

calvert cavaliers

strength and performance records

CURRENT RECORDS

BENCH	POWER CLEAN	SQUAT	LIFTING TOTAL	STRENGTH INDEX	STANDING LONG JUMP	FORTY	GPA
KARLEE HUGHES SO - 115 lbs	KARLEE HUGHES SO - 145 lbs	GRACE ATHERTON FR - 210 lbs	KARLEE HUGHES SO - 470 lbs	KARLEE HUGHES SO - 416.00 pts	SARAH FRANKEL JR - 81 ins		BRIDGET HARRIS JR - 4.07
ALEX BAKER SR - 105 lbs	ALEX BAKER SR - 145 lbs	KARLEE HUGHES SO - 210 lbs	GRACE ATHERTON FR - 420 lbs	MACKENZIE ALONZO JR - 338.37 pts	KARLEE HUGHES SO - 79 ins		MYAH BARNES FR - 3.99
GRACE ATHERTON FR - 100 lbs	GRACE ATHERTON FR - 110 lbs	KAYLA BEVARD JR - 195 lbs	KAYLA BEVARD JR - 365 LBS	KAYLA BEVARD JR - 329.19 pts	MACKENZIE ALONZO JR - 79 ins		SARAH FRANKEL JR - 3.93

ALL - TIME RECORDS

BENCH	POWER CLEAN	SQUAT	LIFTING TOTAL	STRENGTH INDEX	STANDING LONG JUMP	FORTY	GPA
LINDSEY ALLWINE 2020 - 135 lbs	KARLEE HUGHES 2022 - 145 lbs	LINDSEY ALLWINE 2020 - 270 lbs	LINDSEY ALLWINE 2020 - 515 lbs	KARLEE HUGHES 2022 - 416 pts	ZHANE NORRIS 2020 - 102 ins	ANITA POPE 2019 - 5.13 secs	TONIC MADDISON 2015 - 4.24
RACHEL HORNICK 2014 - 125 lbs	ALEX BAKER 2020 - 135 lbs	ZHANE NORRIS 2020 - 255 lbs	HOPE SMITH 2018 - 505 lbs	HOPE SMITH 2018 - 401 pts	SARAH BURKE 2021 - 88 ins	LINDSEY ALLWINE 2020 - 5.37 secs	RACHEL BLACK 2018 - 4.12
HOPE SMITH 2018 - 120 lbs	HOPE SMITH 2018 - 135 lbs	HOPE SMITH 2018 - 250 lbs	RACHEL HORNICK 2014 - 475 lbs	ZHANE NORRIS 2020 - 377 pts	JASMINE GARNER 2018 - 87 ins	ZHANE NORRIS 2020 - 5.39 secs	HOPE SMITH 2018 - 4.06

DESTROYERS