

calvert cavaliers

strength and performance records

CURRENT RECORDS

BENCH	POWER CLEAN	SQUAT	LIFTING TOTAL	STRENGTH INDEX	STANDING LONG JUMP	FORTY	GPA
					KAYLA BEVARD SO - 68 ins		ASHLEY DAKIS SR - 4.39
							KAYLA BEVARD SO - 4.06
							HANNAH MACWILLIAMS SO - 3.30

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	LINDSEY ALLWINE 2020 - 270 lbs	LINDSEY ALLWINE 2020 - 515 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	ZHANE NORRIS 2020 - 255 lbs	HOPE SMITH 2018 - 505 lbs	ZHANE NORRIS 2020 - 377 pts	SARAH BURKE 2021 - 88 ins	LINDSEY ALLWINE 2020 - 5.37 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 - 376 pts	JASMINE GARNER 2018 - 87 ins	ZHANE NORRIS 2020 - 5.39 secs	HOPE SMITH 2018 - 4.06

DESTROYERS