

2015 Youth Legacy Testing				Seated Ball throw	Broad Jump	Plank	Sit & Reach	5-10-5 Run	Sit ups	Push-ups	20m Shuttle Run
First Name	Last Name	Heightcm	Weight kg	Distance (cm)	Distance (cm)	seconds	Distance (Inch)	Time (s)			Last Stage Reached
Brianna	Arsenault	164	67.1	310	203	108	16	5.3	51	12	7.1
Ava	Boutilier	165	58.5	345	203	180	13	5.3	53	28	9.1
Tara	Campbell	162	72.1	320	203	180	15.5	5.3	53	20	8.2
Alysha	Campbell	165	59.9	290	173		11.5	5.97	50	10	7.1
Morgan	Cormier	159	49.0	280	193	109	17	6.37	41	5	8.5
Sydney	Halliwell	174	84.4	315	183	69	12.5	6	31	5	4.5
Lauren	Lenentine	168	56.2	290	163	110	13.5	5.7	34	5	7.5
Lexi	MacInnis	171	56.7	260	191	109	15	5.72	40	10	7.4
Lindsay	Ramsay	164	77.1	300	145		14	6.2	46	7	6.1
Lauryn	Reeves	169	63.5	290	168	99	14	5.7	45	10	7.5
Keesha	Ryan	165	54.4	250	168		15	5.9	39	7	5.5
Hannah	Taylor	156	60.3	350	224	180	17	5.1	48	45	9.3
Kaleigh	MacKay	167	64.0	290	158	135	16	6.56	44	12	6.7
Female Average		165.3	63.3	299.2	182.7	116.0	14.6	5.8	44.2	13.5	7.3
UPEI Female Averages from 2014		166	67.5	304	185	121		6.2		14	8.6