

High Jump: Beyond the Basics – Anatomy of Elite Performance and Elite Testing Data

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Introduction

- What is elite?
- What does it take to rank among world top ten?
- What are these athletes capable of doing?
 - In competition?
 - In training?
- How do I use this information?

Athlete Bios

Ed Broxterman

Fall 1992 – Spring 1999

Baileyville, Kansas

Birth date: 11/28/73

Height: 1.96 / 6' 5"

Weight: 165

Personal Best: 2.30 / 7' 6 1/2"

Highlights: 1996 Olympian, 1995 NCAA Outdoor Runner-Up
Two Time USA Top Ten Ranked

Matt Hemingway

Fall 2003 – Summer 2005

Buena Vista, Colorado

Birth date: 10/24/72

Height: 2.00 / 6' 6 3/4"

Weight: 185

Personal Best: ID 2.38 / 7' 9 3/4" OD 2.34 / 7' 8"

Top Ten Average: 2.327 / 7' 7 1/4"

Highlights: 2004 Olympic Silver Medalist, 2005 USA Outdoor Champion

Kyle Lancaster

Fall 2002 – Spring 2008

Fort Scott, Kansas

Birth date: 8/15/83

Height: 1.96 / 6' 5"

Weight: 178

Personal Best: 2.31 / 7' 7"

Top Ten Average: 2.266 / 7' 5"

Highlights: 2005 World Outdoor Team, Seven Time NCAA All American
Four Time USA Top Ten Ranked

Nathan Leeper

Fall 1997 – Spring 2004

Protection, Kansas

Birth date: 6/13/77

Height: 1.88 / 6' 2"

Weight: 178

Personal Best: 2.35 / 7' 8 ½"

Top Ten Average: 2.315 / 7' 7"

Highlights: 2000 Olympic Finalist, 2001 World Indoor– 4th place

1998 NCAA Outdoor Champion

Four Time USA National Champion

Five Time USA Top Ten Ranked

Jamie Nieto

Fall 2000 – Summer 2008

Sacramento, California

Birth date: 11/2/76

Height: 1.93 / 6' 4"

Weight: 182

Personal Best: 2.34 / 7' 8"

Top Ten Average: 2.31 / 7' 7"

Highlights: 2004 Olympic 4th Place, 2004 World Indoor Team

2003, 2007 World Outdoor Team

2003 Pan Am Silver Medalist, Three Time USA National Champion

Eleven Time USA Top Ten Ranked

Scott Sellers

Fall 2006 – Present

Katy, Texas

Birth date: 8/16/86

Height: 1.90 / 6' 2 ¾"

Weight: 160

Personal Best: 2.33 / 7' 7 ¾"

Top Ten Average: 2.285 / 7' 5 ¾"

Highlights: Three Time NCAA Champion, Eight Time NCAA All American

Jesse Williams

Fall 2007 – Present

Raleigh, North Carolina

Birth date: 12/27/83

Height: 1.83 / 6'

Weight: 155

Personal Best: 2.36 / 7' 8 ¾"

Top Ten Average: 2.329 / 7' 7 ¼"

Highlights: 2008 Olympian, 2008 Olympic Trials Champion

2008 World Indoor team

Karol Rovelto

Fall 2000 - Present

Austin, Texas

Birth date: 12/20/69

Height: 1.78 / 5' 10"

Weight: 120

Personal Best: 1.97 / 6' 5 ½"

Top Ten Average: 1.925 / 6' 3 /12"

Highlights: 2000 Olympian, 2000 Olympic Trials Champions
PR (1.97) at age of 33
Twelve Time USA Top Ten Ranked

Gwen Wentland

Fall 1990 – Summer 2008

Grand Blanc, Michigan

Birth date: 4/29/72

Height: 1.81 / 5' 11"

Weight: 136

Personal Best: 1.96 / 6' 5"

Top Ten Average: 1.929 / 6' 3 ½"

Highlights: Two Time USA National Champion, Four Time NCAA Runner-Up
Fifteen Time USA Top Ten Ranked

Scott Sellers Collegiate Profile

2006 – 2009 Indoor and Outdoor Average Jump 2.22 / 7' 3 ¼"

Average Big Twelve Indoor: 2.235 / 7' 3 ¾" (3rd, 2nd, 1st, 2nd)

Average Big Twelve Outdoor: 2.230 / 7' 3 ¾" (2nd, 1st, 2nd, 4th)

Average NCAA Indoor: 2.230 / 7' 3 ¾" (9th, 3rd, 2nd, 1st)

Average NCAA Outdoor: 2.253 / 7' 4 ½" (3rd, 1st, 4th, 1st)

53 Collegiate Competitions

< 2.15 / 7' ½" – 1

< 2.20 / 7' 2 ½" – 15

≥ 2.20 / 7' 2 ½" – 38 (72%)

≥ 2.25 / 7' 4 ½" – 17 (32%)

≥ 2.27 / 7' 5 ¼" – 7 (13%)

	<u>Average Starting Height</u>	<u>Opening Height % 1st Attempt Make</u>
2007 ID	2.065 / 6' 9"	6 meets – 100%
2007 OD	2.073 / 6' 9 ½"	8 meets – 100%
2008 ID	2.12 / 6' 11 ½"	7 meets – 83%
2008 OD	2.117 / 6' 11"	12 meets – 91%
2009 ID	2.07 / 6' 9 ½"	5 meets – 100%
2009 OD	2.089 / 6' 9 ¾"	9 meets – 78%

Success Rate Prior to Exiting Height

	<u># of Jumps</u>	<u>Misses</u>	<u>Success Rate</u>
2007 ID	23	3	87%
2007 OD	52	15	71%
2008 ID	31	8	74%
2008 OD	53	17	68%
2009 ID	18	2	89%
2009 OD	35	7	80%

Jesse Williams 2008 – 2009 Profile

	<u># Competitions</u>	<u>Average</u>	<u>Average Place</u>
2008 ID	9	2.287 / 7' 5 3/4"	3.00
2008 OD	14	2.258 / 7' 4 1/2"	3.50
2009 ID	6	2.310 / 7' 7"	1.50
2009 OD	16	2.27 / 7' 5 1/4", 2.286 / 7' 5 3/4"	2.50

	<u>Average Starting Height</u>	<u>Opening Height % 1st Attempt Make</u>
2008 ID	2.17 / 7' 1 1/2"	88%
2008 OD	2.17 / 7' 1 1/2"	92%
2009 ID	2.17 / 7' 1 1/2"	100%
2009 OD	2.17 / 7' 1 1/2"	69% (3 rain meets)

Success Rate Prior to Exiting Height

	<u># of Jumps</u>	<u>Misses</u>	<u>Success Rate</u>
2009 ID	44	12	73%
2009 OD	67	17	75%

Olympic Year Profiles

1996 – Ed Broxterman

Ed was the 1995 NCAA Outdoor runner-up jumping 2.25 / 7' 4 ½". He battled injuries throughout 1996. He did not compete at all indoors and only competed four times prior to the US Olympic Trials. He jumped 6' 7", 6' 9", and 7' ½" and sprained his takeoff ankle in the fourth meet and was unable to finish this competition. After a couple of weeks of rest, he began jumping again in practice early in June. He progressed well in practice but did not know if he had been accepted into the trials until early in the week of the Olympic Trials. In the qualifying round Ed jumped 2.24 / 7' 4 ¼" and in the final he jumped 2.30 / 7' 6 ½" to finish second.

2000 – Nathan Leeper

	<u># of Competitions</u>	<u>Average</u>
Indoor	2	2.235 / 7' 3 ¾"
Outdoor	25	2.258 / 7' 4 ½"

Final Month

9/3/00	2.30 / 7' 6 ½"	Rieti	2 nd Place
9/14/00	2.20 / 7' 2 ½"	Sydney	2 nd Place
9/22/00	2.27 / 7' 5 ¼"	Olympic Games – Q	-
9/24/00	2.25 / 7' 4 ½"	Olympic Games – F	11 th Place
10/5/00	2.30 / 7' 6 ½"	Grand Prix Final - Doha	2 nd Place

2004 – Matt Hemingway

	<u># of Competitions</u>	<u>Average</u>
Indoor	3	2.21 / 7' 3"
Outdoor	10	2.26 / 7' 5"

Final 3 Months

7/1/04	2.28 / 7' 5 ¾"	Harry Jerome	1 st Place
7/15/04	2.24 / 7' 4 ¼"	Olympic Trials – Q	-
7/18/04	2.30 / 7' 6 ½"	Olympic Trials – F	2 nd Place
8/20/04	2.28 / 7' 5 ¾"	Olympic Games – Q	-
8/22/04	2.34 / 7' 8"	Olympic Games – F	2 nd Place
9/5/04	2.22 / 7' 3 ¼"	Rieti	2 nd Place
9/19/04	2.23 / 7' 3 ¾"	World Athletic Final – Monaco	6 th Place
9/24/04	2.28 / 7' 5 ¾"	Busan	1 st Place

2004 – Jamie Nieto

	<u># of Competitions</u>	<u>Average</u>
Indoor	8	2.258 / 7' 4 ½"
Outdoor	22	2.253 / 7' 4 ½"

Final 3 Months

6/19/04	2.30 / 7' 6 ½"	Prefontaine	1 st Place
6/26/04	2.30 / 7' 6 ½"	Provo	1 st Place
7/1/04	2.25 / 7' 4 ½"	Harry Jerome	2 nd Place
7/15/04	2.24 / 7' 4 ¼"	Olympic Trials – Q	-
7/18/04	2.33 / 7' 7 ¾"	Olympic Trials – F	1 st Place
7/27/04	2.24 / 7' 4 ¼"	Stockholm	8 th Place
8/1/04	2.30 / 7' 6 ½"	Vierson	1 st Place
8/8/04	2.20 / 7' 2 ½"	La Chaux-de-Fands	3 rd Place
8/20/04	2.28 / 7' 5 ¾"	Olympic Games – Q	-
8/22/04	2.34 / 7' 8"	Olympic Games – F	4 th Place
9/5/04	2.21 / 7' 3"	Moscow	3 rd Place
9/8/04	2.20 / 7' 2 ½"	Rovereto	2 nd Place
9/11/04	2.26 / 7' 5"	Bystrica	2 nd Place
9/12/04	2.26 / 7' 5"	Dubnica	1 st Place
9/19/04	2.27 / 7' 5 ¼"	World Athletic Final – Monaco	4 th Place

2008 – Jesse Williams

	<u># of Competitions</u>	<u>Average</u>
Indoor	9	2.287 / 7' 5 3/4"
Outdoor	14	2.258 / 7' 4 1/2"

Final 3 Months

6/21/08	2.30 / 7' 6 1/2"	Harry Jerome	1 st Place
7/5/08	2.30 / 7' 6 1/2"	Olympic Trials – F	1 st Place
7/22/08	2.24 / 7' 4 1/4"	Stockholm	3 rd Place
7/25/08	2.25 / 7' 4 1/2"	London	5 th Place
7/29/08	2.24 / 7' 4 1/4"	Monaco	8 th Place
8/17/08	2.25 / 7' 4 1/2"	Olympic Games – Q	-
8/31/08	2.24 / 7' 4 1/4"	Gateshead	2 nd Place
9/2/08	2.26 / 7' 5"	Lausanne	7 th Place T
9/6/08	2.27 / 7' 5 1/4"	Moscow	2 nd Place
9/13/08	2.29 / 7' 6"	World Athletic Final - Stuttgart	3 rd Place
9/20/08	2.28 / 7' 5 3/4"	Shanghai	2 nd Place

Testing

- I. Purpose – Evaluative Tool
 - a. Biomotor measures
 - b. Physiological measures; i.e. body composition, bone density, blood work
 - c. Psychological traits
 - d. Training evaluation
 - e. Training tools / modeling
 - Caution: Do not train for tests
- II. Validity – Are results accurate measures?
 - a. Testing protocols
 - b. Timing of tests
 - c. Location / environment
- III. Reliability – Are results repeatable?
 - a. Testing protocols / conditions
- IV. Sample of High Jump Testing Data
 - a. Body Composition Profiles
 - i. Scott Sellers
 - ii. Kyle Lancaster
 - iii. Karol Rovelto
 - b. Strength Testing
 - i. Scott Sellers Profile
 - ii. Karol Rovelto
 - c. Speed Testing
 - d. Jump Mat Testing
 - e. Vertical Jump – 3 Step Vertical Jump Testing
 - f. Pre Championship Testing
 - i. Pre Indoor Conference Profile – Kyle Lancaster
 - ii. Pre Outdoor Conference Profile – Scott Sellers
 - iii. Pre USA Outdoor Championships – Jamie Nieto
 - g. General Preparation Testing – Erik Kynard

SCOTT SELLERS – DOB 8/16/86; Height 6' 3"
Body Composition - DXA

	September 2005	December 2005	February 2006	May 2006
% Fat	5.7	5.4	5.8	5.9
Lean Mass (g)	63,228	66,074	66,937	67,532
BMD (g/cm²)	--	1.338	1.338	1.388
Body Weight	154.6	160.0	162.2	164.5
	September 2006	December 2006	February 2007	May 2007
% Fat	5.7	5.0	5.6	6.0
Lean Mass (g)	66,108	67,492	68,104	67,470
BMD (g/cm²)	1.394	1.385	1.383	1.410
Body Weight	160.4	162.6	164.8	165.0
	September 2007	December 2007		May 2008
% Fat	5.2	5.0		5.8
Lean Mass (g)	64,898	65,921		65,687
BMD (g/cm²)	1.406	1.403		1.400
Body Weight	157.0	162.0		160.0
	August 2008		March 2009	May 2009
% Fat	5.9		5.9	6.2
Lean Mass (g)	65,788		66,379	65,290
BMD (g/cm²)	1.405		1.394	1.395
Body Weight	160.0		162.0	159.8
		December 2009		
% Fat		5.5		
Lean Mass (g)		68,110		
BMD (g/cm²)		--		
Body Weight		165.0		

KYLE LANCASTER – DOB 8/15/83; Height 6' 4.8"
Body Composition - DXA

	August 2003	December 2003		May 2004
% Fat	15.4	11.3		11.5
Lean Mass (g)	66,616	67,740		68,280
BMD (g/cm²)	1.336	1.416		1.329
Body Weight	183.0	177.8		178.1
	September 2004	December 2004		May 2005
% Fat	15.4	7.6		9.4
Lean Mass (g)	67,055	70,020		69,661
BMD (g/cm²)	1.339	1.351		1.354
Body Weight	184.2	174.6		178.0
	September 2006	December 2006	March 2007	May 2007
% Fat	11.5	10.1	10.5	10.4
Lean Mass (g)	69,225	68,353	68,500	69,143
BMD (g/cm²)	1.337	1.367	1.376	1.376
Body Weight	181.6	177.8	177.6	179.0
	September 2007			
% Fat	9.7			
Lean Mass (g)	69,557			
BMD (g/cm²)	1.368			
Body Weight	179.2			

KAROL ROVELTO – DOB 12/20/69; Height 5' 10"
Body Composition - DXA

	September 2002	November 2002	February 2003	April 2003	June 2003
% Fat	11.2	10.0	10.4	10.0	9.4
Lean Mass (g)	46,522	47,417	47,437	47,569	47,236
BMD (g/cm²)	1.205	1.212	1.215	1.218	1.233
Body Weight	121.0	121.0	121.7	121.4	119.7
	August 2003	December 2003		May 2004	
% Fat	10.3	10.9		10.8	
Lean Mass (g)	46,885	47,269		46,544	
BMD (g/cm²)	1.210	1.228		1.216	
Body Weight	120.6	122.1		120.8	
		November 2004	February 2005		
% Fat		11.9	10.7		
Lean Mass (g)		46,085	46,588		
BMD (g/cm²)		1.219	1.205		
Body Weight		121.0	120.0		
	October 2005	December 2005			
% Fat	13.4	11.3			
Lean Mass (g)	45,667	46,085			
BMD (g/cm²)	1.210	1.210			
Body Weight	121.4	119.6			
	September 2006		February 2007		
% Fat	13.5		12.8		
Lean Mass (g)	45,281		44,912		
BMD (g/cm²)	1.211		1.218		
Body Weight	120.4		119.0		
	September 2007	December 2007			
% Fat	12.7	11.5			
Lean Mass (g)	45,748	45,718			
BMD (g/cm²)	1.188	1.202			
Body Weight	120.6	119.4			

SCOTT SELLERS

STRENGTH TESTING

	December 2005	December 2006	November 2007	December 2008
Vertical Jump	35.5"	40.0"	36.5"	39.5"
Clean	219 lbs	231 lbs	240 lbs	240 lbs
Flat Bench	198 lbs	229 lbs	192 lbs	-
Safe Squat	545 lbs	631 lbs	524 lbs	-
Flexibility	27.0"	26.5"	27.0"	28.5"

KAROL ROVELTO

TESTING PERSONAL BESTS

Vertical Jump	23.0"
Hang Clean	141 lbs
Flat Bench	107 lbs
Safe Squat	419 lbs
Overback Shot Throw	13.36 / 43' 10"
Standing Long Jump	2.67 / 8' 9"
Standing Triple Jump	7.62 / 25'
20" Run	157 m
45" Run	320 m
90" Chu Drill	93

SPEED TESTING

MATT HEMINGWAY

Date	30M, SS (MT)	30M Fly (FAT)
10/31/05 (ID)	3.53	3.10

ERIK KYNARD

Date	30M, SS (MT)	30M Fly (FAT)
10/13/09 (ID)	3.43	3.04

KYLE LANCASTER

Date	30M, SS (MT)	30M Fly (FAT)
2/25/03 (ID)	3.71	3.37
10/18/05 (OD)	3.64	3.21
1/10/06 (ID)	3.53	3.20

JAMIE NIETO

Date	30M, SS (MT)	30M Fly (FAT)
2/25/03 (ID)	3.73	3.22
5/17/06 (OD)	-	3.06

SCOTT SELLERS

Date	30M, SS (MT)	30M Fly (FAT)
10/18/05 (OD)	3.41	3.05
1/10/06 (ID)	3.43	3.12
6/3/06 (OD)	-	2.88
6/19/06 (OD)	3.15	2.93
10/9/07 (OD)	3.25	2.96
6/7/08 (OD)	-	2.89
11/18/09 (ID)	3.30	2.95

SPEED TESTING

AUSTRA SKUJYTE

Date	30M, SS (MT)	30M Fly (FAT)
10/15/05 (OD)	3.73	3.38
1/10/06 (ID)	3.75	3.36
5/12/08 (OD)	-	3.19

KAROL ROVELTO

Date	30M, SS (MT)	30M Fly (FAT)
4/30/01 (OD)	3.70	3.47
10/18/05 (ID)	3.98	3.69

KAYLENE WAGNER

Date	30M, SS (MT)	30M Fly (FAT)
10/15/05 (OD)	4.28	3.89

GWEN WENTLAND

Date	30M, SS (MT)	30M Fly (FAT)
4/30/01 (OD)	3.91	3.41
1/17/06 (ID)	3.87	3.61

Jump Mat Testing

Name: Scott Sellers

Weight: 172

Date: 11-9-09

Static Jump – No Arms	68.9
Counter Movement No Arms	73.4
Counter Movement w/ Arms	83.2
Weighted Jump ~ 25% BW (40lbs)	62.6
Weighted Jump ~ 50% BW (80 lbs)	50.3

Drop Jumps

	Jump Height	Power	Time of TO	Time of Flight	Best
40cm	68.7	71.6	.187	.749	
	71.2	72.0	-	-	√
	64.6	68.1	.185	.726	
50cm	74.0	72.1	.201	.777	
	76.9	71.4	.210	.792	
	74.6	72.2	.202	.780	√
60cm	74.9	60.8	.240	.782	
	67.8	69.6	-	-	
	73.0	70.0	.204	.772	√
70cm	73.2	58.3	.245	.773	
	70.4	77.5	.178	.758	√
	67.6	70.9	.186	.743	
80cm	74.0	63.8	.227	.773	
	66.4	65.0	.200	.736	
	67.3	65.0	.203	.741	√

VERTICAL JUMP – THREE STEP VERTICAL JUMP DIFFERENTIALS

	Date	VJ	3 Step VJ	Differential
Hemingway	10/05	32.5"	42.0"	+9.5"
Kynard	10/09	29.0"	43.5"	+14.5"
Lancaster	10/02	25.0"	35.0"	+10.0"
Lancaster	10/05	29.5"	41.5"	+12.0"
Lancaster	1/06	29.5"	41.5"	+12.0"
Lancaster	5/07	27.5"	39.0"	+11.5"
Sellers	10/05	35.5"	43.0"	+7.5"
Sellers	11/09	38.5"	44.5"	+6.0"
Sellers	1/06	35.5"	45.5"	+10.0"
Sellers	2/07	38.5"	47.0"	+8.5"
Sellers	3/08	37.5"	46.5"	+9.0"
Sellers	5/07	34.5"	45.0"	+10.5"
Williams	12/08	29.5"	37.5"	+8.0"
Williams	12/09	29.0"	41.5"	+12.5"

VERTICAL JUMP – THREE STEP VERTICAL JUMP DIFFERENTIALS

	Date	VJ	3 Step VJ	Differential
High	3/04	25.0”	31.0”	+6.0”
Rovelto	12/02	21.0”	29.5”	+8.5”
Skujyte	10/05	22.5”	30.0”	+7.5”
Skujyte	12/02	23.0”	29.0”	+6.0”
Skujyte	1/06	23.5”	31.0”	+7.5”
Wagner	10/07	22.0”	32.0”	+10.0”
Wagner	2/07	22.0”	32.0”	+10.0”
Wagner	5/06	21.5”	31.0”	+9.5”
Wentland	10/07	20.5”	30.5”	+10.0”
Wentland	1/06	21.5”	32.0”	+10.5”

PRE INDOOR CONFERENCE CHAMPIONSHIP TESTING

KYLE LANCASTER

	Baseline 9/02	2/25/03	2/23/04	2/21/05	2/21/06
Overback Shot Throw	12.95 / 42' 6"	14.22 / 47'	15.78 / 51' 9 ½"	15.42 / 50' 7"	16.48 / 54' 1"
Standing Long Jump	2.77 / 9' 1"	2.82 / 9' 3"	3.03 / 9' 11"	2.90 / 9' 6"	2.97 / 9' 9"
Standing Triple Jump	7.77 / 25' 6"	8.71 / 28' 7"	9.35 / 30' 8"	9.02 / 29' 7"	9.19 / 30' 7 ½"
Place at Conference	--	1 st	2 nd	2 nd T	2 nd
Height Jumped at Conference	--	2.22 / 7' 3 ¼"	2.22 / 7' 3 ¼"	2.23 / 7' 3 ¾"	2.24 / 7' 4 ¼"

PRE OUTDOOR CONFERENCE CHAMPIONSHIP TESTING

SCOTT SELLERS

	Baseline 9/05	5/8/06	5/7/07	5/12/08	5/11/09
Overback Shot Throw	13.64 / 44' 9"	15.70 / 51' 6 ¼"	16.38 / 53' 9"	16.97 / 55' 8 ¼"	16.98 / 55' 8 ½"
Standing Long Jump	3.20 / 10' 6"	3.25 / 10' 8"	3.42 / 11' 2 ½"	3.37 / 11' ¾"	3.36 / 11' ¼"
Standing Triple Jump	9.68 / 31' 9 ¼"	10.34 / 33' 11 ¼"	10.00 / 32' 9 ¾"	--	--
Place at Conference	--	2 nd	1 st	2 nd	4 th
Height Jumped at Conference	--	2.23 / 7' 3 ¾"	2.33 / 7' 7 ¾"	2.21 / 7' 3"	2.15 / 7' ½"

PRE USA NATIONAL OUTDOOR CHAMPIONSHIP TESTING

JAMIE NIETO

	6/13/03	7/12/04	8/16/04 (Athens)
Overback Shot Throw	16.53 / 54' 3"	18.11 / 59' 5"	16.59 / 54' 5 ¼"
Standing Long Jump	3.30 / 10' 10"	3.23 / 10' 7"	3.18 / 10' 5 ¼"
Standing Triple Jump	9.83 / 32' 3"	10.26 / 33' 8"	10.26 / 33' 8"
	1 st – 2.30 / 7' 6 ½"	1 st – 2.33 / 7' 7 ¾"	4 th – 2.34 / 7' 8"

ERIK KYNARD – DOB 2/3/91; Height 6' 4"

Body Composition - DXA

	September 2009	December 2009
% Fat	7.7	6.5
Lean Mass (g)	71,212	73,037
BMD (g/cm²)	-	-
Body Weight	181.2	182.0

	Baseline Testing	General Prep Evaluation
	9/14-15/09	12/7-8/09
Overback Shot Throw	13.72 / 45' ¼"	14.37 / 47' 1 ¾"
Standing Long Jump	2.97 / 9' 9"	2.91 / 9' 6 ½"
Standing Triple Jump	8.35 / 27' 4 ¾"	8.40 / 27' 6 ¾"
20" Run	179 m (OD)	177 m (ID)
45" Run	362 m (OD)	362 m (ID)
90" Chu	82	90
Clean	176 lbs	218 lbs
Flat Bench	153 lbs	174 lbs
Flexibility	7.5"	10"
Standing Vertical Jump	24.5"	30.0"