Lake Monsters Dryland Top 10 Revised 8/5/24

Rows (under starting blk, chin over blk, max in 60s)

Hayden	28	8/5/24	Olivia	32	8/5/24
			Hailey	31	8/5/24
			Annie	31	8/5/24
			Hannah	27	8/5/24
			Grace	25	8/5/24
			Cora	23	8/5/24
			Sara	16	8/5/24
			Shay	17	6/10/24
			Avery	13	6/10/24

Lateral jumps (over PVC b/w starting blk cones, max in 45s)

Hayden	43	8/5/24	Hailey	35	8/5/24
			Olivia	30	8/5/24
			Sara	30	8/5/24
			Hannah	25	8/5/24
			Annie	24	8/5/24
			Grace	21	8/5/24
			Avery	16	6/10/24
			Cora	14	8/5/24
			Shay	9	6/10/24

Sit-ups, knees bent, butt 12" to heels, hands on sh, 2:00)

Hayden	49	8/5/24	Grace	58	8/5/24
			Hailey	57	8/5/24
			Olivia	54	8/5/24
			Sara	53	8/5/24
			Cora	50	8/5/24
			Hannah	44	8/5/24
			Annie	42	8/5/24
			Avery	40	8/5/24
			Shay	32	8/5/24

4 mound round shuttles for time (seconds)

Isaac	66	8/5/24	Hailey	85	8/5/24
Hayden	68	8/5/24	Sara	87	8/5/24
			Grace	88	8/5/24
			Annie	88	8/5/24
			Cora	91	8/5/24
			Hannah	91	8/5/24
			Avery	1:51	6/10/24
			Shay	2:30	6/10/24

Push-ups, chest to back of hand, max in 60s

Squid	30	6/10/24	Grace	16	8/5/24
Isaac	30	8/5/24	Sara	9+8	8/5/24
Hayden	27	8/5/24	Hailey	5+20	8/5/24
			Cora	5+9	8/5/24
			Hannah	4+13	8/5/24
			Olivia	1+24	8/5/24
			Annie	1+20	8/5/24
			Shay	0+20	6/10/24
			Avery	0+14	6/10/24

Mile run (2 full perim. of soc. field w/ cut in/out each mound)

Isaac	6.47	8/5/24	Sara	7.56	8/5/24
Squid	8.15	6/10/24	Cora	8.46	8/5/24
			Hailey	9.12	8/5/24
			Hannah	9.46	8/5/24
			Annie	10.31	8/5/24
			Grace	11.09	8/5/24
			Avery	11.48	6/10/24