

calvert cavaliers

strength and performance records

CURRENT RECORDS

BENCH	POWER CLEAN	SQUAT	LIFTING TOTAL	STRENGTH INDEX	STANDING LONG JUMP	FORTY	GPA
LINDSEY ALLWINE SO - 135 lbs	KALEA UMALI FR - 120 lbs	LINDSEY ALLWINE SO - 250 lbs	LINDSEY ALLWINE SO - 385 lbs	JASMINE GARNER JR - 302 pts	SARAH BURKE FR - 88 ins	ZHANE NORRIS SO - 5.39 secs	ASHLEY DAKIS JR - 4.14
JASMINE GARNER SR - 105 lbs	JASMINE GARNER SR - 105 lbs	JASMINE GARNER JR - 250 lbs	JASMINE GARNER SR - 375 lbs		JASMINE GARNER SR - 87 ins	JASMINE GARNER JR - 5.56 secs	KALEA UMALI FR - 3.96
KALEA UMALI FR - 95 lbs		SARAH BURKE FR - 155 lbs	ASHLEY DAKIS JR - 235 lbs		KALEA UMALI FR - 71 ins		KAYLA BARTH FR - 3.00

ALL - TIME RECORDS

BENCH	POWER CLEAN	SQUAT	LIFTING TOTAL	STRENGTH INDEX	STANDING LONG JUMP	FORTY	GPA
LINDSEY ALLWINE 2020 - 135 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	SARAH BURKE 2021 - 88 ins	ZHANE NORRIS 2020 - 5.39 secs	RACHEL BLACK 2018 - 4.12
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	JASMINE GARNER 2018 - 87 ins	ALEX BAKER 2020 - 5.41 secs	HOPE SMITH 2018 - 4.06

DESTROYERS