

Leave
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Region	Club (hint - once you've selected your club once form the drop down, drag the cell down to fill in for other athletes)	Altitude of Assessment?	Date of Assessment	Athlete's Date of Birth?
Rocky/Central Region	Pinnacle Racing	500 - 1000	44472	40315
Rocky/Central Region	Pinnacle Racing	501 - 1000	44472	38198
Rocky/Central Region	Pinnacle Racing	502 - 1000	44472	38743
Rocky/Central Region	Pinnacle Racing	503 - 1000	44472	39566
Rocky/Central Region	Pinnacle Racing	504 - 1000	44472	38841
Rocky/Central Region	Pinnacle Racing	505 - 1000	44472	39161
Rocky/Central Region	Pinnacle Racing	506 - 1000	44472	39268
Rocky/Central Region	Pinnacle Racing	507 - 1000	44472	39209
Rocky/Central Region	Pinnacle Racing	508 - 1000	44472	39660
Rocky/Central Region	Pinnacle Racing	509 - 1000	44472	39063
Rocky/Central Region	Pinnacle Racing	510 - 1000	44472	38834
Rocky/Central Region	Pinnacle Racing	511 - 1000	44472	39660
Rocky/Central Region	Pinnacle Racing	512 - 1000	44472	40122
Rocky/Central Region	Pinnacle Racing	513 - 1000	44472	39179
Rocky/Central Region	Pinnacle Racing	514 - 1000	44472	38371
Rocky/Central Region	Pinnacle Racing	515 - 1000	44472	39220
Rocky/Central Region	Pinnacle Racing	516 - 1000	44472	39660
Rocky/Central Region	Pinnacle Racing	517 - 1000	44472	40722
Rocky/Central Region	Pinnacle Racing	518 - 1000	44472	38852
Rocky/Central Region	Pinnacle Racing	519 - 1000	44472	38513
Rocky/Central Region	Pinnacle Racing	520 - 1000	44472	39862
Rocky/Central Region	Pinnacle Racing	521 - 1000	44472	39576
Rocky/Central Region	Pinnacle Racing	522 - 1000	44472	40627
Rocky/Central Region	Pinnacle Racing	523 - 1000	44472	#N/A
Rocky/Central Region	Pinnacle Racing	524 - 1000	44472	39575
Rocky/Central Region	Pinnacle Racing	525 - 1000	44472	39949
Rocky/Central Region	Pinnacle Racing	526 - 1000	44472	39327
Rocky/Central Region	Pinnacle Racing	527 - 1000	44472	40324
Rocky/Central Region	Pinnacle Racing	528 - 1000	44472	39748
Rocky/Central Region	Pinnacle Racing	529 - 1000	44472	39413
Rocky/Central Region	Pinnacle Racing	530 - 1000	44472	39975
Rocky/Central Region	Pinnacle Racing	531 - 1000	44472	38825
Rocky/Central Region	Pinnacle Racing	532 - 1000	44472	39938
Rocky/Central Region	Pinnacle Racing	533 - 1000	44472	40245

Rocky/Central Region	Pinnacle Racing	534 - 100C	44472	39652
Rocky/Central Region	Pinnacle Racing	535 - 100C	44472	39484
Rocky/Central Region	Pinnacle Racing	536 - 100C	44472	38972
Rocky/Central Region	Pinnacle Racing	537 - 100C	44472	#N/A
Rocky/Central Region	Pinnacle Racing	538 - 100C	44472	#N/A
Rocky/Central Region	Pinnacle Racing	539 - 100C	44472	38159
Rocky/Central Region	Pinnacle Racing	540 - 100C	44472	38853
Rocky/Central Region	Pinnacle Racing	541 - 100C	44472	#N/A
Rocky/Central Region	Pinnacle Racing	542 - 100C	44472	#N/A
Rocky/Central Region	Pinnacle Racing	543 - 100C	44472	38226
Rocky/Central Region	Pinnacle Racing	544 - 100C	44472	38267
Rocky/Central Region	Pinnacle Racing	545 - 100C	44472	39296
Rocky/Central Region	Pinnacle Racing	546 - 100C	44472	#N/A
Rocky/Central Region	Pinnacle Racing	547 - 100C	44472	38628
Rocky/Central Region	Pinnacle Racing	548 - 100C	44472	38341
Rocky/Central Region	Pinnacle Racing	549 - 100C	44472	39684
Rocky/Central Region	Pinnacle Racing	550 - 100C	44472	#N/A
Rocky/Central Region	Pinnacle Racing	551 - 100C	44472	38428
Rocky/Central Region	Pinnacle Racing	552 - 100C	44472	39875
Rocky/Central Region	Pinnacle Racing	553 - 100C	44472	38001
Rocky/Central Region	Pinnacle Racing	554 - 100C	44472	#N/A
Rocky/Central Region	Pinnacle Racing	555 - 100C	44472	40687
Rocky/Central Region	Pinnacle Racing	556 - 100C	44472	38370
Rocky/Central Region	Pinnacle Racing	557 - 100C	44472	38512
Rocky/Central Region	Pinnacle Racing	558 - 100C	44472	38456
Rocky/Central Region	Pinnacle Racing	559 - 100C	44472	39601
Rocky/Central Region	Pinnacle Racing	560 - 100C	44472	38384
Rocky/Central Region	Pinnacle Racing	561 - 100C	44472	41232
Rocky/Central Region	Pinnacle Racing	562 - 100C	44472	39521

Athlete's Sex?	Athlete's USSA #?	Athlete's Sport	Athlete's Height? (Centimeters - example 150.5)	Athlete's Weight? (Kilograms - example 65.3)	Shuttle Run Test Score (Est. VO2max - example 50.2)	Standing Long Jump (Centimeters - example 295)	Triple Jump - Coaches Discretion (Centimeters - example 854)	20m Sprint (Seconds - example 3.35)
Female	6887564	Alpine	152.4	60	31.00971	175	564	3.64
Female	C6715948	Alpine	165.1	65	31.00971	168		3.8
Male	C6804790	Alpine	180.34	71	48.63234	201		3.34
Male	C6948804	Alpine	177.8	70	35.84339	175	570	3.49
Male	6790737	Alpine	172.72	68	36.76489	217	738	3.07
Female	7023397	Alpine	167.64	66	26.43612	135	558	3.85
Female	C6962017	Alpine	170.18	67	34.4017	165		3.56
Male	6668443	Alpine	172.72	68	12.2	188	567	3.42
Male	7002597	Alpine	153.67	60.5	40.54126	180	576	3.53
Male	7020926	Alpine	175.26	69	51.7308	241		3.03
Male	6769496	Alpine	160.02	63	40.21063	216	704	3.23
Male	703331	Alpine	147.32	58	37.10977	173	515	3.71
Male	7055317	Alpine	153.67	60.5	34.4017	150	521	3.45
Female	6865307	Alpine	160.02	63	34.4017	182	515	3.48
Male	6659074	Alpine	175.26	69	48.32695	243	759	3.07
Male	6886245	Alpine	170.18	67	36.76489	213		3.42
Male	7003357	Alpine	151.13	59.5	40.54126	191	549	3.48
Male	6935097	Alpine	144.78	57	30.63229	159		3.87
Female	7094560	Alpine	170.18	67	27.22835	160	536	3.56
Male	6842738	Alpine	195.58	77	28.4167	191	631	3.51
Female	7088853	Alpine	157.48	62	32.142	132	457	3.89
Female	415255	Alpine	154.94	61	31.00971	166		3.33
Female	2.05E+09	Alpine	134.62	53	32.89686	147		3.67
#N/A	#N/A	Alpine	161.29	63.5	26.83223	154	704	3.64
Male	7033114	Alpine	166.37	65.5	37.10977	171		3.62
Male	6842562	Alpine	154.94	61	36.20382	173	509	3.46
Female	c6645342	Alpine	165.1	65	31.00971	177	543	3.6
Male	0	Alpine	157.48	62	27.62447	161	457	3.82
Male	2.05E+09	Alpine	149.86	59	34.76212	207	594	3.46
Male	6947878	Alpine	165.1	65	29.87743	175	518	3.42
Female	7051136	Alpine	152.4	60	25.08051	155		3.8
Female	C6715958	Alpine	162.56	64	41.53316	191		3.18
Male	7020936	Alpine	138.43	54.5	32.51943	136		4.13
Female	6735985	Alpine	154.94	61	32.89686	170	549	3.62

Female	6735979	Alpine	157.48	62	30.25486	183	576	3.6
Female	6555575	Alpine	166.37	65.5	42.85569	183	552	3.37
Male	6634078	Alpine	172.72	68	37.45466	204	564	3.39
#N/A	#N/A	Alpine	177.8	70	41.53316	236	460	2.95
#N/A	#N/A	Alpine	167.64	66	27.22835	122	396	3.98
Female	6842589	Alpine	157.48	62	34.4017	183	524	3.51
Male	7072651	Alpine	160.02	63	30.63229	177	515	3.62
#N/A	#N/A	Alpine	180.34	71	37.10977	237	722	3
#N/A	#N/A	Alpine	187.96	74	39.52397	231	680	3.12
Male	7021010	Alpine	177.8	70	39.52397	221	698	3.14
Male	#N/A	Alpine	176.53	69.5	48.32695	211	698	3.07
Male	C6889177	Alpine	166.37	65.5	40.54126	199	604	3.35
#N/A	#N/A	Alpine	173.99	68.5	43.65751	218	710	3.25
Male	C6925633	Alpine	176.53	69.5	40.54126	0		3.24
Female	7095854	Alpine	162.56	64	34.04127	183	549	3.37
Male	6911727	Alpine	167.64	66	37.45466	193	591	3.74
#N/A	#N/A	Alpine	177.8	70	42.19443	182	570	3.3
Female	6863801	Alpine	160.02	63	35.84339	175	576	3.65
Female	6670548	Alpine	149.86	59	32.89686	155	515	4.06
Male	6805668	Alpine	180.34	71	49.24311	122	826	2.8
#N/A	#N/A	Alpine	168.91	66.5	25.08051	164		3.83
Female	C7020714	Alpine	148.59	58.5	25.08051	147	454	3.81
Female	6662483	Alpine	171.45	67.5	48.32695	161		3.61
Female	6865310	Alpine	175.26	69	36.76489	183	613	3.4
Male	6601219	Alpine	180.34	71	49.24311	216	674	3.1
Female	6912730	Alpine	0	0	33.32042	175	558	3.51
Female	6866354	Alpine	160.02	63	33.32042	164	558	3.29
Male	C7030013	Alpine	135.89	53.5	25.08051	0		3.57
Male	C7088461	Alpine	162.56	64	35.84339	152	552	3.76

Strict Pull Up (# - example 8)	Bar Hang (Seconds - example 25)	Single Leg Squat - Right Leg (# - example 10)	Single Leg Squat - Left Leg (# - example 10)	90 Degree Push Up (# - example 23)	Hurdle Jumps - Coaches Discretion (# - example 35)	Box Jump - Discretion (# - example 35)
4	0	6	9	16		29
1	0	2	14	7		36
5	0	7	4	25		60
1	0	2	0	10		34
10	0	21	15	15		0
0	12	5	5	2		28
4	0	2	3	10		34
1	0	6	17	20		33
5	0	22	24	30		49
6	0	2	8	26		63
10	0	29	30	39		71
4	0	11	17	30		38
2	6	5	7	10		33
0	15	22	21	11		51
10	0	25	14	28		68
3	0	6	3	20		39
8	0	26	19	40		53
3	0	6	5	8		40
0	24	3	6	13		30
5	0	2	6	9		35
0	6	8	5	11		22
5	0	3	5	12		31
0	0	9	4	12		31
0	3	13	8	15		35
1	0	5	12	21		30
0	9	15	5	11		45
3	0	17	19	13		34
1	0	5	5	7		30
4	0	7	1	12		41
0	36	20	10	10		35
0	0	1	1	13		30
3	0	22	25	22		46
0	0	2	4	0		24
0	18	23	17	15		52

0	3	27	33	11	55
0	18	10	20	18	46
1	0	6	4	18	38
11	0	20	20	25	60
0	0	4	5	10	18
0	9	18	16	6	28
6	0	26	4	10	27
8	0	14	14	25	65
3	0	7	6	20	49
7	0	22	19	20	55
11	0	20	16	36	44
3	0	8	8	14	45
8	0	4	7	33	59
11	0	0	0	26	62
6	0	0	24	21	33
10	0	5	10	30	51
0	6	6	4	10	29
0	0	28	26	24	34
1	6	2	5	9	25
7	0	25	19	27	49
0	0	5	3	8	24
0	12	20	15	8	30
0	0	10	20	22	47
0	27	12	6	10	32
9	0	22	15	36	64
2	0	19	15	5	36
7	0	20	20	31	42
4	0	4	0	18	29
3	0	2	2	15	27