

Sanford POWER Records (Female) as of 8/12/2009

Vertical Jump	25"	Elise Maresh - 2006
10yd. Sprint (elec.)	1.87	Jessica Pederson - 2009
40 yd. Sprint (elec.)	5.55	Kiley Eckenrod - 2008
Pro-Agility (elec.)	4.74	Meghan Nelson - 2006
Edgren side step	39 lines	Jen Schuttloffel - 2005
Functional Movement Screen	20	Christie Ordal - 2009
Hang Cleans	148.95 points Wilks Formula (based on body weight and weight lifted)	Jessica Pederson - 2009
Bench Press	208.164 points Wilks Formula (based on body weight and weight lifted)	Diann Nelson - 2007
Squats	232.638 points Wilks Formula (based on body weight and weight lifted)	Meaghan Laetsch - 2006
300 shuttle	61.545	Jessica Pederson - 2009



