

Virginia Fitness Education Records

Physical Fitness Records-Boys			
Event	Performance	Name	Year
Mile Run	5:19.0	Wyatt Logsdon	2014
Sit-Ups	77	Kohl Tate	2017
		Justin Snyder	2007
Pull-Ups	18	Dylan Berry	2017
Shuttle Run	7.6	Blake Kesterson	2006
Sit-N-Reach	53	Evin Lowe	2006
40 Yard Dash	4.6	Chris Lear	2003
		Eric Jokisch	2007
Vertical Jump	36"	Nathan Ring	2011
Standing Long Jump	9'3"	Scotty Harris	2006

Physical Fitness Records-Girls			
Event	Performance	Name	Year
Mile Run	5:48	Alison Coats	2013
Sit-Ups	75	Amber Theivgat	2006
		Allie Harrison	2006
Pull-Ups	19	Megan Smith	2004
Shuttle Run	8.7	Anna Herzberger	2008
Sit-N-Reach	57	Carissa Higgins	2013
40 Yard Dash	5.5	Anna Herzberger	2008
	5.5	Maureen Armstrong	2014
Vertical Jump	22"	Stephanie Dambacher	2014
		Hannah Helmich	2017
Standing Long Jump	7'11"	Ashley Fleenor	2006