DNSC Strength Testing Standards

Overall

Age Class	Pullx3	Situps	Pushup	Box J's	Dips	Score
J2 Boy/Girl	10/4	50/50	40/35	50/50	45/35	215/182
J1 Boy/Girl	12/6	55/55	45/40	55/55	50/40	241/208
OJ Boy/Girl	15/8	60/60	50/45	60/60	55/45	270/234
Senior Man/Woman	18/10	60/60	60/50	65/65	60/50	299/255

Known Records	Male	Female
J2's	246	239
J1's	326	205
OJ's	288	254
Seniors	330	221

	Standard
	Record

Name	Date	Age Class	Pull-Ups	Pull-Upsx3	Sit-Ups	Push-Ups	Box Jumps	Dips	Score
Pastore, Alicia	10/09	J1	10	30	41	50	40	40	201
Ogier, Steph	10/09	J2	9	27	39	40	45	27	178
Ellefson, Lars	10/09	U23	23	69	54	32	54	23	232
Pastore, Gino	10/09	J2	15	45	47	39	42	30	203
Sigurslid, Haakon	10/09	J2	13	39	30	31	42	30	172
Brown, Cully	10/09	J3	16	48	52	52	43	36	231
Kurlander, Levi	10/09	J2	11	33	32	45	52	22	184
Madden, Hannah	10/09	J1	4	12	46	31	33	35	157
Oswald, Lily	10/09	J2	1	3	46	41	38	39	167
Katz, Amy	10/09	J2	12	36	40	62	34	32	204
Hart, Kaila	10/09	OJ	5	15	41	20	39	28	143
Lewis, Kricket	10/09	Sr	10	30	59	47	45	29	210