

Throws Coach Florida Testing Day 1
15th September 2012

Name	Age	Event (s)	Ht(FT&INCHS)	Wt(LBS)	30m	points	SLJ	points	3 Jumps	points	OHS	points	Total	10m
Amber Bledsoe	27	Long Jump	5'8"	141.4	3.73	74	2.58	59	7.61	59	13.05	53	245 #plus 5	1.38
Andrea Aaron	17	Shot/Discus	5'3"	181.2	4.15	59	2.34	50	7.34	34	14.50	62	205	1.55
Cameron FV Frankenstein	17	Discus/Hammer	5'6"	191	4.17	58	2.46	55	6.82	49	13.78	58	220 #plus 26	
*Chrissy Grandin		Discus			4.58	44	2.16	44	6.20	41	12.16	49	178	
*Eric Kowaleski		Discus			3.88	68	2.85	69	8.34	68	15.45	68	273	
Gary Dixon	54	Wt Pen/Pen	6'0"	241.6	4.68	40	2.09	41	6.27	42	12.30	49	172	1.79
Jessy Page	14	Dis/Sp/Ham	5'7"	148	5.15	24	1.81	31	5.05	28	7.20	19	102	1.95
Liz Harris	17	High Jump	5'8"	125	4.02	64	2.56	58	7.17	52	9.20	31	205	1.57
MacKenzie Broughton	16	High Jump	5'10"	146.2	4.41	50	2.32	50	6.50	44	10.56	39	183	1.65
Malachi Tisch	19	High Jump	6'5"	177.2	3.70	75	2.90	71	8.86	73	15.85	70	289 #plus 20	1.40
Martin Murillo	17	Hammer/Wt	6'1"	205.8	4.39	50	2.57	59	7.00	50	12.02	47	206 #plus 13	1.64
Nathan Milch	17	Discus/Shot	6'1"	197.8	3.80	71	2.91	72	8.53	69	15.85	70	282	1.47
Pedro O'Farrill	19	Long Jump	5'8"	177.8	3.64	77	2.97	73	9.03	75	15.27	66	291	1.39
*Rebecca Evans		Discus/Shot			4.30	54	2.24	47	6.71	47	14.06	59	207	
Richie Lovell	20	Discus	6'1"	185	3.78	72	2.84	69	8.34	68	*15.12	66	275 #minus 9	
Rachel Wofford	17	LJ/TJ/Hept	5'8"	143.8	3.92	67	2.63	61	7.66	58	12.27	49	235 #plus 15	1.50
Zak Vince	9	Dis/Jav	4'6 1/2"	62	4.92	32	2.00	38	5.20	28	5.97	12	110	1.84

* Tested 10/07/2012

* 7.26kg SHOT

Multi Stage Fitness Test #MSFT

Planks (Timed to 3 minute MAX)

	2011 Test		
Amber Bledsoe	4.8	8.9	Down
Andrea	4.5		
Gary Dixon	5.6		
Jessy Page	4.2		
Liz Harris	*7.5		
MacKenzie	*7.5		
Malachi Tisch	10.3	9.3	Up
Martin Murillo	8.3	8.9	Down
Nathan Milch	10.9		
Pedro O'Farrill	7.1		
Rachel Wofford	*7.5		NA
Zak Vince	10.2		