

# 2010 International Index Invitational

## *NSCA Index International Champion*

**Majana McCollum**

**1805 Index Points** *Record*

# Girls



### *Vertical Jump International Champion*

**Allana Gobern**

**22.75 inches**

**405 Points**

### *Pro-Agility International Champion*

**Majana McCollum**

**4.514 seconds**

**467 Points**

### *10-Yard Dash International Champion*

**Majana McCollum**

**1.804 seconds** *Record*

**432 Points** *Record*

### *Hang Clean International Champion*

**Majana McCollum**

**161 lb. 1RM**

**510 Points** *Record*

R	Athlete Name	C	Weight	VJ	VJ*P	ProA	ProA*P	10	10*P	HC*1RM	HC*P	NSCA INDEX
1	Majana McCollum		117	24.25	396	4.514	467	<i>Record</i> 1.804	<i>Record</i> 432	161	<i>Record</i> 510	<i>Record</i> 1805
2	Allana Gobern		161	22.75	405	4.811	373	1.955	375	<i>Record</i> 172	465	1618
3	Rie Yonkeura		128	20.75	338	4.656	399	1.962	295	130	413	1445

# 2010 International Index Invitational

## NSCA Index International Champion

**Max Shubert**

**2067 Index Points** *Record*

# Boys



### Vertical Jump International Champion

**Max Shubert**

**36 inches** *Record*

**636 Points** *Record*

### Pro-Agility International Champion

**Max Shubert**

**4.189 seconds**

**488 Points** *Record*

### 10-Yard Dash International Champion

**Max Shubert**

**1.660 seconds** *Record*




**484 Points** *Record*

### Hang Clean International Champion

**Ryoma Mizuno**

**241 lb. 1RM**

**478 Points** *Record*

R	Athlete Name	C	Weight	VJ	VJ*P	ProA	ProA*P	10	10*P	HC*1RM	HC*P	NSCA INDEX
1	Max Shubert		210	<i>Record</i> 36	<i>Record</i> 636	4.189	<i>Record</i> 486	<i>Record</i> 1.660	<i>Record</i> 484	<i>Record</i> 300	461	<i>Record</i> 2067
2	Ryan Adams		205	30.75	475	4.213	460	1.713	406	275	431	1772
3	Ryoma Mizuno		147	30.75	429	4.180	391	1.765	266	241	<i>Record</i> 478	1564