

Saskatchewan 2007 Fitdex
Males

Test Date: February 3/4 2007

Athlete Information: MALES			Strength			Swim	Run
Name	Birth Year	Canoe or Kayak	Chinups	Bench Press	Bench Pull	300m	1500m
Henry Reis	1988	K	41	93	104	04:16.0	0:05:03
Neal Fense	1989	K	25	68	92	04:40.0	0:05:11
Stephan Gerard	1989	K	46	105	95	0:04:18	0:04:43
Avery Folk	1990	K	55	77	83	04:49.0	05:07.0
Tom Brown	1990	C	44	39	72	0:05:37	0:06:05
Dylan Humeny	1990	K	45	65	93	04:43.0	0:05:35
Keegan Stowe	1990	K	21	76	92	05:02.0	05:48.0
Adam Christie	1990	K	29	81	102	04:22.0	05:46.0
Mattisson Sinnett	1990	K	26	57	77	05:08.0	05:34.0
Shylo Wolf	1991	K	33	69	106	04:21.0	05:12.0
Tanner Criss	1991	K	10	59	88	05:53.0	06:48.0
Riley Schnell	1991	C	36	66	76	05:48.0	05:02.0
Iain McLeod	1991	C	35	53	72	-	-
Mike Tholl	1991	C	20	60	54	07:04.0	05:34.0
Liam Abrams	1991	C	39	37	58	-	05:57.0
Dylan Wall	1992	K	43	105	100	04:28.0	05:18.0
Albert Gerard	1992	K	31	71	61	04:34.0	05:10.0
Matt Boey	1992	C	21	20	41	09:15.0	06:08.0
Matt Balon	1992	C	16	17	25	08:41.0	06:54.0
Cooper Reis	1992	K	51	48	72	05:40.0	05:52.0
Erik Walmart	1992	C/K	-	-	-	07:55.0	06:27.0
Nathan Baron	1993	K	19	38	56	09:04.0	05:25.0
Simon Fense	1993	K	17	43	61	05:54.0	06:10.0
Chris Laplante	1993	C	14	17	51	-	06:46.0
Liam McKinnon	1994	K	-	-	-	07:28.0	06:54.0

Saskatchewan 2007 Fitdex
Females

Test Date: February 3/4 2007

Athlete Information: FEMALES			Strength			Swim	Run
Name	Birth Year	CK	Chinups	Bench Press	Bench Pull	300m	1500m
Ashley Kohl	1994	K	-	-	-	-	0:07:03
Trista Neilly	1989	K	38	151	175	-	05:51.0
Jenna Barenbaum	1993	K	37	100	132	04:59.0	06:29.0
Karena Weiller	1991	K	27	82	121	0:04:48	06:44.0
Natalie Schwartz	1990	K	28	122	111	05:01.0	0:06:39
Zara Hanson	1990	K	15	116	114	05:36.0	06:43.0
Ariel Adamson	1990	K	1	80	110	03:56.0	06:44.0
Alyssa Kohl	1990	K	21	72	96	04:34.0	07:35.0
Chelsey Mitchell	1990	K	10	75	102	04:56.0	0:06:14
Teresa Nahachewsky	1993	K	17	71	108	05:50.0	06:51.0
Ailesh Abrams	1994	K	1	39	91	-	07:09.0
Louren Gardiner	1993	K	3	52	86	05:48.0	06:41.0
Mallory Dyck	1992	K	1	60	84	06:30.0	06:42.0
Brooke Brinsky	1993	K	1	55	66	06:00.0	0:07:19
Ashley Holowatuk	1991	K	1	46	76	06:31.0	07:03.0
Daniella Zemlak	1994	K	1	46	65	07:24.0	0:06:51
Greta Reis	1990	K	1	35	70	08:20.0	05:59.0
Zoe Hanson	1994	K	1	25	62	07:14.0	07:03.0