

2009 NSCA National 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	Majana McCollum	CO	111	25.25	418	4.45	499	1.82	413	1330	135	4	487	1817
2	Shelby Williamson	CO	132	22.75	380	4.73	368	1.95	313	1061	140	5	482	1543
3	Danisha Watson	CO	106	23.75	386	4.71	341	1.91	322	1049	105	5	397	1446
4	Kylie Williamson	CO	142	23	393	5.03	253	1.93	350	996	135	5	449	1445
5	Elizabeth Witherow	PA	149	21	357	4.8	356	2.02	288	1001	95	5	336	1337
6	Jessica Pederson	SD	118	19	300	4.84	297	2	251	848	95	5	359	1207
7	Haley Williamson	CO	126	19.5	316	5.05	231	2.06	225	772	115	5	409	1181

Individual Event Champions

Vertical Jump Champion

Majana McCollum 25.25 inches 418 Index Points

Pro-Agility Champion

Majana McCollum 4.45 seconds 499 Index Points

10-Yard Dash Champion

Majana McCollum 1.82 seconds 413 Index Points

Hang Clean Champion

Majana McCollum 151 lb. 1RM 487 Index Points



