



# MENS STANDARDS

## Jumping & Speed



Body Type	Up to 5'8"	5'9" to 5'11"	6'0" to 6'2"	6'3" & up
Standard Build	less than 125	less than 200	less than 220	less than 240
Heavy Build	180 or more	200 or more	220 or more	240 or more

	9th Grade		10th Grade		11th Grade		12th Grade	
	Standard	Heavy	Standard	Heavy	Standard	Heavy	Standard	Heavy

### 40 YD DASH

Good	5.25	5.5	5.2	5.4	5.1	5.3	5.0	5.2
Great	4.95	5.2	4.9	5.1	4.85	5.05	4.75	5.0
All-State	4.75	5.05	4.7	5.0	4.65	4.95	4.6	4.9
All-American	4.65	4.95	4.6	4.9	4.55	4.85	4.5	4.8

### 20 YD DASH

Good	3.25	3.5	3.2	3.4	3.1	3.3	3.0	3.2
Great	2.95	3.2	2.9	3.1	2.85	3.05	2.75	3.0
All-State	2.75	3.05	2.7	3.0	2.65	2.95	2.6	2.9
All-American	2.65	2.95	2.6	2.9	2.55	2.85	2.5	2.8

### VERT JUMP

Good	18"	15"	20"	17"	22"	19"	24"	21"
Great	26"	23"	27"	24"	28"	25"	29"	26"
All-State	29"	25"	30"	26"	31"	27"	32"	28"
All-American	32"	27"	33"	28"	34"	29"	35"	30"

### S. LONG JUMP

Good	7'6"	7'0"	7'9"	7'3"	8'0"	7'6"	8'3"	7'9"
Great	8'3"	7'9"	8'6"	8'0"	8'9"	8'3"	9'0"	8'6"
All-State	8'9"	8'3"	9'1"	8'7"	9'6"	9'3"	10'0"	9'6"
All-American	9'3"	8'9"	9'7"	9'1"	10'0"	9'7"	10'6"	10'0"

### DOT DRILL

Good	69	74	66	71	63	68	60	65
Great	64	69	61	66	58	63	55	60
All-State	59	64	56	61	53	58	50	55
All-American	49	54	46	51	43	48	40	45