

Mile Run	Brittany Reilly 5:48	2001
Pacer	Madeline Pease 107	2018
Flexed Arm Hang	Jennifer Hausler :35	2009
Sit Ups	Kara Mason 66/min	2000
Sit & Reach	Brittany Smith 69 cm	2005
Shuttle Run	Darcy Wade 8.88 sec	2004
Pull Ups	Aspen Copsis 22	2008
Push Ups	Eliza Haines 94	2018
Curl Ups	Jaylan Breedlove Makenna Wozny 3020	2019
Plank	Grace Kelly 10:02	2018
6"	Miller Webb 6:08	2019

Mile Run	Jack Klecker 5:03	2006
Pacer	Connor Meehan 146	2015
Flexed Arm Hang	Hayden Taylor 1:09	2010
Sit Ups	Nathan Umberg 76/min	1998
Sit & Reach	Ian Sherman 65 cm	2004
Shuttle Run	Matt Youtsey 8.00 sec	2004
Pull Ups	Mike Reed 19	2004
Push Ups	Ibrahim Elmashad 125	2023
Curl Ups	Scott Hopkins 4,272	2018
Plank	Siem Bereketeab 22:22	2018
6"	Ibrahim Elmashad 7:00	2023

Mile Run	Paige VanTassell 5:47	2004
Pacer	Brooklyn Brownfield Alana King 103	2024
Flexed Arm Hang	Caroline Bowen :38	2010
Sit Ups	Jordan Sexton 66/min	2001
Sit & Reach	Brittany Smith 63 cm	2004
Shuttle Run	Megan Snyder 9.09 sec	2000
Pull Ups	Aspen Copsis 17	2007
Push Ups	Eliza Haines 76	2017
Curl Ups	Jalyn Breedlove 2,080	2018
Plank	Yls Virkler 23:05	2020
6"	Yls Virkler 11:30	2020

Mile Run	John Curtiss 5:13	2002
Pacer	Connor Meehan 125	2015
Flexed Arm Hang	Leo Mosley 1:16	2009
Sit Ups	Clark Koury 72/min	1999
Sit & Reach	Dan Truhitte 58 cm	2001
Shuttle Run	Matt Youtsey 8.29 sec	2004
Pull Ups	Jim Plantes 14	2001
Push Ups	Joseph D'Camera 103	2019
Curl Ups	Declan Tabor 3,378	2023
Plank	Ali Parlak 21:18	2024
6"	Carter Smoot 10:34	2020

Mile Run	Paige VanTassell 5:55	2004
Pacer	Bella Naro 106	2024
Flexed Arm Hang	Emerson Porter 1:09	2010
Sit Ups	Lacey Moore 61/min	2005
Sit & Reach	Deanisha Williams 57 cm	2006
Shuttle Run	Carla Banker 8.99 sec	2001
Pull Ups	Madison Moore 18	2005
Push Ups	Aastha Kulkarni 90	2018
Curl Ups	Aastha Kulkarni 1,100	2018
Plank	Sophia Seagro 25:00	2020
6"	Katelyn Cromar 11:00	2020

Mile Run	Nathan Murray 5:38	2010
Pacer	Connor Meehan 123	2014
Flexed Arm Hang	William Perry 1:38	2009
Sit Ups	Bryan Short 65/min	2000
Sit & Reach	Shane Small 51 cm	1999
Shuttle Run	Malik Smith 8.49 sec	2007
Pull Ups	Collin Stewart 15	2008
Push Ups	Ali Parlak 80	2023
Curl Ups	Ben Hanus 1,180	2022
Plank	Ali Parlak 40:09	2023
6"	Oren Silverman 6:00	2023