

Normative data for the shoulder & wrist flexibility test

(from measurements in inches)

RATING	MEN	WOMEN
Excellent	>12.50	>11.75
Good	12.50-11.50	11.75-10.75
Average	11.49-8.25	10.74-7.50
Fair	8.24-6.00	7.49-5.50
Poor	<6.00	<5.50

<http://www.pponline.co.uk/101Evaluations/static%20flexibility%20test%20-%20shoulder%20and%20wrist.htm>

Comparisons times for 800 m

Men:

David Rudisha (World and Olympic record) –1:40.12

Nixon Kiprotich (elite athlete)–1:43.31

Johnny Gray (NCAA record for an American) – 1:45.00

Jake Waterman (2012 DIII championship)–1:49.41

Mitchell Black (2012 Maine High School state champion, Class A)–1:57.21

Women:

Jarmila Kratochvilová (World record)–1:53.28

Nedezhda Olizarenko (Olympic record) – 1:53.42

Nicole Teter (NCAA record for an American) – 1:58.71

Emily Schudrowitz (2012 DIII championship)–2:07.44

Erzsebet Nagy (2012 Maine High School state champion, Class A)–2:16.69

Jump test normative table

rating	males		females	
	(inches)	(cm)	(inches)	(cm)
excellent	> 28	> 70	> 24	> 60
very good	24 - 28	61-70	20 - 24	51-60
above average	20 - 24	51-60	16 - 20	41-50
average	16 - 20	41-50	12 - 16	31-40
below average	12 - 16	31-40	8 - 12	21-30
poor	8 - 12	21-30	4 - 8	11-20
very poor	< 8	< 21	< 4	< 11