

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

Vertical Jump	38"	Ryan Corcoran - 2001
10yd. Sprint (elec.)	1.52	Riley Garrigan Dustin Rice - 2006
40 yd. Sprint (elec.)	4.65sec.	Jimmy Nasser - 2001
Pro-Agility (elec.)	4.09sec.	Riley Garrigan - 2006
Edgren side step	46 lines	Ryan Rothenberger - 2006
Functional Movement Screen	21	Marcus Ireland - 2009
Hang Cleans	136.479 points Wilks Formula (based on body weight and weight lifted) - Jack Ridgway - 2009	
Bench Press	261.12 points Wilks Formula (based on body weight and weight lifted) - Bobby Ruffin - 2006	
Squats	316.494 points Wilks Formula (based on body weight and weight lifted) - Jason Washington - 2001	
300 shuttle	55.62	Erik Hill - 2009



