

Nova Scotia Canada Games Swimming 2007 / 2008 Fitness Testing

Test #1 December 1st, 2007

FEMALES

		<i>30 Sec Hold</i>	<i>30 Sec Hold</i>	<i>10 Sec</i>	<i>30 Sec- Knees</i>	<i>As long as you can</i>	<i>No Movement</i>
<i>Name</i>	<i>Birth Date</i>	<i>Balance 2 feet</i>	<i>Balance 1 foot</i>	<i>Pylo Jump</i>	<i>Push Ups</i>	<i>Leg Raise- (m:ss:ts)</i>	<i>Balance 1 foot- (m:ss:ts)</i>
Adrianna Broussard	12/23/93	30	20.4	8	38	10:06:00	8.91
Emily Matthews	4/4/92	30	29.1	9	39	2:36:00	18.2
Meagan Bernier	7/29/92	30	17	9	42	3:08:00	42.96
Adrianna Pilgram	9/8/93	30	30	N/A	27	1:36:00	3.94
Amalia Tweedie	10/18/92	30	30	9	38	2:57:00	53.70
Carissa Dempsey	9/12/92	30	5.4	7	30	2:33:00	45.36
Jacqueline Steele	7/8/91	30	30	7	36	3:02:00	49.68
Olivia Feschuk	10/4/95	30	27.2	10	30	2:54:00	20.81
Shannon Donnelly	9/6/90	N/A	N/A	N/A	N/A	N/A	N/A
Tavia Raiche-Marsden	7/28/91	30	30	9	34	3:40:00	6.4
Zoe Miles	5/15/91	N/A	N/A	N/A	N/A	N/A	N/A
Alexandra McDonald	1/1/93	30	30	10	31	3:30:00	1.14
Amanda Loder	7/20/92	30	30	6	32	4:06:00	12.76
Ashley Wright	6/3/93	30	30	N/A	32	3:40:00	8.54
Jennifer Curran	4/13/92	30	30	8	33	5:03:00	4.05
Sarah Shaw	8/3/92	30	6.6	N/A	30	1:50:00	3.98
Tristan Langley	7/25/93	30	24.3	9	37	1:49:00	6.34
Alex Irvin	7/21/92	30	30	10	39	4:39:00	01:00.8
Ceiliadh MacPherson	4/3/92	30	16.76	7	30	3:57:00	5.00
Kristen MacPherson	12/10/93	30	30	9	36	5:00:00	5.14
Kayla Boudreau	3/17/94	30	30	12	40	12:16:00	03:17.0
Nicole Campbell	1/18/94	30	30	6	31	2:23:00	27.38

Min		30	6.6	6	27	1:36:00	3.94
Max		30	30	10	42	12:16:00	03:17.0
Average		30	25.34	8.53	34.25	4:02:15	