

### NST NEW STRENGTH TEST

Date: **Sep-12**

YOB	MF	Athlete name	X3		Sit-ups		Box Jumps		TOTAL	Standard	All Time Record	2007AV
			Pull-ups		Push-ups		Dips					
Jun 14/1992	M	Jeff Kerkovius	20		54	64	76	49	303	315	347	286
April 7/1992	M	Kurt Behnsen	20		44	55	63	46	268	315	347	286
Dec 22/1993	F	Emily Ertel							0			
Oct 3/1995	F	Alexandra Myshak-Davis	7		53	45	55	50	224	220	205	158
Aug 23/1997	M	Gareth Williams	7		68	69	58	60	276	230	280	197
Jan 1/1997	M	David Walker	6		49	36	60	45	208	230	280	197
Sept 29/1998	F	Madeleine Ertel	6		47	40	47	28	180	175	251	132
Sept 3/1995	M	Jon Sader	13		28	34	50	35	186	250	293	193
Feb 5/1997	M	James Sader	8		29	30	52	52	187	230	280	197
Oct. 28 1998	F	Jillian Sader							0	175	251	132
Sept 4/1997	F	Dana Allen			30	33	38	33	134	190	222	155
May 14/2000	M	Ian Williams							0	180	305	140
April 23/1998	F	Vironika Dimova							0	175	251	132
July 31/2001	M	Aaron Myshak-Davis							0	130		
April 1 2002	M	Grayson McKinnon							0			
July 3/2000	M	Scott McKinnon	3		39	36	41	32	157	180	305	140
July 27/2000	M	Matt Shipley	5		42	34	48	34	173	180	305	140
July 27/2000	M	Ben Shipley	2		40	35	47	45	173	180	305	140
	M	Eric Haaheim	1		29	45	52	48	177			
Nov 30/2001	F	Michelle Kraetzer	2		48	38	33	37	162	160	248	120
July 10/1999	F	Madison Dickie	3		35	50	35	42	171	145	187	132
Jan 22/2001	F	Kennedy Dickie	1		34	26	24	21	108	130	132	110
Jan 30/2001	F	Sally Haaheim							0	130	132	110
Nov 3/2001	F	Abby Ertel	1		41	29	29	29	131	130	132	110

### Critical Speed

Sep-12

YOB	MF	Athlete	meters/min	Meters				Standard	All Time Record	2007AV	
				3000	2000	1000	400				
Jun 14/1992	M	Jeff Kerkovius	276	meters/min	00:10:14		00:02:59		282	293	270
April 7/1992	M	Kurt Behnsen	290	meters/min	00:09:45		02:51.0		282	293	270
Dec 22/1993	F	Emily Ertel									
Oct 3/1995	F	Alexandra Myshak-Davis	218	meters/min	00:12:48		00:03:38		244	230	221
Aug 23/1997	M	Gareth Williams	240	meters/min	00:11:45		00:03:26		252	260	234
Jan 1/1997	M	David Walker	275		00:10:12		00:02:56		252	260	234
Sept 29/1998	F	Madeleine Ertel	224	meters/min	00:12:52		00:03:56		230	225	191
Sept 3/1995	M	Jon Sader	225	meters/min	00:12:36		00:03:42		264	292	256
Feb 5/1997	M	James Sader	258	meters/min	00:11:07		00:03:21		252	260	234
Oct. 28 1998	F	Jillian Sader							230	225	191
Sept 4/1997	F	Dana Allen	204	meters/min	00:14:07		00:04:20		235	232	203
May 14/2000	M	Ian Williams									
April 23/1998	F	Vironika Dimova							230	225	191
July 31/2001	M	Aaron Myshak-Davis									
April 1 2002	M	Grayson McKinnon									
July 3/2000	M	Scott McKinnon	199	meters/min			00:04:16	0:01:27			
July 27/2000	M	Matt Shipley	197	meters/min			00:04:14	0:01:23			
July 27/2000	M	Ben Shipley	182	meters/min			00:04:31	0:01:26			
	M	Eric Haaheim						0:01:44			
Nov 30/2001	F	Michelle Kraetzer	216	meters/min			00:04:16	0:01:40			
July 10/1999	F	Madison Dickie	203	meters/min			00:04:01	0:01:15			
Jan 22/2001	F	Kennedy Dickie	205	meters/min			0:04:09	0:01:25			
Jan 30/2001	F	Sally Haaheim									
Nov 3/2001	F	Abby Ertel	183	meters/min			0:04:47	0:01:43			
Aug 25/2001	M	Hamish Graham									
Old	M	Adam Elliot	249	meters/min	0:11:15		0:03:13		330	310	224