

2009 NSCA International Index Championship Results

Rank	Name	Country	Weight	Vertical Jump	Vertical Jump Points	Pro-Agility	Pro-Agility Points	10-Yard Dash	10-Yard Dash Points	EPIC Rating	Hang Clean Weight	Hang Clean Reps	Hang Clean Points	NSCA Index
1	Majana McCollum	USA	115	26	435	4.47	486	1.88	350	1271	140	3	492	1763
2	Anna Takayama	Japan	103	22.25	356	4.6	397	1.91	322	1075	115	2	406	1481
3	Jasmin Hicks	UK	140	22.5	379	4.83	327	2.06	237	943	95	5	345	1288

Individual Event Champions

Vertical Jump Champion

Majana McCollum 26 inches 435 Index Points

Pro-Agility Champion

Majana McCollum 4.47 seconds 486 Index Points

10-Yard Dash Champion

Majana McCollum 1.88 seconds 350 Index Points

Hang Clean Champion

Majana McCollum 153 lb. 1RM 492 Index Points



2009 NSCA International Index Championship Results

Rank	Name	State	Weight	Vertical Jump	Vertical Jump Points	Pro-Agility	Pro-Agility Points	10-Yard Dash	10-Yard Dash Points	EPIC Rating	Hang Clean Weight	Hang Clean Reps	Hang Clean Points	NSCA Index
1	Antoine Pruneau	Canada	180	32.5	495	4.12	472	1.69	367	1334	175	5	310	1644
2	Yuki Hosokawa	Japan	187	34.25	555	4.58	260	1.74	347	1162	230	1	359	1521
3	Paul Browning	USA	206	32.25	520	4.6	275	1.76	367	1162	195	5	308	1470
4	Michael Clark	USA	200	30.25	458	4.48	311	1.8	310	1079	225	4	373	1452
5	Jermaine McIntosh	UK	210	29.25	443	4.64	260	1.79	337	1040	135	5	213	1253

Individual Event Champions

Vertical Jump Champion

Yuki Hosokawa 34.25 inches 555 Index Points

Pro-Agility Champion

Antoine Pruneau 4.12 seconds 472 Index Points

10-Yard Dash Champion

Paul Browning 1.76 seconds 367 Index Points

Hang Clean Champion

Michael Clark 252 lb. 1RM 373 Index Points



