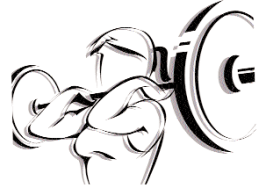


BIGGER FASTER STRONGER

WOMEN'S STANDARDS

Jumping & Speed



Body Type	Up to 5'2"	5'3" to 5'5"	5'6" to 5'8"	5'9" & up
Standard Build	less than 125	126 - 145	146 - 160	161 - 175
Larger Build	125 or more	145 or more	160 or more	175 or more

	9th Grade		10th Grade		11th Grade		12th Grade	
	Standard	Larger	Standard	Larger	Standard	Larger	Standard	Larger

40 YD DASH

Good	6.0	6.2	5.9	6.1	5.8	6.0	5.7	5.9
Great	5.7	5.9	5.6	5.8	5.5	5.7	5.4	5.6
All-State	5.4	5.6	5.3	5.5	5.2	5.4	5.1	5.3
All-American	5.1	5.3	5.0	5.2	4.9	5.1	4.8	5.0
Elite	4.9	5.1	4.85	5.0	4.8	4.95	4.7	4.9

20 YD DASH

Good	4.1	4.3	4.0	4.2	3.9	4.1	3.8	4.0
Great	3.8	4.0	3.7	3.9	3.6	3.8	3.5	3.7
All-State	3.4	3.6	3.3	3.5	3.2	3.4	3.1	3.3
All-American	3.2	3.4	3.1	3.3	3.0	3.2	2.9	3.1
Elite	3.0	3.2	2.95	3.1	2.9	3.05	2.8	3.0

VERT JUMP

Good	10"	8"	11"	9"	12"	10"	13"	11"
Great	14"	12"	15"	13"	16"	14"	17"	15"
All-State	18"	16"	19"	17"	20"	18"	21"	19"
All-American	21"	18"	22"	19"	23"	20"	24"	21"
Elite	23"	20"	24"	21"	25"	22"	26"	23"

S.LONG JUMP

Good	4'6"	4'3"	4'8"	4'6"	4'10"	4'8"	5'0"	4'10"
Great	5'0"	4'9"	5'2"	4'11"	5'4"	5'1"	5'6"	5'3"
All-State	6'0"	5'6"	6'3"	5'9"	6'6"	6'0"	6'9"	6'3"
All-American	7'0"	6'6"	7'3"	6'9"	7'6"	7'0"	7'9"	7'3"
Elite	7'6"	7'0"	7'9"	7'3"	8'0"	7'6"	8'6"	8'0"

DOT DRILL

Good	76	81	74	79	72	77	70	75
Great	66	71	64	69	62	67	60	65
All-State	56	61	54	59	52	57	50	55
All-American	51	56	49	54	47	52	45	50
Elite	46	51	44	49	43	48	40	45