

2018 PODIUM SEARCH Performance Benchmarks

POWER - Vertical Jump (cm)					
	Developing	Below Avg	Avg	Above Avg	Excellent
Male 14-18.5 yrs	<46.5	46.6-56.5	56.6-75.5	75.6-85.0	>85.1
Male > 18.5 yrs	<50	50.1-61.4	61.5-84	84.1-95.4	>95.5
Female 14-18 yrs	<36	36.1-43.5	43.6-58.5	58.6-65.4	>65.5
Female > 18.5 yrs	<36	36.1-44.5	44.6-61.5	61.6-70.4	>70.5

SPEED - 0-30m Running Sprint (sec)					
	Developing	Below Avg	Avg	Above Avg	Excellent
Male 14-18.5 yrs	>4.82	4.82-4.56	4.56-4.04	4.04-3.78	<3.78
Male > 18.5 yrs	>4.66	4.66-4.43	4.43-3.97	3.97-3.74	<3.74
Female 14-18 yrs	>5.48	5.48-5.14	5.14-4.46	4.46-4.12	<4.12
Female > 18.5 yrs	>5.47	5.47-5.13	5.13-4.45	4.45-4.11	<4.11

STRENGTH - Isometric Mid Thigh Pull (kg)					
	Developing	Below Avg	Avg	Above Avg	Excellent
Male 14-18.5 yrs	<91	92-127	128-200	201-235	>236
Male > 18.5 yrs	<118	119-160	161-241	242-282	>283
Female 14-18 yrs	<60	61-85	86-134	135-159	>160
Female > 18.5 yrs	<75	76-104	105-162	163-192	>193

ENDURANCE - 20m Multi Stage Fitness Test (stage.shuttle)					
	Developing	Below Avg	Avg	Above Avg	Excellent
Male 14-18.5 yrs	<6.02	6.03-7.09	7.10-11.08	11.09-13.07	>13.08
Male > 18.5 yrs	<5.08	5.09-7.09	7.10-11.09	11.10-13.10	>13.11
Female 14-18 yrs	<3.05	3.06-5.04	5.05-9.02	9.03-11.05	>11.06
Female > 18.5 yrs	<4.02	4.03-6.02	6.03-10.02	10.03-12.02	>12.03

Legend:	Developing	Below Avg	Avg	Above Avg	Excellent
	<2%	2%-16%	16%-84%	84%-98%	>98%

Source: RBC Training Ground - 2017 Qualifiers All, data collected Jan - Oct, 2017, N: 2,048