

	25 Breaststroke	Vertical Jump Test (inches)	4 Corner (sec)	8 touch (sec)	Medicine Ball Hold (sec)	12.5 Meter Sprint (sec)	Passing Drill
18 U Boys							
Green	<15	>62	<5	<9	>70	<6.3	4-5
Yellow	<17	>55	<6	<11	>45	<7	2-3
Red	>17	<55	>6	>11	<45	>7	0-1
18U Girls							
Green	<17	>55	<6	<11	>60	<6.5	4-5
Yellow	<19	>49	<7	<14	>35	<7.2	2-3
Red	>19	<49	>7	>14	<35	>7.2	0-1
16 U Boys							
Green	<17	>57	<6	<11	>60	<6.5	4-5
Yellow	<19	>50	<7	<14	>40	<7.5	2-3
Red	>19	<50	>7	>14	<40	>7.5	0-1
16U Girls							
Green	<18	>50	<7	<12	>45	<7	4-5
Yellow	<20	>45	<8	<15	>25	<7.8	2-3
Red	>20	<45	>8	>15	<25	>7.8	0-1
14U Boys							
Green	<18	>55	<7	<12	>45	<7	4-5
Yellow	<20	>50	<8	<15	>25	<8.5	2-3
Red	>20	<50	>8	>15	<25	>8.5	0-1
14U Girls							
Green	<20	>50	<8	<13	>35	<7.5	4-5
Yellow	<22	>40	<9	<17	>20	<9	2-3
Red	>22	<40	>9	>17	<20	>9	0-1
12U Boys							
Green	<20	>50	<8	<13	>30	<8	3-4-5
Yellow	<24	>40	<11	<20	>15	<10	1-2
Red	>24	<40	>11	>20	<15	>10	0
12U Girls							
Green	<20	>43	<8	<13	>25	<8.5	3-4-5
Yellow	<24	>35	<11	<20	>10	<11	1-2
Red	>24	<35	>11	>20	<10	>11	0
10U Coed							
Green	<22	>40	<10	<15	>15	<10	3-4-5
Yellow	<30	>30	<18	<26	>5	<13	1-2
Red		<30			<5	>13	0