

BOYS**10 Yard Split (Laser)**

Age Range	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	2.10	1.95	1.85	1.75
Good	2.15	2.00	1.90	1.85
Average	2.20	2.05	1.95	1.90
Below Average	2.30	2.15	2.10	2.05

20 Yard Split (Laser)

Age Range	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	3.50	3.15	3.05	2.95
Good	3.60	3.30	3.15	3.10
Average	3.80	3.50	3.35	3.30
Below Average	4.10	3.80	3.70	3.60

40 Yard Dash (Laser)

Age Range	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	6.00	5.50	5.00	4.90
Good	6.40	5.80	5.40	5.20
Average	6.80	6.10	5.80	5.50
Below Average	7.20	6.50	6.20	5.80

Vertical Jump (Vertec, inches)

Age Range	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	16	21	25	28
Good	15	19	23	27
Average	13	17	21	25
Below Average	11	14	19	23

Horizontal/ Broad Jump (ft)

Age Range	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	6.4	7.2	8.6	9.2
Good	5.8	6.8	7.8	8.6
Average	5.2	6.2	7	7.8
Below Average	4.8	5.6	6	6.8

5-10-5 Agility Drill

Age Range	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	5.20	5.00	4.70	4.50
Good	5.60	5.30	5.00	4.80
Average	6.10	5.80	5.40	5.20
Below Average	6.50	6.30	5.90	5.50

Push-Up Test

Age Range	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	30	42	46	55
Good	23	32	37	45
Average	15	25	32	36
Below Average	10	18	27	30

GIRLS**10 Yard Split (Laser)**

Age Range	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	2.10	1.98	1.90	1.85
Good	2.15	2.00	1.95	1.90
Average	2.20	2.05	2.00	1.95
Below Average	2.35	2.20	2.15	2.10

20 Yard Split (Laser)

Age Range	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	3.50	3.30	3.20	3.10
Good	3.60	3.40	3.30	3.20
Average	3.80	3.60	3.50	3.40
Below Average	4.10	3.80	3.70	3.70

40 Yard Dash (Laser)

Age Range	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	6.00	5.70	5.60	5.50
Good	6.40	6.10	5.90	5.80
Average	6.80	6.50	6.40	6.30
Below Average	7.20	6.90	6.80	6.70

Vertical Jump (Vertec, inches)

Age Range	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	16	18	20	22
Good	15	16	17	19
Average	13	14	15	17
Below Average	11	13	14	16

Horizontal/Broad Jump (ft)

Age Range	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	6.4	7	7.6	8
Good	5.8	6.6	7	7.2
Average	5.2	5.8	6.4	6.6
Below Average	4.8	5	5.2	5.6

5-10-5 Agility Drill

Age Range	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	5.20	5.00	4.90	4.70
Good	5.60	5.40	5.30	5.00
Average	6.10	5.90	5.80	5.40
Below Average	6.50	6.30	6.10	5.90

Push-Up Test

Age Range	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	20	22	26	28
Good	16	15	18	19
Average	12	11	15	16
Below Average	8	6	10	12



Speed • Power • Strength • Results

NOTE: Laser time is .17 - .23 sec more than stopwatch
(example) 4.8 stopwatch is approx 5.0 laser