|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name | Mile 8/30 |  | Goal: Step 1 | Mile 9/30 | Pacer 1/4 |  |
|  |  |  |  |  |  |  |
| Boley, Hannah | NR | INJ | INJ | INJ | INJ |  |
| Brown, Molly | 8:34 | A | 8:00 | 7:25 | 38 |  |
| Clark, Joseph | 6:59 | A | 6:40 | 7:23 | 41 |  |
| Delgado, Dulce | 9:16 2L | B | 12:00 | 9:34 | 32 |  |
| Demlow, Parker | 11:35 | C | 11:00 | 12:23 | 22 |  |
| Dobrynzski, Ryan | 10:34 | B | 10:00 | 9:25 | 35 |  |
| Esqueda, Ellianna | 10:49 3L | C | 12:00 | 13:47 |  |  |
| Gramm, Noah | 10:25 | B | 10:00 | 9:43 | 40 |  |
| Heckaman, Logan | 10:47 | C | 10:00 | 12:31 | 21 |  |
| Hernandez, Stephanie | 6:36 | A | 6:30 | 7:27 | 39 |  |
| Jaimes, Sara | 9:45 | B | 9:00 | 9:28 | 28 |  |
| Jones, Shane | 12:30 | c | 11:30 | 12:56 | 15 |  |
| Kane, Kayli | 8:26 | A | 8:00 | 8:07 | 39 |  |
| Lake, Carlee | 10:45 3L | C | 12:00 | 13:45 | 18 |  |
| Loftin, Ano | NR | -- | -- |  | 2 |  |
| Morris, Allison | 8:16 | A | 8:00 |  | 31 |  |
| Perkins, Annika | 14:35 | B | 13:35 | 11:25 | 20 |  |
| Potts, Caleb | 6:42 | A | 6:30 |  | 40 |  |
| Randles, James | 9:41 | A | 9:00 | 7:35 | 39 |  |
| Richards, Tyler | 10:45 | B | 10:00 | 14:22 | 16 |  |
| Shaffer, Sidney | 7:42 | A | 7:20 | 7:25 | 42 |  |
| Shaw, Claire | 10:25 3L | B | 12:00 | 11:47 | 20 |  |
| ~~Shupe, Brianna~~ | ~~13:51~~ | ~~C~~ | ~~13:00~~ | ~~13:30~~ |  |  |
| Snyder, Jacob | 14:41 | C | 14:00 | 15:35 | 14 |  |
| Stephans, Isiah | 7:07 | A | 6:45 | 7:24 | 46 |  |
| Trecy, Kalyn | 10:28 | B | 10:00 | 11:13 | 21 |  |
| Trumble, Michael | 7:39 | A | 7:20 | 7:40 | 44 |  |
| Vaughn, Coen | 11:41 3L | B | 12:00 | 10:00 | 16 |  |
| Walworth, Richard | 14:41 | C | 14:00 | 15:35 | 14 |  |
| Woodcock, Ellie | 10:29 | B | 9:00 | 8:40 | 34 |  |
| Pollard,Riley |  |  |  |  | 11 |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Name | Push-up | Sit-up | S&R | SS |  |  |
|  | 9/2 | 9/2 | 9/2 | 9/2 |  |  |
| Boley, Hannah | - | -- | -- | -- |  |  |
| Brown, Molly | 24 | 31 | 10 | RL |  |  |
| Clark, Joseph | 50 | 48 | 15 | RL |  |  |
| Delgado, Dulce | 10 | 29 | 12 | RL |  |  |
| Demlow, Parker | 25m | 30 | 6 | RL |  |  |
| Dobrynzski, Ryan | 18 | 20 | 7 | RL |  |  |
| Esqueda, Ellianna | 9m | 14 | 12 | RL |  |  |
| Gramm, Noah | 20 | 35 | 7 | RL |  |  |
| Heckaman, Logan | 7 | 15 | 7 | RL |  |  |
| Hernandez, Stephanie | 13 | 35 | 11.5 | RL |  |  |
| Jaimes, Sara | 19 | 38 | 17.5 | RL |  |  |
| Jones, Shane | 6 | 40 | 8 | 0 |  |  |
| Kane, Kayli | 12 | 3 | 13.5 | RL |  |  |
| Lake, Carlee | 3 | 20 | 13 | RL |  |  |
| Loftin, Ano | 7m | -- | -- | -- | -- | -- |
| Morris, Allison | 5 | 24 | 7 |  |  |  |
| Perkins, Annika | 11 | 30 | 9 | RL |  |  |
| Potts, Caleb | 40 | 38 | 12 | RL |  |  |
| Randles, James | 20 | 26 | 8 | RL |  |  |
| Richards, Tyler | 12 | 25 | 5 | 0 |  |  |
| Shaffer, Sidney | 16 | 38 | 0 | RL |  |  |
| Shaw, Claire | 5 | 29 | 17 | RL |  |  |
| ~~Shupe, Brianna~~ | ~~7~~ | ~~24~~ | ~~9~~ | ~~RL~~ |  |  |
| Snyder, Jacob | 7 | 23 | 8 | RL |  |  |
| Stephans, Isiah | 21 | 28 | 12 | RL |  |  |
| Trecy, Kalyn | 5 | 10 | 7 | R |  |  |
| Trumble, Michael | 35 | 42 | 7 | R |  |  |
| Vaughn, Coen | 8 | 24 | 8 | R |  |  |
| Walworth, Richard | 10 | 31 | 4 | 0 |  |  |
| Woodcock, Ellie | 10 | 34 | 11.5 | R |  |  |
| Pollard |  |  |  |  |  |  |
| Davis |  |  |  |  |  |  |
| Tax |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Weight Room Testing |  |  |  |  |  |  |
| Name | Bench | Deadlift | Pull-ups | Verticle | Agility |  |
|  |  |  |  |  |  |  |
| Boley, Hannah | out | out | out | out | out |  |
| Brown, Molly | 95 | 220 | 7m |  |  |  |
| Clark, Joseph | 225 | 395 | 13 |  |  |  |
| Delgado, Dulce | 50 | 95 | 10m |  |  |  |
| Demlow, Parker | 90 | 260 | 8m |  |  |  |
| Dobrynzski, Ryan | 125 | 385 | 1 |  |  |  |
| Esqueda, Ellianna |  |  |  |  |  |  |
| Gramm, Noah | 115 | 275 | 1 |  |  |  |
| Heckaman, Logan | 55 | 105 | 3m |  |  |  |
| Hernandez, Stephanie | 65 | 155 | 7m |  |  |  |
| Jaimes, Sara | 60 | 125 | 1 |  |  |  |
| Jones, Shane | 115 | 215 | 1 |  |  |  |
| Kane, Kayli | 50 | 115 | 5m |  |  |  |
| Lake, Carlee | 50 | 95 | 5m |  |  |  |
| Loftin, Ano |  |  |  |  |  |  |
| Morris, Allison | 50 | 100 | 7m |  |  |  |
| Perkins, Annika | 65 | 115 | 11m |  |  |  |
| Potts, Caleb | 115 | 255 | 20 |  |  |  |
| Randles, James | 115 | 260 | 8 |  |  |  |
| Richards, Tyler | 115 | 325 | 6m |  |  |  |
| Shaffer, Sidney | 105 | 215 | 2 |  |  |  |
| Shaw, Claire | 65 | 260 | 6m |  |  |  |
| ~~Shupe, Brianna~~ |  |  |  |  |  |  |
| Snyder, Jacob | 115 | 315 | 7m |  |  |  |
| Stephans, Isiah |  | 280 | 8 |  |  |  |
| Trecy, Kalyn | 70 | 155 | 5m |  |  |  |
| Trumble, Michael | 105 | 190 | 6 |  |  |  |
| Vaughn, Coen | 115 | 215 | 7m |  |  |  |
| Walworth, Richard | 65 | 125 | 1m |  |  |  |
| Woodcock, Ellie | 65 | 95 | 5m |  |  |  |
| Pollard | 65 | 45 | 5m |  |  |  |
| Davis | 65 | 70 | 6m |  |  |  |
| Tax |  | 260 | 2m |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Overall Cardio Test |  |  |  |  |  |  |
|  | 9/2 | 10/2 | 1/4 |  |  |  |
| Boley, Hannah | NR | INJ | INJ |  |  |  |
| Brown, Molly | 8:34 | 7:25 | 38 |  |  |  |
| Clark, Joseph | 6:59 | 7:23 | 41 |  |  |  |
| Davis, Drey | N/A | N/A |  |  |  |  |
| Delgado, Dulce | 9:16 2L | 9:34 | 32 |  |  |  |
| Demlow, Parker | 11:35 | 12:23 | 22 |  |  |  |
| Dobrynzski, Ryan | 10:34 | 9:25 | 35 |  |  |  |
| Esqueda, Ellianna | 10:49 3L | 13:47 |  |  |  |  |
| Gramm, Noah | 10:25 | 9:43 |  |  |  |  |
| Heckaman, Logan | 10:47 | 12:31 | 21 |  |  |  |
| Hernandez, Stephanie | 6:36 | 7:27 | 39 |  |  |  |
| Jaimes, Sara | 9:45 | 9:28 | 28 |  |  |  |
| Jones, Shane | 12:30 | 12:56 | 15 |  |  |  |
| Kane, Kayli | 8:26 | 8:07 | 39 |  |  |  |
| Lake, Carlee | 10:45 3L | 13:45 | 18 |  |  |  |
| Loftin, Ano | NR | N/A |  |  |  |  |
| Morris, Allison | 8:16 | N/A | 31 |  |  |  |
| Perkins, Annika | 14:35 | 11:25 | 20 |  |  |  |
| Potts, Caleb | 6:42 | N/A | 40 |  |  |  |
| Randles, James | 9:41 | 7:35 | 39 |  |  |  |
| Richards, Tyler | 10:45 | 14:22 | 16 |  |  |  |
| Shaffer, Sidney | 7:42 | 7:25 |  |  |  |  |
| Shaw, Claire | 10:25 3L | 11:47 | 20 |  |  |  |
| ~~Shupe, Brianna~~ | ~~13:51~~ | ~~13:30~~ |  |  |  |  |
| Snyder, Jacob | 14:41 | 15:35 | 14 |  |  |  |
| Stephans, Isiah | 7:07 | 7:24 |  |  |  |  |
| Trecy, Kalyn | 10:28 | 11:13 | 21 |  |  |  |
| Trumble, Michael | 7:39 | 7:40 |  |  |  |  |
| Vaughn, Coen | 11:41 3L | 10:00 | 16 |  |  |  |
| Walworth, Richard | 14:41 | 15:35 | 14 |  |  |  |
| Woodcock, Ellie | 10:29 | 8:40 | 34 |  |  |  |
| Pollard | N/A | N/A | 11 |  |  |  |
| Davis | N/A | N/A | 7 |  |  |  |
| Tax | N/A | N/A | 7 |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Overall Sit-up | 9/2 | 1/6 |  |  |  |  |
|  |  |  |  |  |  |  |
| Boley, Hannah | -- |  |  |  |  |  |
| Brown, Molly | 31 | 40 |  |  |  |  |
| Clark, Joseph | 48 | 45 |  |  |  |  |
| Davis, Drey | N/A | 24 |  |  |  |  |
| Delgado, Dulce | 29 | 27 |  |  |  |  |
| Demlow, Parker | 30 | 34 |  |  |  |  |
| Dobrynzski, Ryan | 20 | 30 |  |  |  |  |
| Esqueda, Ellianna | 14 |  |  |  |  |  |
| Gramm, Noah | 35 | 39 |  |  |  |  |
| Heckaman, Logan | 15 | 25 |  |  |  |  |
| Hernandez, Stephanie | 35 | 34 |  |  |  |  |
| Jaimes, Sara | 38 | 38 |  |  |  |  |
| Jones, Shane | 40 | 31 |  |  |  |  |
| Kane, Kayli | 3 | 37 |  |  |  |  |
| Lake, Carlee | 20 | 21 |  |  |  |  |
| Loftin, Ano | N/A | 10 |  |  |  |  |
| Morris, Allison | 24 | 25 |  |  |  |  |
| Perkins, Annika | 30 |  |  |  |  |  |
| Potts, Caleb | 38 | 48 |  |  |  |  |
| Randles, James | 26 | 30 |  |  |  |  |
| Richards, Tyler | 25 | 26 |  |  |  |  |
| Shaffer, Sidney | 38 | 38 |  |  |  |  |
| Shaw, Claire | 29 | 30 |  |  |  |  |
| ~~Shupe, Brianna~~ | ~~24~~ |  |  |  |  |  |
| Snyder, Jacob | 23 | 41 |  |  |  |  |
| Stephans, Isiah | 28 | 32 |  |  |  |  |
| Trecy, Kalyn | 10 | 20 |  |  |  |  |
| Trumble, Michael | 42 | 40 |  |  |  |  |
| Vaughn, Coen | 24 | 29 |  |  |  |  |
| Walworth, Richard | 31 | 33 |  |  |  |  |
| Woodcock, Ellie | 34 | 32 |  |  |  |  |
| Pollard | N/A | 15 |  |  |  |  |
| Davis | N/A |  |  |  |  |  |
| Tax | N/A |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Overall Push-up | 9/2 | 1/7 |  |  |  |  |
|  |  |  |  |  |  |  |
| Boley, Hannah | - |  |  |  |  |  |
| Brown, Molly | 24 | 26 |  |  |  |  |
| Clark, Joseph | 50 | 52 |  |  |  |  |
| Davis, Drey | N/A | 8 |  |  |  |  |
| Delgado, Dulce | 10 | 20 |  |  |  |  |
| Demlow, Parker | 25m | 9 |  |  |  |  |
| Dobrynzski, Ryan | 18 | 25 |  |  |  |  |
| Esqueda, Ellianna | 9m |  |  |  |  |  |
| Gramm, Noah | 20 | 15 |  |  |  |  |
| Heckaman, Logan | 7 | 8 |  |  |  |  |
| Hernandez, Stephanie | 13 | 24 |  |  |  |  |
| Jaimes, Sara | 19 | 20 |  |  |  |  |
| Jones, Shane | 6 | 16 |  |  |  |  |
| Kane, Kayli | 12 | 12 |  |  |  |  |
| Lake, Carlee | 3 | 13 |  |  |  |  |
| Loftin, Ano | 7m | 6 |  |  |  |  |
| Morris, Allison | 5 | 11 |  |  |  |  |
| Perkins, Annika | 11 |  |  |  |  |  |
| Potts, Caleb | 40 | 50 |  |  |  |  |
| Randles, James | 20 | 32 |  |  |  |  |
| Richards, Tyler | 12 | 16 |  |  |  |  |
| Shaffer, Sidney | 16 | 30 |  |  |  |  |
| Shaw, Claire | 5 | 8 |  |  |  |  |
| ~~Shupe, Brianna~~ | ~~7~~ |  |  |  |  |  |
| Snyder, Jacob | 7 | 11 |  |  |  |  |
| Stephans, Isiah | 21 | 25 |  |  |  |  |
| Trecy, Kalyn | 5 | 16 |  |  |  |  |
| Trumble, Michael | 35 |  |  |  |  |  |
| Vaughn, Coen | 8 | 18 |  |  |  |  |
| Walworth, Richard | 10 | 10 |  |  |  |  |
| Woodcock, Ellie | 10 | 12 |  |  |  |  |
| Pollard | N/A | 10 |  |  |  |  |
| Davis | N/A |  |  |  |  |  |
| Tax | N/A |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Overall Sit and Reach | 9/2 | 1/7 |  |  |  |  |
|  |  |  |  |  |  |  |
| Boley, Hannah | -- |  |  |  |  |  |
| Brown, Molly | 10 | 11 |  |  |  |  |
| Clark, Joseph | 15 | 14 |  |  |  |  |
| Davis, Drey | N/A |  |  |  |  |  |
| Delgado, Dulce | 12 | 13 |  |  |  |  |
| Demlow, Parker | 6 | 8.5 |  |  |  |  |
| Dobrynzski, Ryan | 7 | 8 |  |  |  |  |
| Esqueda, Ellianna | 12 |  |  |  |  |  |
| Gramm, Noah | 7 | 7 |  |  |  |  |
| Heckaman, Logan | 7 | 8 |  |  |  |  |
| Hernandez, Stephanie | 11.5 | 11 |  |  |  |  |
| Jaimes, Sara | 17.5 | 17.5 |  |  |  |  |
| Jones, Shane | 8 | 8.5 |  |  |  |  |
| Kane, Kayli | 13.5 |  |  |  |  |  |
| Lake, Carlee | 13 | 12 |  |  |  |  |
| Loftin, Ano | -- | 9 |  |  |  |  |
| Morris, Allison | 7 | 5.5 |  |  |  |  |
| Perkins, Annika | 9 | 9 |  |  |  |  |
| Potts, Caleb | 12 | 11 |  |  |  |  |
| Randles, James | 8 | 8 |  |  |  |  |
| Richards, Tyler | 5 | 6 |  |  |  |  |
| Shaffer, Sidney | 0 | 1 |  |  |  |  |
| Shaw, Claire | 17 | 16 |  |  |  |  |
| ~~Shupe, Brianna~~ | ~~9~~ |  |  |  |  |  |
| Snyder, Jacob | 8 | 9 |  |  |  |  |
| Stephans, Isiah | 12 | 12.5 |  |  |  |  |
| Trecy, Kalyn | 7 | 8 |  |  |  |  |
| Trumble, Michael | 7 | 4 |  |  |  |  |
| Vaughn, Coen | 8 | 8.5 |  |  |  |  |
| Walworth, Richard | 4 | 4.5 |  |  |  |  |
| Woodcock, Ellie | 11.5 | 11.4 |  |  |  |  |
| Pollard | N/A | 7 |  |  |  |  |
| Davis | N/A |  |  |  |  |  |
| Tax | N/A |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |