

RVMS Fitness Testing Record Holders

Grade Level & Divison	Aerobic Capacity			Muscular Strength & Endurance				Flexibility	
	Pacer (# of)	1/2 Mile & 1 Mile Run	40 Yard (seconds)	Sit-ups (# of)	Push-ups (# of)	Pull-ups (# of)	Flexed Arm Hang (max of 2 min)	Sit & Reach (inches), max of 25	Trunk Extensor (inches), max of 12
5th Grade Boys	64 - Tacin Taylor, Ryker Warton	3:42 - Tacin Taylor (1/2 Mile)	5.79 - Xander Harding	42 - Xander Harding	30 - Caleb Jones	6 - Cooper Stevens	51.3 - Jefferson King	19.5 - Sonny McKinney	15% - Class of 2028
5th Grade Girls	53 - Gemma Geiger	4:04 - Sophie Lefferd, Gemma Geiger (1/2 Mile)	6.06 - Alyssa Thompson	39 - Gemma Geiger	22 - Sophie Lefferd	5 - Gemma Geiger	1:00 - Sophie Lefferd	25 - Ryleigh Wahquahboshkuk	
6th Grade Boys	80 - Connor Noland	3:17 - Connor Noland (1/2 Mile)	5.36 - Connor Noland	61 - Cooper Stevens	55 - Isaac Bradley	12 - Mikah Boell	2:00 - Andrew Jones	20.5 - Landon Burgess	53% - Class of 2028
6th Grade Girls	74 - Josie Shelton	3:33 - Josie Shelton (1/2 Mile)	5.58 - Josie Shelton	39 - Daisy Wheeler	25 - Sophie Lefferd	6 - Isabelle Mertell, Daisy Wheeler	57.1 - Lauryn Caviness	23.5 - Mallorie Fox	
7th Grade Boys	83 - Andre Johnson, Hunter May	7:04 - Andre Johnson (1 Mile)	5.25 - Optahgee Sanchez	51 - Alex Johnson	30 - Turner Long, Jaxon Gustafson	13 - Darren Bausch	1:18 - Dominic Conley	21.5 - Landon Burgess	41% - Class of 2026
7th Grade Girls	76 - Juliahnna Savago	7:29 - Juliahnna Savago (1 Mile)	5.43 - Josie Shelton	42 - Josie Shelton	21 - Addilyn Lefferd	6 - Isabelle Mertell	35 - Ka-tti Hale, Addilyn Lefferd	24.5 - Mallorie Fox	
8th Grade Boys	82 - Bowen Bryan	7:07 - Eli Murphy (1 Mile)	5.09 - Andre Johnson	49 - Nolan Bausch	30 - Daryon O'Toole	13 - Darren Bausch	1:22 Darren Bausch	23 - Wylie Johnson	40% - Class of 2025
8th Grade Girls	69 - Addilyn Lefferd	7:29 - Addilyn Lefferd (1 Mile)	5.51 - Samantha Klotz	41 - Madison Blackwood	26 - Stormy Lake	5 - Ashlyn Long	1:00 - Analicia Efigenio	25 - Stormy Lake, Ainsley Morrison, Isabelle Bright	