

2009 TOP  
Averages and National Best

2009 Physical Abilities																									
	Shoulder Flexibility-avg	National Best	Right Leg Split-avg	National Best	Left leg Split-avg	National Best	Leg Lifts-avg	National Best	Cast Handstand-avg	National Best	Vertical Jump-avg	National Best	Press Handstand-avg	National Best	Handstand Hold-avg	National Best	20 Meter Sprint-avg	National Best	Rope Climb-avg	National Best	PA Total-avg	PA National Best	National Testing Cutoff Score	Diamond Level Cutoff Score	
7 yr																									
Reg	4.29	5.00	9.54	15.00	10.24	15.00	11.66	20.00	3.99	10.00	12.18	17.75	1.69	5.00	7.46	30.00	3.81	3.00	7.39	2.10	45.96	84.50		77.00	
8 yr																									
Reg	4.58	5.00	10.44	15.00	11.10	15.00	13.01	20.00	4.56	10.00	13.84	22.00	2.16	5.00	11.46	30.00	3.59	2.91	5.70	1.40	50.08	85.50		77.00	
9 yr																									
Reg	4.66	5.00	10.98	15.00	11.36	15.00	14.96	20.00	3.74	10.00	15.23	23.25	4.09	10.00	17.65	30.00	3.47	2.93	13.15	4.97	52.22	86.00	68.00		
Nat	4.96	5.00	12.01	15.00	11.77	15.00	18.95	20.00	6.28	10.00	15.42	20.00	7.13	10.00	25.77	30.00	3.15	2.87	9.73	6.63	67.48	84.50			
10 yr																									
Reg	4.70	5.00	11.25	15.00	11.70	15.00	15.75	20.00	4.40	10.00	16.87	24.00	4.90	10.00	33.69	60.00	3.31	2.72	11.56	4.91	55.36	88.00	69.00		
Nat	4.95	5.00	12.80	15.00	12.06	15.00	19.06	20.00	7.05	10.00	17.47	23.00	6.90	10.00	48.70	60.00	3.05	2.72	8.88	4.82	66.33	86.50			
11 yr																									
Reg	4.72	5.00	11.51	15.00	11.93	15.00	15.87	20.00	4.36	10.00	17.49	23.50	5.41	10.00	39.32	60.00	3.25	2.79	10.48	4.16	57.16	86.00	68.00		
Nat	4.94	5.00	10.75	15.00	10.55	15.00	17.51	20.00	7.03	10.00	17.19	21.00	6.88	10.00	46.58	60.00	3.01	2.78	8.50	5.29	67.08	83.50			
2009 Skills																									
	Vault	Nat Best	Bars	Nat Best	Beam Acro	Nat Best	Beam Dance	Nat Best	Floor Acro	Nat Best	Floor Dance	Nat Best	Skills Total	Nat Best								Adjusted Total	Adjusted National Best		
9 yr																									
Nat	8.48	9.70	8.07	9.85	8.72	9.85	8.58	9.80	8.25	9.80	8.68	9.90	33.57	38.58								80.35	94.98		
10 yr																									
Nat	8.52	9.70	7.77	9.70	8.76	9.80	8.69	9.70	8.40	9.50	8.84	9.70	33.53	38.46								80.79	93.29		
11 yr																									
Nat	7.62	9.70	7.34	9.60	8.03	9.30	8.46	9.55	7.45	9.40	8.71	9.60	30.78	37.72								76.48	93.44		