.22	9.06	8:27	7:22	27	31					
	47	52	1	4	12	20	11.09	10.16	9:06	8:24	32	32					
	31	40	0	0	3	0	13	11.09	10:20	11:50	27	29					
	50	58	0	0	0	3	13.16	11.1	10:21	9:27	19	19					
	x	27	x	0	x	3	x	11.03	x	12:12	x	30					
	41	55	0	5	60	60	10	9.43	7:23	7:07	17	19					
	51	52	2	4	42	47	9.75	9.06	7:23	6:37	35	35					
	30	49	0	0	0	0	11.65	10.87	12:33	10:36	19	19					
	45	34	0	0	6	4	12.06	12.3	12:00	10:19	27	27					
	24	48	0	0	5	12	12.97	10.21	12:05	NA	27	27					
	53	50	0	6	21	41	10	9.72	10:56	8:12	28	28					
	37	26	0	0	0	0	12.34	11.84	12:27	11:55	23	23					
	71	68	5	20	30	37	9.44	9.34	6:52	6:11	23	23					
	41	41	1	1	11	12	10.8	10.03	10:10	9:26	21	23					
	67	75	14	22	55	70	9.22	8.74	6:50	6:06	28	28					
	42	47	0	0	20	26	11.19	10.08	9:20	10:25	30	30					
	48	51	1	2	21	16	11.81	10.07	8:30	8:12	33	34					
	61	59	3	12	16	40	10.6	9.38	9:20	7:11	20	20					
	50	53	2	6	23	43	10.71	9.31	7:41	6:18	16	17					
	33	37	0	0	14	23	11.56	10.7	12:30	8:56	37	37					
	41	38	0	0	11	16	11.47	11.21	12:33	10:37	44	45					
	57	62	0	3	27	60	10.37	9.53	8:49	7:36	30	31					
	NA	37	3	3	27	60	11.59	10.59	11:00	9:10	19	19					
	37	NA	0	0	5	5	12.12	NA	9:33	NA	21	NA					
	37	52	6	21	24	60	9.97	9.59	9:22	8:40	27	28					
	40	52	4	12	33	57	11.54	9.66	8:40	6:38	29	31					
	20	50	0	1	0	9	12.68	10.7	10:45	10:00	36	37					
	54	53	0	4	20	66	9.94	9.4	7:25	7:02	20	20					
	73	69	16	21	98	110	9.21	8.83	6:51	6:06	26	29					
	NA	38	NA	2	NA	12	NA	10.63	NA	8:25	NA	33					

	44	41	NA	0	61	63	10.22	9.33	6:57	6:51	25	21
		32		0		0		11.05		10:45		23
	47	60	1	3	60	62	10.53	9.94	8:06	7:11	27	28
	32	40	0	0	43	61	NA	10.03	9:30	7:22	40	41
	42	56	1	3	NA	40	10.84	9.61	9:10	7:32	16	16
	37	45	0	1	2	20	11.16	10.35	12:00	8:42	28	28
	30	37	0	0	0	0	NA	17.02	NA	NA	20	19
	59	54	2	3	30	36	10.28	9.84	8:53	7:40	32	33
	46	50	0	5	10	11	10.12	9.84	NA	NA	17	19
	49	47	3	4	35	39	10.03	9.64	NA	9:06	30	33
	44	43	1	1	30	42	10.89	10	10:14	10:02	42	44
	37	32	0	0	0	0	12.53	11	13:01	11:42	20	20
	50	55	6	11	13	63	10.95	9.18	9:45	7:11	14	14
	37	37	0	0	10	10	NA	10.31	13:05	7:41	38	39
	47	50	8	8	41	63	9.94	9.23	8:04	7:52	20	20
	37	44	0	0	0	1	12.06	11.62	12:57	10:21	29	29
	31	38	0	0	21	18	10.38	10	9:50	9:40	34	36
	34	38	2	3	12	30	10.28	9.9	11:00	10:20	21	21
	58	67	9	17	67	78	10.69	10.07	7:47	7:11	36	39
	46	49	4	5	20	30	9.94	9.28	8:02	7:03	33	33
	NA	45	NA	1	NA	14	NA	10.6	9:15	9:15	33	33
13 National Recipients												
2 Presidential Recipients		30/52		26/52		35/52		45/52		41/52		21/52
Improvement %		57%		50%		67%		87%		78%		40%