

## **CONCORD FOOTBALL TESTING RECORDS**

1. Pro Drill	Jamyris Rice (2018)	4.04 seconds
2. Bench Max	Curtis Brown Watson (2013)	365 Lbs.
3. Power Clean Max	Jacob Yoder (2018)	310 Lbs.
4. Squat Max	David Small (2015)	545 Lbs.
5. 40yd. Dash	Cedric Mitchell (2015)	4.43 seconds
6. 30yd. Backward*	Daniel Martin (1999)	4.57 seconds
7. Obstacle Jump*	Jamie Burnett (2003)	138 jumps
8. Shuttle Run*	Daniel Martin (1999)	31.98 seconds
9. 400 Meters	CJ Shafer (2002)	53.19 seconds
10. 12 Minute Run *	Aaron Martin (1994)	8 ¾ Laps

\*denotes event is no longer tested