

Cosumnes Oaks Physical Education

Wolfpack Fitness Records

(Updated 1-5-16, End of Term 2 2015-2016)

Girls Records			Fitness Tests	Boys Records		
Name	Mark	Year		Name	Mark	Year
Julia Spowart	5:46	14'-15'	Mile Run (min/sec)	Sebastian Leon	4:53	13'-14'
Jade Guerrero	97	15'-16'	Pacer (20m)	Jordan Yee	130	10'-11'
Ariana Wagoner	65	09'-10'	Push-Ups (total)	Michael Tan	72	08'-09'
Mishaye Venerable	25	12'-13'	Vertical Jump (inches)	Sean Boatner	32	11'-12'
Abena Boateng	8.33	13'-14'	Shuttle Run (secs)	Tyler Gill	7.87	08'-09'
Kristina Alexander	93	09'-10'	Curls-Ups (1 min)	Daniel Castillo	102	09'-10'
Jessika Hallquist	62	09'-10'	Sit & Reach (cm)	Julian Amezcua	46	11'-12'