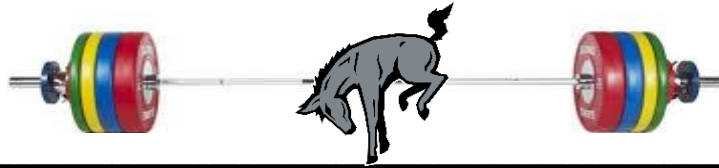


MEN'S LACROSSE



WOMEN'S LACROSSE

HANG CLEANS	1	Joey Hess '18 - 315 lbs. Palmyra HS, PA
	2	Niko Del Mora '18 - 275 lbs. Montville HS, NJ
	3	Drew Ryan '25 - 275 lbs. Hillsborough HS, NJ
BACK SQUATS	1	James Dalimonte '23 - 450 lbs. Paul D. Schreiber, NY
	2	Clayton Abrecht '23 - 440 lbs. Friends School of Baltimore, MD
	3	Liam Amoruso '24 - 430 lbs. Ridgewood HS, NJ
BENCH PRESS	1	Ian Jones '13 - 315 lbs. Mt. Greylock HS, MA
	2	Joey Hess '18 - 305lbs. Palmyra HS, PA
	3	Clayton Abrecht '23 - 295 lbs. Friends School of Baltimore, MD
VERTICAL JUMP	1	Doug Rheiner '13 - 32 in. Council Rock North HS, PA
	1	Liam Amoruso '23 - 32 in. Ridgewood HS, NJ
	3	Brad D'Alessandro '17 - 31.5 in. Glen Ridge HS, NJ
PULL UPS	1	Liam McMunn '26- 35 Westhampton beach, NY
	2	Connor Riebling '23 - 33 Ridgefield HS, Conn
	3	Jason Metz '23 - 31 Exeter Twp, PA
20 YARD DASH	1	James Dalimonte '23 - 2.60 sec. Paul D. Schreiber, NY
	2	Liam Amoruso '23 - 2.63 sec. Ridgewood HS, NJ
	3	Jason Metz '23 - 2.63 sec. Exeter Twp, PA

BACK SQUATS	1	Alex Grossman '17 - 235 lbs. Governor Livingston HS, NJ
	2	Eliza Clark '18 - 230 lbs. Mercy High School of Baltimore, MD
	3	Kiersten Mulvey '16 - 225 lbs. Rutgers Prep, NJ
BENCH PRESS	1	Alex Grossman '17 - 145 lbs. Governor Livingston HS, NJ
	2	Alex Hyatt '19 - 135 lbs. Garrison Forest School, MD
	3	Eliza Clark '18 - 125 lbs. Mercy High School of Baltimore, MD
VERTICAL JUMP	1	Erin Duca '19 - 22 in. Montclair Kimberley Academy, NJ
	1	Gabrielle Crivelli '20 - 22 in. Hopewell Valley, NJ
	2	Stephanie D'Ascoli '17 - 20.5 in. West Essex HS, NJ
300 YD. SHUTTLE	1	Amanda Tullo '19 - 63.2 sec. Smithtown West, NY
	2	Mel Rudberg '19 - 63.8 sec. Cape Elizabeth, ME
	3	Vic Friedel '20 - 64.1 sec. Eastport S. Manor HS, NY
SIT-UPS	1	Jordy Bonvini '18 - 73 Livingston HS, NJ
	2	Alex Hyatt '19 - 71 lbs. Garrison Forest School, MD
	3	Kailey Fandl '18 - 70 Ridgewood HS, NJ
MILE	1	Vic Friedel '20 - 6:06 Eastport S. Manor HS, NY
	2	Nora Fisher '17 - 6:14 Watkinson School, CT
	2	Alli April '17 - 6:14 Staples, CT