

Top 5 Test-Out Results

11/1/2011

Bench Top 5			
Last Name	First Name	Yr.	Wgt.
O'Shea	Danny	11 (S2011)	225
O'Shea	Danny	11(Nov 2011)	225
Carlson	Sam	10 (Nov 2011)	225
Pichert	Chris	12	220
Grant	Billy	11	215
Salverda	Bayert	11	215

Squat Top 5			
Last Name	First Name	Yr.	Wgt.
O'Shea	Danny	11(Nov 2011)	315
O'Shea	Danny	11(S2011)	305
Rose	Calvin	10 (S2011)	300
Ristau	David	11 (Nov 2011)	285
Koch	Christian	10(S2011)	275
Ristau	David	11(S2011)	275
Pichert	Chris	12	275

2 Minute Sit-Up Top 5			
Last Name	First Name	Yr.	Count
Klein	Joe	11	120
Hommeyer	Karl	11 (Nov. 2011)	115
Bradley	Andrew	11	114
Bradely	Andrew	12 (S2011)	114
Hommeyer	Karl	10	109

Long Jump Top 5			
Last Name	First Name	Yr.	Dist.
Payton	Dalante	8 (Nov 2011)	9'6
Adams	James	12	8'9
Harper	Sam	11	8'9
Koch	Christian	11 (Nov 2011)	8'8
Hommeyer	Karl	11 (Nov 2011)	8'7

Shuttle Run Top 5			
Last Name	First Name	Yr.	Time
Ristau	David	11 (Nov 2011)	8.1
Ristau	David	10	8.22
Hommeyer	Karl	11(S2011)	8.33
Morley	Peter	12(S2011)	8.42
Wentworth	Jason	11	8.45

Forty Yard Dash Top 5			
Last Name	First Name	Yr.	Time
Rstau	David	11(S2011)	4.75
Bradley	Andrew	12(S2011)	4.76
Morely	Peter	12(S2011)	4.8
Hommeyer	Karl	11(Nov 2011)	4.8
Bradley	Andrew	11	4.84
Hommeyer	Karl	11(S2011)	4.84
Ristau	David	10	4.84

Mile Run Top 5			
Last Name	First Name	Yr.	Time
Adams	James	12	6:01
Berger	Alex	12	6:10
Blackmun	Drew	9	6:12
Dicke	Sid	10	6:19
Romeo	Robert	12	6:19