

calvert cavaliers

strength and performance records

CURRENT RECORDS

BENCH	POWER CLEAN	SQUAT	LIFTING TOTAL	STRENGTH INDEX	STANDING LONG JUMP	FORTY	GPA
LINDSEY ALLWINE SO - 125 lbs	ALEX BAKER SO - 135 lbs	ZHANE NORRIS SO - 255 lbs	LINDSEY ALLWINE SO - 485 lbs	ZHANE NORRIS SO - 377 pts	ZHANE NORRIS SO - 102 ins		KALEA UMALI FR - 3.93
ZHANE NORRIS SO - 115 lbs	LINDSEY ALLWINE SO - 110 lbs	LINDSEY ALLWINE SO - 250 lbs	ZHANE NORRIS SO - 465 lbs	LINDSEY ALLWINE SO - 355 pts	ALEX BAKER SO - 83 ins		HANNA AGUILAR SO - 3.51
KALEA UMALI FR - 95 lbs	HANNAH AGUILAR SO - 105 lbs	KALEA UMALI FR - 175 lbs	KALEA UMALI FR - 355 lbs	KALEA UMALI FR - 258 pts	HANNAH AGUILAR SO - 80 ins		ZHANE NORRIS SO - 3.34

ALL - TIME RECORDS

BENCH	POWER CLEAN	SQUAT	LIFTING TOTAL	STRENGTH INDEX	STANDING LONG JUMP	FORTY	GPA
LINDSEY ALLWINE 2020 - 125 lbs	ALEX BAKER 2020 - 135 lbs	ZHANE NORRIS 2020 - 255 lbs	HOPE SMITH 2018 - 505 lbs	HOPE SMITH 2018 - 401 pts	ZHANE NORRIS 2020 - 102 ins	ANITA POPE 2019 - 5.13 secs	TONIC MADDISON 2015 - 4.24
RACHEL HORNICK 2014 - 125 lbs	HOPE SMITH 2018 - 135 lbs	LINDSEY ALLWINE 2020 - 250 lbs	LINDSEY ALLWINE 2020 - 485 lbs	ZHANE NORRIS 2020 - 377 pts	ALEX BAKER 2020 - 86 ins	ALEX BAKER 2020 - 5.41 secs	ALYSE COCKRELL 2014 - 3.87
HOPE SMITH 2018 - 120 lbs	RACHEL HORNICK 2014 - 135 lbs	HOPE SMITH 2018 - 250 lbs	RACHEL HORNICK 2014 - 475 lbs	LINDSEY ALLWINE 2020 - 355 pts	RACHEL BLACK 2018 - 85 ins	SARAH FRANKEL 2021 - 5.44 secs	RACHEL HORNICK 2014 - 3.58

DESTROYERS