



# Tyee Fitness Testing Record Holders

Testing Age	
14, 15	...

Gender	
F	...

Vertical Jump Record Holders	Long Jump Record Holders	Penta Jump Record Holders
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Athlete	↓	V. Jump
Kristina Natalenko		57
Antonia Wearmouth		54
Alysia Kwong		53

Athlete	↓	L. Jump
Charlotte Keay		223
Antonia Wearmouth		221
Alysia Kwong		217
Sonia Stambolian		217

Athlete	↓	P. Jump
Antonia Wearmouth		1,107
Kristina Natalenko		1,100
Alysia Kwong		1,086

Box Jump 30 Record Holders	Box Jump 60 Record Holders	Pushups Record Holders
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Athlete	↓	Box 30
Antonia Wearmouth		39
Cassandra Mah		38
Kristina Natalenko		38
Lucia Plunkett		38

Athlete	↓	Box 60
Kendall Spencer		84
Antonia Wearmouth		76
Cassandra Mah		75

Athlete	↓	Pushups
Kristina Natalenko		45
Cassandra Mah		43
Antonia Wearmouth		39
Sonia Stambolian		39

40M Sprint Record Holders	T-Test Record Holders	Beep Test (Leger Boucher) Record Holders
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Athlete	↑	Sprint
Cassandra Mah		5.70
Maria Yushchenko		5.95
Arizah Karim		6.07

Athlete	↑	T-Test
Kristina Natalenko		11.63
Antonia Wearmouth		11.85
Lucia Plunkett		11.91

Athlete	↓	Beep Numeric
Antonia Wearmouth		11.4
Kristina Natalenko		10.5
Katie Ussher		10.4
Madison Brainard		10.4