

# 2010 National Index Championship

## *NSCA Index National Champion*

**Majana McCollum**

**1931 Index Points** *Record*

# Girls

### *Vertical Jump National Champion*

**Majana McCollum**

**26 inches** *Record*

**435 Points** *Record*

### *Pro-Agility National Champion*

**Majana McCollum**

**4.39 seconds** *Record*

**543 Points** *Record*

### *10-Yard Dash National Champion*

**Majana McCollum**

**1.783 seconds**

**458 Points**

### *Hang Clean National Champion*

**Allana Gobern**

**185 lb. 1RM** *Record*

**508 Points** *Record*



R	Athlete Name	State	Weight	VJ	VJ*P	ProA	ProA*P	10	10*P	HC*1RM	HC*P	NSCA INDEX
1	Majana McCollum		115	<i>Record</i> 26	<i>Record</i> 435	<i>Record</i> 4.39	<i>Record</i> 543	1.783	458	154	495	<i>Record</i> 1931
2	Allana Gobern		160	22.75	401	4.75	397	1.915	408	<i>Record</i> 185	<i>Record</i> 508	1714
3	Melissa Seaman		151	21.75	376	5.05	257	1.906	407	164	457	1497
4	Jena Wagner		122	23.75	392	4.82	312	1.905	336	134	420	1460
5	Amanda Lark		135	24.75	423	4.89	295	2.034	248	150	448	1414
6	Kylie Williamson		140	21.25	354	4.93	285	1.985	292	151	446	1377
7	Brittnee Grimstad		151	21	361	5.06	253	1.975	336	144	407	1357
8	Kara Stephens		128	20.25	329	5.20	188	2.005	262	132	409	1188

# 2010 National Index Championship

## NSCA Index National Champion

**Max Shubert**

**2022 Index Points** *Record*

# Boys

### Vertical Jump National Champion

**Max Shubert**

**35 inches** *Record*

**603 Points** *Record*

### Pro-Agility National Champion

**Max Shubert**

**4.15 seconds** *Record*

**513 Points** *Record*

### 10-Yard Dash National Champion

**Max Shubert**

**1.645 seconds** *Record*

**504 Points** *Record*










### Hang Clean National Champion

**Ryan Adams**

**302 lb. 1RM** *Record*

**467 Points** *Record*



R	Athlete Name	State	Weight	VJ	VJ*P	ProA	ProA*P	10	10*P	HC*1RM	HC*P	NSCA INDEX
1	Max Shubert		207	<i>Record</i> 35	<i>Record</i> 603	<i>Record</i> 4.15	<i>Record</i> 513	<i>Record</i> 1.645	<i>Record</i> 504	274	402	<i>Record</i> 2022
2	Ryan Adams		208	30.25	468	4.22	465	1.774	353	<i>Record</i> 302	<i>Record</i> 467	1753
3	Phillip Wainright		129	33.5	497	4.24	360	1.651	366	178	398	1621
4	Ryan Burton		161	33.5	505	4.16	419	1.739	294	202	347	1565
5	Tyler Hunt		199	33.25	537	4.41	343	1.814	299	252	373	1552
6	Brady Blackwood		143	31.5	447	4.31	327	1.747	280	201	402	1456
7	Demarco Smith		213	32.25	526	4.55	301	1.815	324	224	302	1453
8	Eric Whalen		172	28.5	395	4.52	265	1.719	329	201	322	1311
9	Davon Snell		189	26	357	4.36	353	1.793	299	191	281	1290