

calvert cavaliers

strength and performance records

CURRENT RECORDS

BENCH	POWER CLEAN	SQUAT	LIFTING TOTAL	STRENGTH INDEX	STANDING LONG JUMP	FORTY	GPA
LINDSEY ALLWINE SO - 110 lbs	ALEX BAKER SO - 135 lbs	LINDSEY ALLWINE SO - 215 lbs	ALEX BAKER SO - 430 lbs	ALEX BAKER SO - 351 pts	ALEX BAKER SO - 82 ins	ANITA POPE JR - 5.13 sec	
ALEX BAKER SO - 95 lbs	ALLISON FARRALL SO - 110 lbs	ALEX BAKER SO - 200 lbs	LINDSEY ALLWINE SO - 420 lbs	LINDSEY ALLWINE SO - 325 pts	HANNAH AGUILAR SO - 80 ins	ALEX BAKER SO - 5.41 sec	
MEGAN MCCONNELL SO - 95 lbs	LINDSEY ALLWINE SO - 95 lbs	ALLISON FARRALL SO - 150 lbs	ALLISON FARRALL SO - 335 lbs	MEGAN MCCONNELL SO - 255 pts	SARAH FRANKEL FR - 74 ins	SARAH FRANKEL FR - 5.44 sec	

ALL - TIME RECORDS

BENCH	POWER CLEAN	SQUAT	LIFTING TOTAL	STRENGTH INDEX	STANDING LONG JUMP	FORTY	GPA
RACHEL HORNICK 2014 - 125 lbs	ALEX BAKER 2020 - 135 lbs	HOPE SMITH 2018 - 250 lbs	HOPE SMITH 2018 - 505 lbs	HOPE SMITH 2018 - 401 pts	ALEX BAKER 2020 - 86 ins	ANITA POPE 2019 - 5.13 secs	TONIC MADDISON 2015 - 4.24
HOPE SMITH 2018 - 120 lbs	HOPE SMITH 2018 - 135 lbs	LINDSEY ALLWINE 2020 - 230 lbs	RACHEL HORNICK 2014 - 475 lbs	LINDSEY ALLWINE 2020 - 355 pts	RACHEL BLACK 2018 - 85 ins	ALEX BAKER 2020 - 5.41 secs	ALYSE COCKRELL 2014 - 3.87
KARLI HAWXHURST 2013 - 115 lbs	RACHEL HORNICK 2014 - 135 lbs	LINDSEY ALLWINE 2020 - 215 lbs	ALEX BAKER 2020 - 430 lbs	ALEX BAKER 2020 - 351 pts	JASMINE GARNER 2019 - 82 ins	SARAH FRANKEL 2021 - 5.44 secs	RACHEL HORNICK 2014 - 3.58

DESTROYERS