

Lucas Top 160 2019
8/31/19

Protocol Name	Overall Rank
Aalim Chelsea	62
Allen Cori	84
Andrews Alexis	32
Andrews Alyssa	23
Atkins Jasmine	143
Atuahene Paris	132
Barker Janiah	36
Barnes Ashante	106
Basham Kennedy	140
Berry Tre'Miyah	149
Blake Amaya	108
Boone Sidney	72
Bowles Sydney	26
Brady Isuneh	134
Broughton Asia	66
Burton Riane	127
Caulley Anahi-Lee	14
Chmielewski Dayjah	112
Ciezi Shay	11
Claytor Maya	124
Clifton Kennedy	93
Cobbs Jayda	122
Codio Jordana	70
Colleoni Sydney	116
Cooke Gia	8
Cooper Callie	71
Corbitt Gianna	142
Delancy Olivia	100
D'Oliveira Sophia	97
Donahue Riley	131
Dorroh Kiya	12
Douglas Alejah	29
Dunlap Jalisa	90
Dunning Katelyn	20
Eaton Elauna	119
Enslinger Audry	77
Farmer Kyla	144
Flournoy De'Mauri	188
Fountleroy Kennedy	109
Fowler Amillion	49
Gakdeng Maria	63
Gibson Taylor	91
Glenn Saniah	94
Godfrey Knisha	35
Gordon Karina	99
Gordon Myra	83
Gordon O'Mariah	5
Gregory Jamiah	10
Gudino Genevieve	28
Hanke Emma	87
Hardy Trinity	15
Harkless Nigeria	80
Hayes Madison	42
Haymore Kendall	135
Hearp Jayla	65
Henderson Crystal	129
Herron Tionna	145
Hill Amanda	82
Hughes Elyse	7
Hunt Treasure	95
Hunter Kyndall	24
Hunter Messiah	50
Inniss Asjah	21
Jah Sahnya	76
James Azaiha	120
Jewett Laila	55
Johnson Bailey	147
Johnson Raven	138
Johnson Tya	107
Jones Adrianna	69
Jones Sahara	103
Kaba Diakhate Fatima	102
Kelly Deja	67
Kimbrough Jayla	96
King Liatu	31
King Zahra	47
Lake Veyda	136
Law Izabella	137
Lee Nyelle	60
Lewis Zaria	4
Maietta Melina	111
Malone Jada	113
Mayo Aizhanique	104
McClendon Destiny	44
McGowan Tyraven	27
McLean Mir	1

Height	FT	Vertical Jump Impulse	PPO	PPO/Mass
19.34	560	384.55	6621.23	47.29
20.05	573	463.74	7863.36	47.66
21.87	605	326.43	5652.45	51.39
21.41	597	497.81	8298.87	48.82
15.60	486	405.25	7404.09	43.55
16.91	513	291.89	5158.66	44.47
20.89	588	533.57	8898.99	48.10
17.71	529	181.63	3198.95	45.70
17.76	530	415.94	7283.83	45.52
14.77	468	325.97	6007.87	42.31
18.54	545	360.89	6271.36	46.45
18.59	546	187.47	3334.98	47.64
22.70	619	476.68	7909.10	50.38
15.98	494	448.27	8141.94	44.01
21.18	593	538.10	8942.94	48.34
16.81	511	423.59	7544.31	44.64
22.64	618	363.75	6223.79	51.86
17.35	522	409.67	7221.19	45.13
22.58	617	378.30	6441.10	51.53
16.56	506	372.29	6645.76	44.31
19.12	556	368.17	6361.50	47.12
18.43	543	319.61	5575.66	46.46
19.02	554	402.17	6933.88	46.85
17.61	527	361.89	6354.23	45.39
21.87	605	385.78	6558.45	50.45
18.12	537	368.76	6433.43	45.95
16.08	496	398.99	7205.38	43.94
18.33	541	331.70	5786.02	46.29
16.37	502	344.72	6162.75	44.02
21.99	607	491.26	8161.99	49.47
22.94	623	366.70	6269.98	52.25
19.61	565	360.27	6210.10	47.77
21.52	599	396.64	6731.18	49.86
17.15	518	368.41	6510.73	44.90
19.78	568	351.04	6054.20	48.05
15.37	481	448.27	8274.10	43.55
21.12	592	362.97	6216.12	49.73
19.29	559	191.93	3441.90	49.17
19.29	559	361.93	6250.50	47.35
18.96	553	406.87	7016.24	46.77
18.86	551	472.96	8132.30	46.47
17.61	527	336.04	5901.23	45.39
19.45	562	427.27	7317.43	47.21
17.20	519	318.21	5612.44	44.90
19.18	557	437.13	7502.29	46.89
23.00	624	382.59	6505.76	52.05
22.82	621	395.98	6704.46	51.57
21.18	593	378.13	6451.44	49.63
16.86	512	326.48	5785.23	44.50
21.06	591	449.32	7566.32	48.81
18.80	550	418.15	7218.11	46.57
18.70	548	416.63	7201.76	46.46
16.32	501	430.05	7740.79	44.23
20.55	582	413.93	7034.74	48.52
16.17	498	268.70	4773.98	43.40
17.20	519	453.13	8013.34	45.02
18.33	541	390.08	6782.62	46.14
24.60	650	462.30	7658.31	52.82
18.17	538	448.61	7800.43	45.88
21.35	596	423.89	7157.49	49.36
19.67	566	194.34	3500.52	50.01
22.94	623	345.31	5952.88	52.68
19.45	562	441.06	7543.93	47.15
18.80	550	188.84	3367.61	48.11
18.54	545	395.64	6860.26	46.35
13.59	441	270.39	5055.09	40.44
15.89	492	337.86	6088.76	43.49
17.81	531	364.64	6385.73	45.61
19.83	569	390.73	6696.86	47.83
19.02	554	394.02	6797.98	46.88
18.86	551	418.91	7226.30	46.62
18.54	545	360.89	6271.36	46.45
20.00	572	434.88	7401.84	47.75
20.89	588	475.88	7992.99	48.44
20.50	581	356.23	6120.08	48.96
15.70	488	442.82	8098.09	43.77
15.98	494	363.46	6556.44	43.71
19.34	560	346.10	5987.03	47.52
24.41	647	456.99	7584.05	52.67
16.51	505	346.78	6185.24	44.18
17.35	522	435.27	7674.19	45.14
17.30	521	344.99	6080.93	45.04
20.38	579	468.60	7914.81	47.97
20.89	588	461.46	7766.49	48.54
28.61	711	470.81	7823.26	57.95

Jump Rank
59
47
20
23
143
125
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111
109
146
92
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123
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114
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148
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142
139
60
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132
117
118
42
32
1

Lane Agility Total
13.078
13.957
13.889
12.758
14.717
14.873
13.432
13.900
15.093
14.801
13.946
12.902
13.586
14.312
14.702
13.913
13.022
14.125
12.531
13.132
13.781
13.807
13.516
14.007
11.830
12.526
14.286
14.074
13.686
14.290
12.632
15.000
14.004
12.587
14.151
13.891
14.354
12.532
14.516
13.281
13.472
13.553
12.996
12.803
13.451
13.375
12.073
13.086
12.764
12.094
12.651
12.804
12.774
14.645
14.619
13.243
15.472
13.299
12.705
13.332
12.786
13.217
13.657
14.161
14.808
12.720
13.385
14.927
13.413
13.427
14.877
14.108
12.715
13.899
13.010
13.792
14.261
13.940
14.116
12.639
12.725
13.670
13.479
13.538
13.047
11.664

Agility Rank
49
100
93
29
133
139
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146
137
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118
132
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111
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141
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140
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114
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74
76
47
2

3/4 Yard Sprint			
10Y	25Y	Velocity 10Y	Velocity 25Y
1.781	3.731	5.615	10.721
1.755	3.871	5.698	10.333
1.696	3.596	5.896	11.123
1.673	3.608	5.977	11.086
1.738	3.863	5.754	10.355
1.788	3.836	5.593	10.428
1.695	3.673	5.900	10.890
1.728	3.706	5.787	10.793
1.769	4.048	5.653	9.881
1.886	4.164	5.302	9.606
1.811	3.884	5.522	10.299
1.704	3.741	5.869	10.692
1.802	3.752	5.549	10.661
1.765	3.835	5.666	10.430
1.741	3.708	5.744	10.787
1.798	3.944	5.562	10.142
1.616	3.529	6.188	11.335
1.679	3.663	5.956	10.920
1.663	3.529	6.013	11.335
1.835	3.916	5.450	10.215
1.742	3.803	5.741	10.518
1.836	4.085	5.447	9.792
1.663	3.649	6.013	10.962
1.787	3.782	5.596	10.576
1.574	3.372	6.353	11.862
1.759	3.752	5.685	10.661
1.797	4.071	5.565	9.826
1.735	3.819	5.764	10.474
1.776	3.744	5.631	10.684
1.771	3.879	5.647	10.312
1.596	3.396	6.266	11.779
1.639	3.457	6.101	11.571
1.804	3.817	5.543	10.479
1.706	3.622	5.862	11.044
1.683	3.720	5.942	10.753
1.762	3.731	5.675	10.721
1.842	3.941	5.429	10.150
1.664	3.538	6.010	11.306
1.784	3.875	5.605	10.323
1.709	3.547	5.851	11.277
1.657	3.587	6.035	11.151
1.711	3.801	5.845	10.524
1.765	3.733	5.666	10.715
1.653	3.546	6.050	11.280
1.732	3.616	5.774	11.062
1.751	3.847	5.711	10.398
1.595	3.350	6.270	11.940
1.605	3.423	6.231	11.686
1.767	3.727	5.659	10.732
1.732	3.791	5.774	10.551
1.628	3.437	6.143	11.638

McPherson Kayla	3	24.66	651	431.08	7214.99	53.44	4	12.278	7	1.609	3.404	6.215	11.751	10
Middleton Danyel	125	17.86	532	391.42	6846.64	45.64	107	15.051	145	1.681	3.699	5.949	10.814	72
Miller Paris	39	20.44	580	384.06	6564.44	48.63	41	13.423	68	1.666	3.627	6.002	11.028	54
Minor Tandria	40							12.793	33	1.675	3.532	5.970	11.325	22
Mitchell Daisia	56	18.80	550	404.66	6,991.61	46.61	87	13.085	50	1.610	3.538	6.211	11.306	24
Moon Erica	34	21.99	607	387.05	6,576.49	50.59	18	14.411	124	1.615	3.569	6.192	11.208	30
Moreland Amhyia	133	17.76	530	519.93	9,095.83	45.48	110	14.748	135	1.810	4.054	5.525	9.867	142
Moreno Dallysshya	33	19.18	557	464.45	7,955.29	46.80	67	12.282	8	1.685	3.604	5.935	11.099	45
Newson-Cole Azyah	75	19.45	562	358.36	6,184.93	47.58	57	14.207	113	1.641	3.573	6.094	11.195	32
Oden Jayla	38	19.07	555	348.45	6,036.13	47.16	71	12.617	17	1.690	3.567	5.917	11.214	29
Ott Madison	89	19.02	554	366.84	6,344.98	47.00	74	13.583	78	1.718	3.812	5.821	10.493	108
Ott Yasmin	9	22.40	614	391.52	6,640.11	51.08	15	12.722	25	1.613	3.394	6.200	11.786	7
Owen Skye	78	18.02	535	341.14	5,964.47	45.88	104	12.897	36	1.714	3.685	5.834	10.855	68
Owens Gabrielle	115	17.25	520	408.1	7,205.68	45.04	120	13.451	72	1.833	3.838	5.456	10.422	119
Peaks Jasmine	105	19.23	558	355.81	6,151.59	47.32	64	14.459	126	1.772	3.837	5.643	10.425	118
Pendleton Bianca	150	14.33	458	449.3	8,566.34	42.83	147	15.449	148	2.098	4.421	4.766	9.048	150
Poole Kateri	59	17.97	534	413.84	7,224.91	45.73	105	12.372	10	1.719	3.623	5.817	11.041	52
Porter Olivia	51	18.91	552	392.6	6,781.51	46.77	78	12.664	21	1.730	3.643	5.780	10.980	59
Puckett Sara	58	18.86	551	472.96	8,132.30	46.47	83	13.236	57	1.627	3.557	6.146	11.245	27
Redmon Deborrah	22	21.12	592	406.53	6,895.62	49.25	28	13.027	44	1.619	3.438	6.177	11.635	15
Reese Angel	13	22.70	619	485.79	8,045.00	50.28	12			1.539	3.402	6.498	11.758	9
Robledo Ramsey	54	20.78	586	350.67	6,027.61	49.41	33	13.764	86	1.699	3.718	5.886	10.758	80
Rodgers Iyanna	79	20.33	578	198.46	3,602.70	51.47	43	14.297	117	1.708	3.765	5.855	10.624	95
Roshelle Madison	2	26.20	675	463.52	7,678.37	54.85	2	12.430	11	1.561	3.339	6.406	11.980	2
Rutledge Jade	92	19.23	558	451.6	7,737.09	46.89	65	14.196	112	1.672	3.698	5.981	10.817	71
Ryce Jada	48	19.18	557	355.17	6,143.29	47.26	68	12.916	39	1.741	3.623	5.744	11.041	53
Samuels Qadence	46	18.86	551	391.88	6,773.30	46.71	84	12.756	28	1.599	3.571	6.254	11.201	31
Scott Madison	6	24.91	655	562.24	9,065.88	51.81	3	13.032	45	1.566	3.500	6.386	11.429	17
Scott Nevaeh	118	18.33	541	347.62	6,057.82	46.24	100	14.579	128	1.762	3.811	5.675	10.496	107
Semones Aiken	141	16.91	513	327.11	5,792.86	44.56	126	13.853	92	1.965	4.229	5.089	9.459	149
Shelton Faith	139	15.98	494	399.81	7,235.94	43.85	140	14.316	119	1.742	3.881	5.741	10.307	130
Sims Raven	121	17.97	534	345.74	6,047.11	45.81	106	15.278	147	1.686	3.580	5.931	11.173	35
Smith Tsion	98	18.96	553	379.75	6,563.24	46.88	77	13.702	84	1.723	3.870	5.804	10.336	125
Spear Jewel	43	19.12	556	381.81	6,588.00	47.06	70	12.165	6	1.702	3.770	5.875	10.610	96
Stanley Cayanna	37	19.29	559	315.32	5,480.40	47.66	63	12.585	15	1.710	3.601	5.848	11.108	44
Steele Laci	30	20.22	576	409.67	6,983.02	48.16	44	12.357	9	1.670	3.678	5.988	10.875	66
Stevenson Ava	101	18.80	550	377.69	6,538.61	46.70	88	14.356	122	1.725	3.703	5.797	10.802	75
Strickland Tanner	110	17.66	528	284.88	5,003.08	45.48	112	13.969	101	1.695	3.708	5.900	10.787	78
Striplin Karoline	114	18.54	545	529.3	9,125.26	46.09	95	14.425	125	1.733	3.821	5.770	10.468	111
Taylor RMani	45	20.61	583	428.94	7,269.91	48.47	37	14.148	108	1.583	3.526	6.317	11.344	19
Thomas Kayla	148	14.82	469	161.03	2,753.24	39.33	145	14.155	110	1.954	4.122	5.118	9.704	147
Thompson Allana	64	18.91	552	316.78	5,513.11	47.12	79	13.170	53	1.687	3.666	5.928	10.911	62
Thompson Asha	74	19.61	565	465.58	7,931.50	47.21	54	13.329	61	1.822	3.843	5.488	10.409	120
Thompson Ayanna	61	19.02	554	432.06	7,432.18	46.74	75	12.909	38	1.694	3.699	5.903	10.814	73
Threatt Elicia	130	16.66	508	498.35	8,925.86	44.63	130	14.346	120	1.759	3.873	5.685	10.328	127
Tillman Jade	81	17.46	524	411.24	7,236.76	45.23	115	13.033	46	1.641	3.594	6.094	11.130	42
Timpson Makayla	73	20.78	586	445.52	7,522.51	48.53	34	15.034	144	1.681	3.586	5.949	11.154	37
Torrence Makala	25	21.93	606	386.42	6,567.46	50.52	19	13.595	80	1.673	3.573	5.977	11.195	33
Tynes Mikaya	85	20.72	585	200.86	3,663.30	52.33	35	14.738	134	1.694	3.789	5.903	10.557	102
Utberg Bridget	41	19.83	569	329.33	5,700.26	48.31	50	13.233	56	1.686	3.593	5.931	11.133	41
Vaughn Yonta	57	19.39	561	412.76	7,082.57	47.22	58	13.174	54	1.722	3.668	5.807	10.905	63
Vos Gianna	68	18.91	552	338.45	5,875.51	47.00	80	13.070	48	1.684	3.733	5.938	10.715	87
Walker Kelliah KJ	19	20.67	584	343.74	5,919.59	49.33	36	12.725	27	1.604	3.417	6.234	11.706	11
Walker Zyanna	52	20.11	574	450.48	7,645.40	47.78	46	13.009	41	1.745	3.783	5.731	10.574	99
Warden Aubrey	117	18.70	548	465.01	8,017.16	46.34	90	14.796	136	1.816	3.822	5.507	10.466	113
Whitehorn Ruby	53	20.61	583	386.05	6,590.41	48.82	38	13.770	87	1.622	3.674	6.165	10.887	65
Wiggins Morasha	16	22.28	612	450.28	7,527.86	50.19	16	13.736	85	1.555	3.378	6.431	11.841	6
Williams Brittney	128	16.81	511	471.21	8,405.01	44.71	129	14.699	131	1.769	3.758	5.653	10.644	94
Williams Landry	146	16.27	500	404.66	7,280.33	44.12	135	14.985	142	1.858	4.048	5.382	9.881	140
Willis Marchelle	126	17.00	515	348.6	6,170.56	44.71	124	13.809	91	1.839	3.978	5.438	10.055	137
Wims Maya	123	17.30	521	511.1	9,025.43	45.13	119	14.392	123	1.646	3.714	6.075	10.770	79
Womack Jaylee	88	18.17	538	337.78	5,897.83	46.08	102	13.388	65	1.704	3.699	5.869	10.814	74
Woodhouse Taylor	86	18.43	543	335.59	5,847.46	46.41	97	13.389	66	1.772	3.733	5.643	10.715	88
Young Zaakyaa	17	20.16	575	369.47	6,340.25	48.40	45	11.101	1	1.744	3.723	5.734	10.744	82

Test Descriptions

Vertical Jump-

Total Power

To measure vertical power production of the full body using a countermovement jump WITH the use of arm action. The results are listed in inches.

Flight time (FT; ms): is the time that the athlete is not in contact with the mat for a given jump

Height: The height achieved by an athlete in a particular jump.

Impulse: is the net upward impulse of each athlete or the net upward momentum (derived from the take-off velocity)

Peak Power Output (PPO; Watts): Is the peak power output of the jump, calculated using the equations of Sayers (Sayers, S.P., Harackiewicz, D.V., Harman, E.A., Frykman, P.N., and Rosentein, M.T.(1999) Cross-validation of three jump power equations.

PPO/Mass: Is the power output to mass (body weight) ratio of the athlete

Linear Sprint

To measure the acceleration of athletes sprinting in a straight line. Multiple splits can be measured, but 10, 20, 40 and 60 are the most common in athletic development. The results are listed in seconds. The velocity is their speed in miles per hour, to indicate acceleration.

NBA Lane Agility

The Lane Agility drill is used to test body control, change of direction and speed, as the players work their way around the lane, sprinting forward, backpedaling and moving laterally around cones.