

Baseball



Softball

BACK SQUATS

- 1 **Chris Bunero '17 - 485 lbs.**
Pope John XXIII, NJ
- 2 Seth Wasserman '19 - 435 lbs.
Marple Newtown HS, PA
- 3 Max Litvak '14 - 385 lbs.
Florham Park, NJ

BENCH PRESS

- 1 **Jake Swerdloff '23 - 315 lbs.**
Cherry Hill, NJ
- 2 Robbie Hopes '17 - 295 lbs.
Chaminade HS, NY
- 3 Connor McDermott '15 - 285 lbs.
Hackley School, NY

PULL-UPS

- 1 **Ryan Riccio '24 - 37**
South Side HS, NY
- 2 Nick Whelan '24 - 37
East Hanover, NJ
- 3 Jonathan Suero '24 - 34
Bronx, NY

VERTICAL JUMP

- 1 **Jonathan Suero '24 - 34 in.**
Bronx, NY
- 2 Jake Swerdloff '23 - 33.5 in.
Cherry Hill, NJ
- 3 Timmy Pilrun '24 - 32.5 in.
Roxbury HS, NJ

30 YARD DASH

- 1 **Quinn Rovner '23 - 3.76 sec.**
Wissahickon HS, PA
- 2 Ryan Riccio '24 - 3.86 sec.
South Side HS, NY
- 3 Caleb Tereska '23 - 3.87 sec.
Bethlehem, PA

Front Squat

- 1 **Dan Beagle '26 - 350 lbs.**
Glastonbury, CT
- 2 Ben Kollender '23 - 350 lbs.
Blue Bell, PA
- 3 Ryan Friesen '24 - 335 lbs.
IMG Academy, FL

Hang Clean

- 1 **Kristiana Qualben '19 - 155 lbs.**
Madison HS, NJ
- 2 Elise Enslin '21 - 135 lbs.
Mount Olive HS, NJ
- 3 Cora Bridgers '22 - 125 lbs.
Steinert HS, NJ

BACK SQUATS

- 1 **Hayley Peterson '18 - 250 lbs.**
Allentown HS, NJ
- 2 Anna Feliziani '21 - 235 lbs.
Episcopal Academy HS, PA
- 3 Kristina Qualben '19 - 225 lbs.
Madison HS, NJ

BENCH PRESS

- 1 **Kristina Qualben '19 - 160 lbs.**
Madison HS, NJ
- 2 Elle Enslin '21 - 125 lbs.
Mount Olive HS, NJ
- 3 Sara Reischied '19 - 115 lbs.
Selinsgrove, PA

VERTICAL JUMP

- 1 **Haley Fedak '18 - 22.5 in.**
Voorhees HS, NJ
- 1 **Kristian Qualben '19 - 22.5 in.**
Madison HS, NJ
- 3 Sophie Chong '21 - 21.5 lbs.
Weehawken HS, NJ

20 YD. SHUTTLE

- 1 **Kristina Qualben '19 - 4.49**
Madison HS, NJ
- 2 Nicole Bergamo '20 - 4.58
Cardinal O'Hara, PA
- 3 Haley Fedak '18 - 4.60
Voorhees HS, NJ

20 YD. DASH

- 1 **Nicole Iannarone '16 - 3.14 sec.**
Madison HS, NJ
- 2 Kristen Oberg '22 - 3.15 sec.
Hightstown HS, NJ
- 3 Sarah Schubert '20 - 3.18 sec.
Great Valley HS, PA

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