

# MEN'S BASKETBALL



# WOMEN'S BASKETBALL

## HANG CLEAN

- 1 Kevin Hargrove '14 - 275 lbs.  
Chaminade HS, NY
- 2 Hunter Forsman '13 - 270 lbs.  
Jackson Liberty HS, NJ
- 3 Brandon Larose '17 - 250 lbs.  
Walsingham Academy, VA

## BACK SQUATS

- 1 Brandon Larose '17 - 405 lbs.  
Walsingham Academy, VA
- 2 Hunter Forsman '13 - 350 lbs.  
Jackson Liberty HS, NJ
- 3 Austin Curry '14 - 340 lbs.  
Germantown Academy, PA

## BENCH PRESS

- 1 Hunter Forsman '13 - 335 lbs.  
Jackson Liberty HS, NJ
- 2 Brandon Larose '17 - 320 lbs.  
Walsingham Academy, VA
- 3 Brandon Bovino '14 - 285 lbs.  
Northern Highlands Regional HS, NJ

## VERTICAL JUMP

- 1 Hunter Forsman '13 - 37 in.  
Jackson Liberty HS, NJ
- 2 Malique Killing '15 - 34.5 in.  
Friends Central HS, PA
- 3 Austin Curry '14 - 32.5 in.  
Germantown Academy, PA

## DIPS

- 1 Brandon Larose '17 - 61  
Walsingham Academy, VA
- 2 Hunter Forsman '13 - 58  
Jackson Liberty HS, NJ
- 3 Austin Curry '14 - 52  
Germantown Academy, PA

## MILE

- 1 Alec Stavetski '16 - 5:25  
Archbishop Carroll, PA
- 2 Malique Killing '15 - 5:29  
Friends Central HS, PA
- 2 Brandon Larose '17 - 5.29  
Walsingham Academy, VA

## HANG CLEAN

- 1 Maggie Zerbe '17 - 145 lbs  
Liberty HS, PA
- 2 Christina Manning '18 - 135 lbs.  
Cardinal O'Hara HS, PA
- 2 Tori Dowd '22 - 135 lbs  
Souderton Area, PA

## BACK SQUATS

- 1 Leeann Lanza '15 - 210 lbs.  
Colts Neck HS, NJ
- 2 Ashley Polera '20 - 205 lbs  
Byram Hills, NY
- 3 Cassidy Stout '23 - 200 lbs  
Parkland High School, PA

## BENCH PRESS

- 1 Christina Manning '18 - 125 lbs.  
Cardinal O'Hara HS, PA
- 2 Caroline Hogg '20 - 120 lbs.  
Nansemond Suffolk Academy, VA
- 2 Ashley Polera '20 - 120 lbs.  
Byram Hills, NY

## VERTICAL JUMP

- 1 Mikaela McGarvey '22 - 24.5 in.  
Rumson-Fair Haven, NJ
- 1 Maggie Chau '20 - 24.5 in.  
San Francisco U, Calif.
- 3 Sara Dilly '19 - 23.5 in.  
Governor Livingston, NJ

## T-TEST

- 1 Nicole Pepe '15 - 8.54 sec.  
Academy of the Holy Angels, NJ
- 2 Alita Zabrecky '13 - 8.58 sec.  
Southern Lehigh HS, PA
- 3 Colleen Caldwell '14 - 8.60 sec.  
Springside School, PA

## SIT-UPS

- 1 Colleen Caldwell '14 - 61  
Springside School, PA
- 2 Alita Zabrecky '13 - 60  
Southern Lehigh HS, PA
- 3 Brandi Valley '18 - 59  
Oley Valley HS, PA