

**Vertical Jump Results**

Team	Name	1st Block Vert	2nd Block Vert	1st Approach Vert	2nd Approach Vert	Block Vert % Change	Approach Vert % Change
12 Meri Jo	H Alderice	13.5	0	15.5	0	NA	NA
12 Meri Jo	J Stott	9.5	0	13.5	0	NA	NA
12 Meri Jo	K Webb	14.5	0	17.5	0	NA	NA
12 Meri Jo	S Abbott	12	0	14	0	NA	NA
12 Meri Jo	L Seal	9.5	11.5	11.5	13.5	21.05%	17.39%
12 Meri Jo	T Aguayo	12.5	14	15	17	12.00%	13.33%
12 Meri Jo	A Florez	13	14	16.5	19	7.69%	15.15%
12 Meri Jo	J Cubbedge	16.5	16.5	19.5	21	0.00%	7.69%
12 Meri Jo	L McIntosh	14.5	14.5	17.5	17.5	0.00%	14.29%
12 Meri Jo	M Nunley	12	11	14.5	14	-8.33%	-3.45%
12 Ro/Tommy	C Lowery	12.5	0	16	0	NA	NA
12 Ro/Tommy	M Bartko	20	0	15	0	NA	NA
12 Ro/Tommy	M Rosendale		0		0	NA	NA
12 Ro/Tommy	M Williamson	10.5	0	15.5	0	NA	NA
12 Ro/Tommy	D Pritchard	13	16	18	18	23.08%	0.00%
12 Ro/Tommy	B Short	11	13	14.5	17	18.18%	17.24%
12 Ro/Tommy	B Richards	9.5	11	14.5	15	15.79%	3.45%
12 Ro/Tommy	S Burke	10	11	13	14.5	10.00%	11.54%
12 Ro/Tommy	K Bawcombe	13	13.5	14	17.5	3.85%	25.00%
12 Ro/Tommy	K Boatright	15.5	16	21	22	3.23%	4.76%
12 Ro/Tommy	A Esposito	12	12	17.5	17	0.00%	-2.86%
12 Ro/Tommy	K Nieslen	12.5	12	15.5	15	-4.00%	-3.23%
14 Merilee	C Doyle	14	0	20	0	NA	NA
14 Merilee	K Fukuda	0	22.5	21.5	21.5	NA	NA
14 Merilee	L Romero	10	16.5	15.5	22	65.00%	41.94%
14 Merilee	M Nunley	11	15	17.5	21.5	36.36%	22.86%
14 Merilee	A Abbot	13	17.5	17.5	22.5	34.62%	28.57%
14 Merilee	M Gomes	14.5	16.5	20.5	20	13.79%	-2.44%
14 Merilee	R Quam	15	15.5	17.5	18.5	3.33%	5.71%
14 Merilee	A Boe	16	16	19.5	22	0.00%	12.82%
14 Merilee	B Esposito	17.5	17.5	21.5	20.5	0.00%	-4.65%
14 Merilee	A Estrada	16	15	23	23	-6.25%	0.00%
14 Mike Regional	A Harrington	12.5	0.00	18.5	0.00	NA	NA
14 Mike Regional	A Whitaker	12	0.00	21.5	0.00	NA	NA
14 Mike Regional	B Idema	14	0.00	18	0.00	NA	NA
14 Mike Regional	C Wilson	13.5	0.00	20	0.00	NA	NA
14 Mike Regional	D Alexander	10	0.00	15	0.00	NA	NA
14 Mike Regional	D Henry	10.5	0.00	16.5	0.00	NA	NA
14 Mike Regional	J Tower	13	0.00	17	0.00	NA	NA
14 Mike Regional	K Harrington	11	0.00	16.5	0.00	NA	NA
14 Mike Regional	K Jacobsen	14.5	0.00	21	0.00	NA	NA
14 Mike Regional	S Bast	12.5	0.00	19.5	0.00	NA	NA
14 Mike Regional	S Guayante	10.5	0.00	14	0.00	NA	NA
14 Mike Regional	T Nordby	15	0.00	17.5	0.00	NA	NA
14 Steve J	H Nichols		0		0	NA	NA
14 Steve J	J Button	14.5	0	19	0	NA	NA
14 Steve J	T Suchy	14.5	18.5	20	23	27.59%	15.00%
14 Steve J	K Vandenberg	14	17.5	19.5	21.5	25.00%	10.26%
14 Steve J	A Pompeo	14	16.5	18.5	21.5	17.86%	16.22%
14 Steve J	T Johnson	14	16.5	19.5	21.5	17.86%	10.26%
14 Steve J	A Strack	13.5	15.5	18.5	18.5	14.81%	0.00%
14 Steve J	E Culhane	14	15.5	17.5	19	10.71%	8.57%
14 Steve J	A Vordermann	15.5	16.5	22.5	21.5	6.45%	-4.44%
14 Steve J	C Fisher	11.5	11.5	15	15.5	0.00%	3.33%
14 Steve O	C Easterbrook	11.5	0	18	0	NA	NA
14 Steve O	C Rand	10	0	16.5	0	NA	NA
14 Steve O	C Sides	11	0	17.5	0	NA	NA
14 Steve O	K Sportsman	10.5	0	16	0	NA	NA
14 Steve O	K Yunker	11	0	14.5	0	NA	NA
14 Steve O	N Lutters	12.5	0	16.5	0	NA	NA
14 Steve O	R Day	12.5	0	15	0	NA	NA
14 Steve O	R Mulpas	13	0	20.5	0	NA	NA
14 Steve O	S Richards	12	0	18	0	NA	NA
14 Steve O	S Salcido	17	0	19.5	0	NA	NA
15 Pat	A Beuschlein	15.5	0	20.5	0	NA	NA
15 Pat	A Weaver	12.5	0	17	0	NA	NA
15 Pat	S Prochnow	16.5	0	22.5	0	NA	NA
15 Pat	C Cruse	12	18.5	14.5	20	54.17%	37.93%
15 Pat	B Becker	15	20.5	20.5	25.5	36.67%	24.39%
15 Pat	K Allen	13	15	18	23	15.38%	27.78%
15 Pat	L Fowler	12	13	17	18.5	8.33%	8.82%
15 Pat	E Daily	14	14.5	21.5	21.5	3.57%	0.00%
15 Pat	T Porreca	14	23	21	29.5	64.29%	40.48%
15 Pat	P Harvey	15.5	15	22	20	-3.23%	-9.09%
16 Aaron Capp	A Paisley		0		0	NA	NA
16 Aaron Capp	A Whitaker	16.5	0	23	0	NA	NA
16 Aaron Capp	C Jacobsen	13.5	0	20.5	0	NA	NA
16 Aaron Capp	C Tave	9.5	0	17	0	NA	NA
16 Aaron Capp	D Prunty	14.5	0	18.5	0	NA	NA
16 Aaron Capp	S DeCoud	17.5	0	24	0	NA	NA
16 Aaron Capp	D Mayer	16	19.5	19.5	23	21.88%	17.95%
16 Aaron Capp	A Kilambi	16.5	20	20	24.5	21.21%	22.50%
16 Aaron Capp	A Carroll	16	18.5	22	23.5	15.63%	6.82%
16 Aaron Capp	J Lynch	16.5	17.5	21	22.5	6.06%	7.14%
16 Ed Regional	A Black	17.5	0	22	0	NA	NA
16 Ed Regional	A DuCharme	12	0	17	0	NA	NA
16 Ed Regional	B Kelly	7.5	0	11.5	0	NA	NA
16 Ed Regional	Day	0	16	0	21.5	NA	NA
16 Ed Regional	J Bottjer	11	0	13.5	0	NA	NA
16 Ed Regional	M James	15	0	19	0	NA	NA
16 Ed Regional	K Tomkins	9.5	13.5	17.5	18	42.11%	2.86%
16 Ed Regional	S Buffington	13.5	16.5	17.5	19	22.22%	8.57%
16 Ed Regional	K Hall	12.5	14	17.5	19.5	12.00%	11.43%
16 Ed Regional	J Pitzek	11.5	12	17.5	17.5	4.35%	0.00%
16 Ed Regional	T Tedder	14	14	17	17.5	0.00%	2.94%
16 Ed Regional	S Lawhead	15.5	14.5	19	20.5	-6.45%	7.89%
16 Ed Regional	K Taitano	15.5	13.5	19.5	18	-12.90%	-7.69%
16 Steve J	E Hicks	0	15.5		22	NA	NA
16 Steve J	H Hampton	18	0	19.5	0	NA	NA
16 Steve J	R Quam		13.5		21	NA	NA
16 Steve J	K Thomas	18.5	21.5	22.5	26.5	16.22%	17.78%
16 Steve J	T Kushner	17	16.5	23.5	22.5	-2.94%	-4.26%
16 Steve J	A Cook	16.5	15.5	23	21	-6.06%	-8.70%
16 Steve J	D Backlund	17.5	15	24	21.5	-14.29%	-10.42%
16 Steve J	K Silveyra	15.5	12.5	20.5	19	-19.35%	-7.32%
16 Steve J	K Iverson	19.5	17.5	25.5	23.5	-10.26%	-7.84%
16 Tommy	A McNabney		16.5		22.5	NA	NA
16 Tommy	A Tokunaga		17.5		21.5	NA	NA
16 Tommy	A Amatulli	14	19	18.5	22.5	35.71%	21.62%
16 Tommy	P Frias	12.5	16	18.5	23.5	28.00%	27.03%
16 Tommy	Q Carty	12.5	16	19	23	28.00%	21.05%
16 Tommy	S Hamilton	12.5	15.5	19	20.5	24.00%	7.89%
16 Tommy	N Frias	13.5	16	18.5	22.5	18.52%	21.62%
16 Tommy	M Churchill	12.5	14.5	17.5	20	16.00%	14.29%
16 Tommy	M Robinson	14.5	15	19.5	21	3.45%	7.69%
16 Tommy	A Trimble	17	16.5	20	19.5	-2.94%	-2.50%
16 Tracy/Kelly	A. Kim	0	14.5	0	19.5	NA	NA
16 Tracy/Kelly	C Bo	14	0	18.5	0	NA	NA
16 Tracy/Kelly	J Day	15	0	18	0	NA	NA
16 Tracy/Kelly	K Dasse		14.5		20.5	NA	NA
16 Tracy/Kelly	K Johnston					NA	NA
16 Tracy/Kelly	Owen	0	14.5	0	25.5	NA	NA
16 Tracy/Kelly	S Berg	14.5	0	20.5	0	NA	NA
16 Tracy/Kelly	N Williamson	14	18.5	19	23.6	32.14%	24.21%
16 Tracy/Kelly	J Aguayo	13	14.5	16.5	25	11.54%	51.52%
16 Tracy/Kelly	S Smith	15.5	17	18.5	21.5	9.68%	16.22%
16 Tracy/Kelly	K Peralta	13	13	15	20	0.00%	33.33%
17 Rochelle	J Panganiban	16	0	20.5	0	NA	NA
17 Rochelle	K Yunker	16.5		19.5		NA	NA
17 Rochelle	M Bartley		0		0	NA	NA
17 Rochelle	S. Effinger		18		23	NA	NA
17 Rochelle	E Roberts	12.5	13.5	17.5	17.5	8.00%	0.00%
17 Rochelle	M Cipres	17	18	22	23	5.88%	4.55%
17 Rochelle	K Calderon	17.5	17.5	22.5	21	0.00%	-6.67%
17 Rochelle	I Backlund	15	14.5	21	19	-3.33%	-9.52%
17 Rochelle	N Cadmus	14.5	13.5	17.5	16.5	-6.90%	-5.71%
17 Rochelle	B Atwell	17	16	24	22	-5.88%	-8.33%
18 Mike	B Van Es	11.5	0	20.5	0	NA	NA
18 Mike	M Thornhill		20		27	NA	NA
18 Mike	R Ortiz	14	16	20.5	22	14.29%	7.32%
18 Mike	B Hasselmann	17.5	19	21	21.5	8.57%	2.38%
18 Mike	R Simon	14.5	15	23.5	26	3.45%	10.64%
18 Mike	E Gray	16	16.5	19.5	22.5	3.13%	15.38%
18 Mike	R Jones	16.5	16.5	19.5	22	0.00%	12.82%
18 Mike	A Alkazin	17	16.5	25	24	-2.94%	-4.00%
18 Mike	A Trimble	20.5	18.5	24.5	22.5	-9.76%	-8.16%
<b>Average</b>						<b>10.66%</b>	<b>8.84%</b>

## Lateral Hop Results

Team	Name	1st Lateral Hops	2nd Lateral Hops	Change	% Change
12 Meri Jo	A Florez	39	50	11	28.21%
12 Meri Jo	H Alderice	40		NA	NA
12 Meri Jo	J Cubbedge	51	64	13	25.49%
12 Meri Jo	J Stott	30		NA	NA
12 Meri Jo	K Webb	36		NA	NA
12 Meri Jo	L McIntosh	42	52	10	23.81%
12 Meri Jo	L Seal	20	44	24	120.00%
12 Meri Jo	M Nunley	25	63	38	152.00%
12 Meri Jo	S Abbott	20		NA	NA
12 Meri Jo	T Aguayo	30	39	9	30.00%
12 Ro/Tommy	A Esposito	39	47	8	20.51%
12 Ro/Tommy	B Richards	25	36	11	44.00%
12 Ro/Tommy	B Short	27	36	9	33.33%
12 Ro/Tommy	C Lowery	39		NA	NA
12 Ro/Tommy	D Pritchard	48	55	7	14.58%
12 Ro/Tommy	K Bawcombe	45	52	7	15.56%
12 Ro/Tommy	K Boatright	52	54	2	3.85%
12 Ro/Tommy	K Nieslen	38	45	7	18.42%
12 Ro/Tommy	M Bartko	30		NA	NA
12 Ro/Tommy	M Rosendale			NA	NA
12 Ro/Tommy	M Williamson	42		NA	NA
12 Ro/Tommy	S Burke	27	39	12	44.44%
14 Merilee	A Abbot	33		NA	NA
14 Merilee	A Boe	42	58	16	38.10%
14 Merilee	A Estrada	49	65	16	32.65%
14 Merilee	B Esposito	44	61	17	38.64%
14 Merilee	C Doyle	40		NA	NA
14 Merilee	K Fukuda		51	NA	NA
14 Merilee	L Romero	44		NA	NA
14 Merilee	M Gomes	45	58	13	28.89%
14 Merilee	M Nunley	36	60	24	66.67%
14 Merilee	R Quam	36	62	26	72.22%
14 Mike Regional	A Harrington	34		NA	NA
14 Mike Regional	A Whitaker	24		NA	NA
14 Mike Regional	B Idema	35		NA	NA
14 Mike Regional	C Wilson	35		NA	NA
14 Mike Regional	D Alexander	36		NA	NA
14 Mike Regional	D Henry	34		NA	NA
14 Mike Regional	J Tower	33		NA	NA
14 Mike Regional	K Harrington	32		NA	NA
14 Mike Regional	K Jacobsen	32		NA	NA
14 Mike Regional	S Bast	32		NA	NA
14 Mike Regional	S Guayante	24		NA	NA
14 Mike Regional	T Nordby	30		NA	NA
14 Steve J	A Pompeo	47	58	11	23.40%
14 Steve J	A Strack	37	58	21	56.76%
14 Steve J	A Vordermann	46	53	7	15.22%
14 Steve J	C Fisher	41	55	14	34.15%
14 Steve J	E Culhane	38	40	2	5.26%
14 Steve J	H Nichols	49		NA	NA
14 Steve J	J Button	40		NA	NA
14 Steve J	K Vandenberg	37	45	8	21.62%
14 Steve J	T Johnson	43	58	15	34.88%
14 Steve J	T Suchy	57	57	0	0.00%
14 Steve O	C Easterbrook	45		NA	NA
14 Steve O	C Rand	39		NA	NA
14 Steve O	C Sides	46		NA	NA
14 Steve O	K Sportsman	33		NA	NA
14 Steve O	K Yunker	36		NA	NA
14 Steve O	N Luturs	32		NA	NA
14 Steve O	R Day	27		NA	NA
14 Steve O	R Mulpas	36		NA	NA
14 Steve O	S Richards	28		NA	NA
14 Steve O	S Salcido	31		NA	NA
15 Pat	A Beuschlein	43		NA	NA
15 Pat	A Weaver	39		NA	NA
15 Pat	B Becker	40	50	10	25.00%
15 Pat	C Cruse	37	51	14	37.84%
15 Pat	E Daily	44	54	10	22.73%
15 Pat	K Allen	46	46	0	0.00%
15 Pat	L Fowler	37	49	12	32.43%
15 Pat	P Harvey	40	48	8	20.00%
15 Pat	S Prochnow	49		NA	NA
15 Pat	T Porreca	50	56	6	12.00%
16 Aaron Capp	A Carroll	52	61	9	17.31%
16 Aaron Capp	A Kilambi	58	60	2	3.45%
16 Aaron Capp	A Paisley	30		NA	NA
16 Aaron Capp	A Whitaker	46		NA	NA
16 Aaron Capp	C Jacobsen	46		NA	NA
16 Aaron Capp	C Tave	52		NA	NA
16 Aaron Capp	D Mayer	48	58	10	20.83%
16 Aaron Capp	D Prunty	47		NA	NA
16 Aaron Capp	J Lynch	48	60	12	25.00%
16 Aaron Capp	S DeCoud	50		NA	NA
16 Ed Regional	A Black	43		NA	NA
16 Ed Regional	A DuCharme	26		NA	NA
16 Ed Regional	B Kelly	21		NA	NA
16 Ed Regional	Day			NA	NA
16 Ed Regional	J Bottjer	37		NA	NA
16 Ed Regional	J Pitzek	46		NA	NA
16 Ed Regional	K Hall	41	52	11	26.83%
16 Ed Regional	K Taitano	37	57	20	54.05%
16 Ed Regional	K Tomkins	40	64	24	60.00%
16 Ed Regional	M James	27		NA	NA
16 Ed Regional	S Buffington	30	53	23	76.67%
16 Ed Regional	S Lawhead	41	57	16	39.02%
16 Ed Regional	T Tedder	34	53	19	55.88%
16 Steve J	A Cook	52	68	16	30.77%
16 Steve J	D Backlund	49	64	15	30.61%
16 Steve J	E Hicks		65	NA	NA
16 Steve J	H Hampton	40		NA	NA
16 Steve J	K Iverson	54	69	15	27.78%
16 Steve J	K Silveyra	41	64	23	56.10%
16 Steve J	K Thomas	42	65	23	54.76%
16 Steve J	R Quam		60	NA	NA
16 Steve J	T Kushner	52	64	12	23.08%
16 Tommy	A Amatulli	31	59	28	90.32%
16 Tommy	A McNabney		56	NA	NA
16 Tommy	A Tokunaga		68	NA	NA
16 Tommy	A Trimble	41	62	21	51.22%
16 Tommy	M Churchill	23	39	16	69.57%
16 Tommy	M Robinson	40	57	17	42.50%
16 Tommy	N Frias	33	43	10	30.30%
16 Tommy	P Frias	41	55	14	34.15%
16 Tommy	Q Carty	29	54	25	86.21%
16 Tommy	S Hamilton	41	53	12	29.27%
16 Tracy/Kelly	A. Kim		68	NA	NA
16 Tracy/Kelly	C Bo	39		NA	NA
16 Tracy/Kelly	J Aguayo	35	62	27	77.14%
16 Tracy/Kelly	J Day	23		NA	NA
16 Tracy/Kelly	K Dasse			NA	NA
16 Tracy/Kelly	K Johnston			NA	NA
16 Tracy/Kelly	K Peralta	48	58	10	20.83%
16 Tracy/Kelly	N Williamson	45	66	21	46.67%
16 Tracy/Kelly	Owen		69	NA	NA
16 Tracy/Kelly	S Berg	53		NA	NA
16 Tracy/Kelly	S Smith	38	60	22	57.89%
17 Rochelle	B Atwell	50	62	12	24.00%
17 Rochelle	E Roberts	33	55	22	66.67%
17 Rochelle	I Backlund	46	60	14	30.43%
17 Rochelle	J Panganiban	50		NA	NA
17 Rochelle	K Calderon	52	60	8	15.38%
17 Rochelle	K Yunker	47		NA	NA
17 Rochelle	M Bartley			NA	NA
17 Rochelle	M Cipres	46	53	7	15.22%
17 Rochelle	N Cadmus	39	59	20	51.28%
17 Rochelle	R. Effinger		52	NA	NA
18 Mike	A Alkazin	55	56	1	1.82%
18 Mike	A Trimble	51	57	6	11.76%
18 Mike	B Hasselmann	48	53	5	10.42%
18 Mike	B Van Es	44		NA	NA
18 Mike	E Gray	52	58	6	11.54%
18 Mike	M Thornhill		60	NA	NA
18 Mike	R Jones	52	56	4	7.69%
18 Mike	R Ortiz	52	57	5	9.62%
18 Mike	R Simon	54	63	9	16.67%
			<b>Averages</b>	<b>13</b>	<b>35.57%</b>

**Shuttle Run Results**

Team	Name	#1 Shuttle L	#1 Shuttle R	#2 Shuttle L	#2 Shuttle R	Change L	Change R	% Improvement L	% Improvement R
12 Meri Jo	A Florez	6.09	5.87	5.43	5.19	-0.66	-0.68	10.84%	11.58%
12 Meri Jo	J Cubbedge	5.34	5.59	5.10	5.43	-0.24	-0.16	4.49%	2.86%
12 Meri Jo	L McIntosh	5.16	5.12	4.81	5.00	-0.35	-0.12	6.78%	2.34%
12 Meri Jo	L Seal	6.10	6.00	5.56	5.69	-0.54	-0.31	8.85%	5.17%
12 Meri Jo	M Nunley	5.91	6.03	5.59	5.53	-0.32	-0.50	5.41%	8.29%
12 Meri Jo	T Aguayo	6.75	6.44	5.88	5.75	-0.87	-0.69	12.89%	10.71%
12 Meri Jo	H Alderdice	5.44	5.62			NA	NA	NA	NA
12 Meri Jo	J Stott	6.03	6.00			NA	NA	NA	NA
12 Meri Jo	K Webb	6.00	5.63			NA	NA	NA	NA
12 Meri Jo	S Abbott	5.75	5.87			NA	NA	NA	NA
12 Ro/Tommy	A Esposito	5.47	5.50	5.37	5.25	-0.10	-0.25	1.83%	4.55%
12 Ro/Tommy	B Richards	5.75	5.53	5.29	5.28	-0.46	-0.25	8.00%	4.52%
12 Ro/Tommy	B Short	5.43	5.62	5.37	5.35	-0.06	-0.27	1.10%	4.80%
12 Ro/Tommy	D Pritchard	5.19	5.34	5.00	4.81	-0.19	-0.53	3.66%	9.93%
12 Ro/Tommy	K Bawcombe	5.18	5.10	5.04	5.10	-0.14	0.00	2.70%	0.00%
12 Ro/Tommy	K Boatright	5.34	5.22	4.94	4.97	-0.40	-0.25	7.49%	4.79%
12 Ro/Tommy	K Nieslen	5.90	5.53	5.21	5.22	-0.69	-0.31	11.69%	5.61%
12 Ro/Tommy	S Burke	5.93	5.94	5.59	5.66	-0.34	-0.28	5.73%	4.71%
12 Ro/Tommy	C Lowery	5.31	5.44			NA	NA	NA	NA
12 Ro/Tommy	M Bartko	5.75	5.94			NA	NA	NA	NA
12 Ro/Tommy	M Rosendale					NA	NA	NA	NA
12 Ro/Tommy	M Williamson	5.19	5.32			NA	NA	NA	NA
14 Merilee	A Abbot	5.53	5.54			NA	NA	NA	NA
14 Merilee	A Boe	5.10	5.10	4.94	4.97	-0.16	-0.13	3.14%	2.55%
14 Merilee	A Estrada	5.25	5.21	4.97	5.00	-0.28	-0.21	5.33%	4.03%
14 Merilee	B Esposito	5.43	5.50	5.22	5.13	-0.21	-0.37	3.87%	6.73%
14 Merilee	M Gomes	5.41	5.31	5.22	5.19	-0.19	-0.12	3.51%	2.26%
14 Merilee	M Nunley	5.50	5.59	5.12	5.16	-0.38	-0.43	6.91%	7.69%
14 Merilee	R Quam	5.41	5.63	5.28	5.28	-0.13	-0.35	2.40%	6.22%
14 Merilee	C Doyle	5.56	6.10			NA	NA	NA	NA
14 Merilee	K Fukuda			5.09	5.28				
14 Merilee	L Romero	5.40	5.25			NA	NA	NA	NA
14 Mike Regional	A Harrington	5.90	5.66			NA	NA	NA	NA
14 Mike Regional	A Whitaker	5.59	5.54			NA	NA	NA	NA
14 Mike Regional	B Idema	6.09	5.81			NA	NA	NA	NA
14 Mike Regional	C Wilson	5.81	5.66			NA	NA	NA	NA
14 Mike Regional	D Alexander	5.84	5.88			NA	NA	NA	NA
14 Mike Regional	D Henry	6.19	5.91			NA	NA	NA	NA
14 Mike Regional	J Tower	5.90	5.75			NA	NA	NA	NA
14 Mike Regional	K Harrington	5.79	5.59			NA	NA	NA	NA
14 Mike Regional	K Jacobsen	5.66	5.94			NA	NA	NA	NA
14 Mike Regional	S Bast	5.53	5.57			NA	NA	NA	NA
14 Mike Regional	S Guayante	6.31	6.19			NA	NA	NA	NA
14 Mike Regional	T Nordby	6.03	5.88			NA	NA	NA	NA
14 Steve J	A Pompeo	5.25	5.37	4.47	5.03	-0.78	-0.34	14.86%	6.33%
14 Steve J	A Strack	5.56	5.53	5.35	5.22	-0.21	-0.31	3.78%	5.61%
14 Steve J	A Vordermann	5.47	5.72	5.25	5.65	-0.22	-0.07	4.02%	1.22%
14 Steve J	C Fisher	5.21	5.29	5.06	5.12	-0.15	-0.17	2.88%	3.21%
14 Steve J	E Culhane	6.19	5.63	5.31	5.34	-0.88	-0.29	14.22%	5.15%
14 Steve J	K Vandenberg	5.37	5.28	5.22	5.00	-0.15	-0.28	2.79%	5.30%
14 Steve J	T Johnson	5.65	5.78	5.09	5.06	-0.56	-0.72	9.91%	12.46%
14 Steve J	T Suchy	6.15	4.97	4.84	4.75	-1.31	-0.22	21.30%	4.43%
14 Steve J	H Nichols	5.18	5.16			NA	NA	NA	NA
14 Steve J	J Button	5.69	5.54			NA	NA	NA	NA
14 Steve O	C Easterbrook	5.59	5.47			NA	NA	NA	NA
14 Steve O	C Rand	5.57	5.84			NA	NA	NA	NA
14 Steve O	C Sides	5.72	5.53			NA	NA	NA	NA
14 Steve O	K Sportsman	6.18	5.75			NA	NA	NA	NA
14 Steve O	K Yunker	5.19	5.22			NA	NA	NA	NA
14 Steve O	N Lutens	5.79	5.53			NA	NA	NA	NA
14 Steve O	R Day	5.53	5.62			NA	NA	NA	NA
14 Steve O	R Mulpas	5.59	5.56			NA	NA	NA	NA
14 Steve O	S Richards	5.75	5.88			NA	NA	NA	NA
14 Steve O	S Salcido	5.50	5.54			NA	NA	NA	NA
15 Pat	A Beuschlein	5.35	5.28			NA	NA	NA	NA
15 Pat	A Weaver	5.31	5.47			NA	NA	NA	NA
15 Pat	B Becker	5.31	5.09	5.16	5.15	-0.15	0.06	2.82%	-1.18%
15 Pat	C Cruise	5.50	5.71	5.25	5.31	-0.25	-0.40	4.55%	7.01%
15 Pat	E Daily	5.28	5.16	5.06	5.23	-0.22	0.07	4.17%	-1.36%
15 Pat	K Allen	5.38	5.50	5.15	5.25	-0.23	-0.25	4.28%	4.55%
15 Pat	L Fowler	5.37	5.46	5.37	5.11	0.00	-0.35	0.00%	6.41%
15 Pat	P Harvey	5.47	5.63	5.50	5.25	0.03	-0.38	-0.55%	6.75%
15 Pat	T Porreca	5.38	5.13	5.09	5.04	-0.29	-0.09	5.39%	1.75%
15 Pat	S Prochnow	5.50	5.31			NA	NA	NA	NA
16 Aaron Capp	A Paisley					NA	NA	NA	NA
16 Aaron Capp	A Whitaker	4.94	5.06			NA	NA	NA	NA
16 Aaron Capp	C Jacobsen	5.44	5.25			NA	NA	NA	NA
16 Aaron Capp	C Tave	5.10	5.22			NA	NA	NA	NA
16 Aaron Capp	D Prunty	5.19	5.21			NA	NA	NA	NA
16 Aaron Capp	A Carroll	4.72	5.06	4.63	4.78	-0.09	-0.28	1.91%	5.53%
16 Aaron Capp	A Kilambi	5.38	5.25	4.94	4.91	-0.44	-0.34	8.18%	6.48%
16 Aaron Capp	D Mayer	4.94	5.10	5.13	4.93	0.19	-0.17	-3.85%	3.33%
16 Aaron Capp	J Lynch	5.50	5.44	5.10	5.00	-0.40	-0.44	7.27%	8.09%
16 Aaron Capp	S DeCoud	4.97	5.09			NA	NA	NA	NA
16 Ed Regional	A Black	5.69	5.94			NA	NA	NA	NA
16 Ed Regional	A DuCharme	5.97	5.91			NA	NA	NA	NA
16 Ed Regional	B Kelly	6.09	6.06			NA	NA	NA	NA
16 Ed Regional	Day					NA	NA	NA	NA
16 Ed Regional	J Bottjer	4.91	4.97			NA	NA	NA	NA
16 Ed Regional	J Pitzek	6.12	5.40			NA	NA	NA	NA
16 Ed Regional	K Hall	5.65	5.72	6.16	5.68	0.51	-0.04	-9.03%	0.70%
16 Ed Regional	K Taitano	5.91	5.88	5.43	5.46	-0.48	-0.42	8.12%	7.14%
16 Ed Regional	K Tomkins	5.28	5.34	5.19	5.19	-0.09	-0.15	1.70%	2.81%
16 Ed Regional	S Buffington	5.50	5.59	5.28	5.22	-0.22	-0.37	4.00%	6.62%
16 Ed Regional	S Lawhead	5.91	5.75	5.47	5.56	-0.44	-0.19	7.45%	3.30%
16 Ed Regional	T Tedder	5.91	5.72	5.94	5.72	0.03	0.00	-0.51%	0.00%
16 Ed Regional	M James	5.88	5.75			NA	NA	NA	NA
16 Steve J	E Hicks			5.00	4.75				
16 Steve J	H Hampton	5.38	5.44			NA	NA	NA	NA
16 Steve J	A Cook	5.38	5.34	4.88	4.72	-0.50	-0.62	9.29%	11.61%
16 Steve J	D Backlund	5.47	5.06	4.88	5.09	-0.59	0.03	10.79%	-0.59%
16 Steve J	K Iverson	5.31	5.03	5.38	4.85	0.07	-0.18	-1.32%	3.58%
16 Steve J	K Silveyra	5.13	5.03	4.81	4.66	-0.32	-0.37	6.24%	7.36%
16 Steve J	K Thomas	5.13	4.81	5.03	4.88	-0.10	0.07	1.95%	-1.46%
16 Steve J	T Kushner	5.06	4.78	4.75	4.62	-0.31	-0.16	6.13%	3.35%
16 Steve J	R Quam			5.50	5.28				
16 Tommy	A McNabney			5.25	5.06				
16 Tommy	A Tokunaga			4.69	4.98				
16 Tommy	A Amatulli	5.07	5.27	5.00	5.04	-0.07	-0.23	1.38%	4.36%
16 Tommy	A Trimble	5.22	5.66	5.31	5.28	0.09	-0.38	-1.72%	6.71%
16 Tommy	M Churchill	5.68	5.56	5.15	5.16	-0.53	-0.40	9.33%	7.19%
16 Tommy	M Robinson	5.50	5.50	5.25	5.13	-0.25	-0.37	4.55%	6.73%
16 Tommy	N Frias	5.72	5.56	5.56	5.56	-0.16	0.00	2.80%	0.00%
16 Tommy	P Frias	5.75	5.60	5.56	5.53	-0.19	-0.07	3.30%	1.25%
16 Tommy	Q Carty	5.47	5.41	5.31	5.22	-0.16	-0.19	2.93%	3.51%
16 Tommy	S Hamilton	5.56	5.75	5.22	5.06	-0.34	-0.69	6.12%	12.00%
16 Tracy/Kelly	A. Kim					NA	NA	NA	NA
16 Tracy/Kelly	C Bo	5.50	5.47			NA	NA	NA	NA
16 Tracy/Kelly	J Day	5.72	5.50			NA	NA	NA	NA
16 Tracy/Kelly	K Dasse			5.88	5.91				
16 Tracy/Kelly	K Johnston					NA	NA	NA	NA
16 Tracy/Kelly	Owen			5.03	5.03				
16 Tracy/Kelly	J Aguayo	5.47	5.72	5.35	5.41	-0.12	-0.31	2.19%	5.42%
16 Tracy/Kelly	K Peralta	5.32	5.19	5.16	5.12	-0.16	-0.07	3.01%	1.35%
16 Tracy/Kelly	N Williamson	5.59	5.57	5.13	5.00	-0.46	-0.57	8.23%	10.23%
16 Tracy/Kelly	S Smith	5.84	5.69	5.09	5.72	-0.75	0.03	12.84%	-0.53%
16 Tracy/Kelly	S Berg	5.53	5.37			NA	NA	NA	NA
17 Rochelle	J Panganiban	5.41	5.22			NA	NA	NA	NA
17 Rochelle	K Yunker	5.50	5.12			NA	NA	NA	NA
17 Rochelle	M Bartley					NA	NA	NA	NA
17 Rochelle	B Atwell	5.43	5.53	5.12	5.16	-0.31	-0.37	5.71%	6.69%
17 Rochelle	E Roberts	5.94	5.78	5.31	5.41	-0.63	-0.37	10.61%	6.40%
17 Rochelle	R. Effinger			5.41	4.80				
17 Rochelle	I Backlund	5.59	5.32	4.82	5.22	-0.77	-0.10	13.77%	1.88%
17 Rochelle	K Calderon	4.81	4.59	4.65	4.72	-0.16	0.13	3.33%	-2.83%
17 Rochelle	M Cipres	5.41	5.43	5.09	5.25	-0.32	-0.18	5.91%	3.31%
17 Rochelle	N Cadmus	5.91	5.41	5.00	5.28	-0.91	-0.13	15.40%	2.40%
18 Mike	B Van Es	5.47	5.44			NA	NA	NA	NA
18 Mike	M Thornhill			5.00	4.97				
18 Mike	A Alkazin	5.10	4.97	5.16	5.09	0.06	0.12	-1.18%	-2.41%
18 Mike	A Trimble	5.06	5.03	4.72	4.88	-0.34	-0.15	6.72%	2.98%
18 Mike	B Hasselmann	5.12	5.22	5.12	4.91	0.00	-0.31	0.00%	5.94%
18 Mike	E Gray	5.59	5.66	5.43	5.50	-0.16	-0.16	2.86%	2.83%
18 Mike	R Jones	5.00	5.06	4.84	4.94	-0.16	-0.12	3.20%	2.37%
18 Mike	R Ortiz	5.19	5.03	4.81	4.81	-0.38	-0.22	7.32%	4.37%
18 Mike	R Simon	5.19	4.91	4.66	4.66	-0.53	-0.25	10.21%	5.09%
<b>Averages</b>						<b>-0.30</b>	<b>-0.25</b>	<b>5.37%</b>	<b>4.50%</b>

Sit & Reach Results

Team	Name	#1 S&R Left	#1 S&R Right	#1 S&R Both	#2 S&R Left	#2 S&R Right	#2 S&R Both	Left Change	Right Change	Both Change	Left % Change	Right % Change	Both % Change
12 Meri Jo	A Florez	20	22	22	24	29.5	22	4.00	7.50	0.00	20.00%	34.09%	0.00%
12 Meri Jo	H Alderdice	36	35	35				NA	NA	NA	NA	NA	NA
12 Meri Jo	J Cubbedge	36.5	36	36.5	36.5	36	37	0.00	0.00	0.50	0.00%	0.00%	1.37%
12 Meri Jo	J Stott	33	33	32				NA	NA	NA	NA	NA	NA
12 Meri Jo	K Webb	29	38	27				NA	NA	NA	NA	NA	NA
12 Meri Jo	L McIntosh	34	35	37	42.5	39	40	8.50	4.00	3.00	25.00%	11.43%	8.11%
12 Meri Jo	L Seal	16	14	14	23	18	20	7.00	4.00	6.00	43.75%	28.57%	42.86%
12 Meri Jo	M Nunley	27	30	23	32	37.5	31.5	5.00	7.50	8.50	18.52%	25.00%	36.96%
12 Meri Jo	S Abbott	28	31	28.5				NA	NA	NA	NA	NA	NA
12 Meri Jo	T Aguayo	28	32	30	31	32	30	3.00	0.00	0.00	10.71%	0.00%	0.00%
12 Ro/Tommy	A Esposito	36	39	38	36.5	42.5	38	0.50	3.50	0.00	1.39%	8.97%	0.00%
12 Ro/Tommy	B Richards	35	37	34	39	39	38	4.00	2.00	4.00	11.43%	5.41%	11.76%
12 Ro/Tommy	B Short	28	30	28	38	37	40	10.00	7.00	12.00	35.71%	23.33%	42.86%
12 Ro/Tommy	C Lowery	33	33	25	33	33	25	0.00	0.00	0.00	0.00%	0.00%	0.00%
12 Ro/Tommy	D Pritchard	32	35	35	38	39.5	37.5	6.00	4.50	2.50	18.75%	12.86%	7.14%
12 Ro/Tommy	K Bawcombe	29	28	27.5	28	29	27	-1.00	1.00	-0.50	-3.45%	3.57%	-1.82%
12 Ro/Tommy	K Boatright	40	41.5	40.5	43	45	44	3.00	3.50	3.50	7.50%	8.43%	8.64%
12 Ro/Tommy	K Nieslen	41	41	39	47	46	45	6.00	5.00	6.00	14.63%	12.20%	15.38%
12 Ro/Tommy	M Bartko	33	36	32	33	36	32	0.00	0.00	0.00	0.00%	0.00%	0.00%
12 Ro/Tommy	M Rosendale	28	30	28	28	30	28	0.00	0.00	0.00	0.00%	0.00%	0.00%
12 Ro/Tommy	M Williamson	20	17	13	20	17	13	0.00	0.00	0.00	0.00%	0.00%	0.00%
12 Ro/Tommy	S Burke				22	24	19	NA	NA	NA	NA	NA	NA
14 Merilee	A Abbot	32.5	31	29	34.5	35.5	32	2.00	4.50	3.00	6.15%	14.52%	10.34%
14 Merilee	A Boe	32	34	33	36	37	36	4.00	3.00	3.00	12.50%	8.82%	9.09%
14 Merilee	A Estrada	31.5	34	32	36	39	36	4.50	5.00	4.00	14.29%	14.71%	12.50%
14 Merilee	B Esposito	38	34.5	33	43	43	37	5.00	8.50	4.00	13.16%	24.64%	12.12%
14 Merilee	C Doyle							NA	NA	NA	NA	NA	NA
14 Merilee	K Fukuda				34	34	34	NA	NA	NA	NA	NA	NA
14 Merilee	L Romero				32	35	35	NA	NA	NA	NA	NA	NA
14 Merilee	M Gomes	41.5	42	41.5	43	44	42	1.50	2.00	0.50	3.61%	4.76%	1.20%
14 Merilee	M Nunley	26	29	22	34.5	32	35	8.50	3.00	13.00	32.69%	10.34%	59.09%
14 Merilee	R Quam	44	47	48	48	49	49.5	4.00	2.00	1.50	9.09%	4.26%	3.13%
14 Mike Regional	A Harrington							NA	NA	NA	NA	NA	NA
14 Mike Regional	A Whitaker							NA	NA	NA	NA	NA	NA
14 Mike Regional	B Idema							NA	NA	NA	NA	NA	NA
14 Mike Regional	C Wilson							NA	NA	NA	NA	NA	NA
14 Mike Regional	D Alexander							NA	NA	NA	NA	NA	NA
14 Mike Regional	D Henry							NA	NA	NA	NA	NA	NA
14 Mike Regional	J Tower							NA	NA	NA	NA	NA	NA
14 Mike Regional	K Harrington							NA	NA	NA	NA	NA	NA
14 Mike Regional	K Jacobsen							NA	NA	NA	NA	NA	NA
14 Mike Regional	S Bast							NA	NA	NA	NA	NA	NA
14 Mike Regional	S Guayante							NA	NA	NA	NA	NA	NA
14 Mike Regional	T Nordby							NA	NA	NA	NA	NA	NA
14 Steve J	A Pompeo	31	36	31.5	32.5	39	36	1.50	3.00	4.50	4.84%	8.33%	14.29%
14 Steve J	A Strack				31	31	32	NA	NA	NA	NA	NA	NA
14 Steve J	A Vordermann	35	36	32	38	39.5	39	3.00	3.50	7.00	8.57%	9.72%	21.88%
14 Steve J	C Fisher				34.5	36	34.5	NA	NA	NA	NA	NA	NA
14 Steve J	E Culhane	26	24	19.5	29.5	27.5	24.5	3.50	3.50	5.00	13.46%	14.58%	25.64%
14 Steve J	H Nichols	29	38	36	29	38	36	0.00	0.00	0.00	0.00%	0.00%	0.00%
14 Steve J	J Button	25.5	35	30	35.5	35	30	10.00	0.00	0.00	39.22%	0.00%	0.00%
14 Steve J	K Vandenberg	31	32	30	38	39.5	39.5	7.00	7.50	9.50	22.58%	23.44%	31.67%
14 Steve J	T Johnson	33	31	29	36.5	41	38.5	3.50	10.00	9.50	10.61%	32.26%	32.76%
14 Steve J	T Suchy	18	20	22	22.5	23	24	4.50	3.00	2.00	25.00%	15.00%	9.09%
14 Steve O	C Easterbrook	35	33	35				NA	NA	NA	NA	NA	NA
14 Steve O	C Rand	29	28	23				NA	NA	NA	NA	NA	NA
14 Steve O	C Sides	36	37	37				NA	NA	NA	NA	NA	NA
14 Steve O	K Sportsman							NA	NA	NA	NA	NA	NA
14 Steve O	K Yunker	27	28	28				NA	NA	NA	NA	NA	NA
14 Steve O	N Lutens	31	29	30				NA	NA	NA	NA	NA	NA
14 Steve O	R Day							NA	NA	NA	NA	NA	NA
14 Steve O	R Mulpas	31	29	20				NA	NA	NA	NA	NA	NA
14 Steve O	S Richards	31	32	28				NA	NA	NA	NA	NA	NA
14 Steve O	S Salcido	34	38	37				NA	NA	NA	NA	NA	NA
15 Pat	A Beuschlein	37	39.5	38.5				NA	NA	NA	NA	NA	NA
15 Pat	A Weaver	35	37	34				NA	NA	NA	NA	NA	NA
15 Pat	B Becker	32	33.5	32	35.5	37	34	3.50	3.50	2.00	10.94%	10.45%	6.25%
15 Pat	C Cruse	24	27	25	30	32	30	6.00	5.00	5.00	25.00%	18.52%	20.00%
15 Pat	E Daily	31	29	35	31	34	35	0.00	5.00	0.00	0.00%	17.24%	0.00%
15 Pat	K Allen	41.5	41.5	42	42.5	42	41	1.00	0.50	-1.00	2.41%	1.20%	-2.38%
15 Pat	L Fowler				34	35	33	NA	NA	NA	NA	NA	NA
15 Pat	P Harvey				34.5	39	39	NA	NA	NA	NA	NA	NA
15 Pat	S Prochnow	34.5	29	27				NA	NA	NA	NA	NA	NA
15 Pat	T Porreca	40	39	40	40.5	43	42	0.50	4.00	2.00	1.25%	10.26%	5.00%
16 Aaron Capp	A Carroll	42	41	39	39	40	39	-3.00	-1.00	0.00	-7.14%	-2.44%	0.00%
16 Aaron Capp	A Kilambi	38	39	40	39	39.5	40	1.00	0.50	0.00	2.63%	1.28%	0.00%
16 Aaron Capp	A Paisley	34	34.5	34				NA	NA	NA	NA	NA	NA
16 Aaron Capp	A Whitaker							NA	NA	NA	NA	NA	NA
16 Aaron Capp	C Jacobsen	37	35	36				NA	NA	NA	NA	NA	NA
16 Aaron Capp	C Tave							NA	NA	NA	NA	NA	NA
16 Aaron Capp	D Mayer	35	32	31.5	36	35	36	1.00	3.00	4.50	2.86%	9.38%	14.29%
16 Aaron Capp	D Prunty	27	30	32				NA	NA	NA	NA	NA	NA
16 Aaron Capp	J Lynch	31.5	28	28	35	34	34	3.50	6.00	6.00	11.11%	21.43%	21.43%
16 Aaron Capp	S DeCoud	38	41	37				NA	NA	NA	NA	NA	NA
16 Ed Regional	A Black							NA	NA	NA	NA	NA	NA
16 Ed Regional	A DuCharme							NA	NA	NA	NA	NA	NA
16 Ed Regional	B Kelly	37.5	37.5	36.5				NA	NA	NA	NA	NA	NA
16 Ed Regional	Day				37.5	36	33	NA	NA	NA	NA	NA	NA
16 Ed Regional	J Bottjer	37	38	31.5				NA	NA	NA	NA	NA	NA
16 Ed Regional	J Pitzek							NA	NA	NA	NA	NA	NA
16 Ed Regional	K Hall				35	33	32	NA	NA	NA	NA	NA	NA
16 Ed Regional	K Taitano				42	44.5	41.5	NA	NA	NA	NA	NA	NA
16 Ed Regional	K Tomkins	40.5	44	42	41	44		0.50	0.00	0.00	1.23%	0.00%	0.00%
16 Ed Regional	M James							NA	NA	NA	NA	NA	NA
16 Ed Regional	S Buffington				39.5	37.5	39	NA	NA	NA	NA	NA	NA
16 Ed Regional	S Lawhead				35.5	35	35	NA	NA	NA	NA	NA	NA
16 Ed Regional	T Tedder	30	29	29	33	32.5	31.5	3.00	3.50	2.50	10.00%	12.07%	8.62%
16 Steve J	A Cook	28	27	26	29	33	27	1.00	6.00	1.00	3.57%	22.22%	3.85%
16 Steve J	D Backlund	29	29	28	29.5	29	28	0.50	0.00	0.00	1.72%	0.00%	0.00%
16 Steve J	E Hicks				30	32	28	NA	NA	NA	NA	NA	NA
16 Steve J	H Hampton	35	39	39	44	45	44	9.00	6.00	5.00	25.71%	15.38%	12.82%
16 Steve J	K Iverson	19	23	21.5	22	24.5	26.5	3.00	1.50	5.00	15.79%	6.52%	23.26%
16 Steve J	K Silveyra	40	38.5	40	40	40	40	0.00	1.50	0.00	0.00%	3.90%	0.00%
16 Steve J	K Thomas	35	41	37.5	36.5	43	42	1.50	2.00	4.50	4.29%	4.88%	12.00%
16 Steve J	R Quam	34.5	34	31	32.5	35	33.5	-2.00	1.00	2.50	-5.80%	2.94%	8.06%
16 Steve J	T Kushner	35	33	33	37	36	35	2.00	3.00	2.00	5.71%	9.09%	6.06%
16 Tommy	A Amatulli	31.5	33	31	35	35	34	3.50	2.00	3.00	11.11%	6.06%	9.68%
16 Tommy	A McNabney				39	39	39.5	NA	NA	NA	NA	NA	NA
16 Tommy	A Tokunaga	35	34.5	31	39	38	34.5	4.00	3.50	3.50	11.43%	10.14%	11.29%
16 Tommy	A Trimble	33	31	29	31	34	28	-2.00	3.00	-1.00	-6.06%	9.68%	-3.45%
16 Tommy	M Churchill				30	28	36	NA	NA	NA	NA	NA	NA
16 Tommy	M Robinson	28	27	28	34.5	33	33	6.50	6.00	5.00	23.21%	22.22%	17.86%
16 Tommy	N Frias	34	33	29	38.5	39	38.5	4.50	6.00	9.50	13.24%	18.18%	32.76%
16 Tommy	P Frias	33	32.5	32	38.5	39	38.5	5.50	6.50	6.50	16.67%	20.00%	20.31%
16 Tommy	Q Carty	40	41	41	43	45	45	3.00	4.00	4.00	7.50%	9.76%	9.76%
16 Tommy	S Hamilton				23	27	22	NA	NA	NA	NA	NA	NA
16 Tracy/Kelly	A. Kim				42.5	44	44.5	NA	NA	NA	NA	NA	NA
16 Tracy/K													