



Tyee Fitness Testing Record Holders

Testing Age	
16, 17	...

Gender	
F	...

Vertical Jump Record Holders	Long Jump Record Holders	Penta Jump Record Holders
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Athlete	↓	V. Jump
Antonia Wearmouth		48
Katie Ussher		46
Maria Yushchenko		45

Athlete	↓	L. Jump
Antonia Wearmouth		224
Arizah Karim		205
Katie Ussher		203

Athlete	↓	P. Jump
Antonia Wearmouth		1,128
Maria Yushchenko		1,061
Kendall Spencer		1,059

Box Jump 30 Record Holders	Box Jump 60 Record Holders	Pushups Record Holders
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Athlete	↓	Box 30
Antonia Wearmouth		40
Katie Ussher		40
Arizah Karim		37

Athlete	↓	Box 60
Antonia Wearmouth		70
Arizah Karim		65
Katie Ussher		63

Athlete	↓	Pushups
Antonia Wearmouth		32
Arizah Karim		28
Maria Yushchenko		26

40M Sprint Record Holders	T-Test Record Holders	Beep Test (Leger Boucher) Record Holders
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Athlete	↑	Sprint
Maria Yushchenko		5.98
Antonia Wearmouth		7.56

Athlete	↑	T-Test
Antonia Wearmouth		11.80
Maria Yushchenko		12.56
Arizah Karim		12.59

Athlete	↓	Beep Numeric
Arizah Karim		10.1
Antonia Wearmouth		9.7
Maria Yushchenko		9.7