

BENCH PRESS	1	Casarah Morales '20 - 110 lbs Rockaway HS, NJ
	2	Carly DeNigris '18 - 105 lbs. Montville HS, PA
	3	Emily Cannavale '20 - 100 lbs James Caldwell HS, MD
VERTICAL JUMP	1	Molly Chiodo '18 - 24 in. Pottsgrove HS, PA
	2	Makenzie O'Brian '19 - 23 in. Moravian Academy, PA
	3	Carly DeNigris '18 - 22.5 in. Montville HS, PA
PUSH-UPS	1	Kaitlyn Cassidy '17 - 65 Immaculate Heart Academy, NJ
	2	Phoebe Shields '18 - 61 Cape Elizabeth HS, ME
	3	Taylor Pini '16 - 58 Northern Highlands Regional HS, NJ
SIT-UPS	1	Kaitlyn Cassidy '17 - 60 Immaculate Heart Academy, NJ
	2	Rachel Mancini '17 - 56 Parispany Hills HS, NJ
	2	Danni Steigerwald '20 - 56 McDonogh School, MA
MILE RUN	1	Amanda Wong '14 - 5:53 Bridgewater-Raritan HS, NJ
	2	Nicole Karsch '16 - 6:02 Methacton HS, PA
	3	Clair Douglas '17 - 6:04 Easthampton HS, MASS
BACK SQUATS	1	Meghan Allen '20 - 225 lbs. Immaculate Heart Academy, NJ
	2	Casarah Morales '20 - 205 lbs Morris Hills HS, NJ
	2	Carly DeNigris '18 - 205 lbs. Montville HS, NJ