

Team BC Physical Testing Benchmarks 2023-24

	U14				U16				U18+			
	Needs improvement	Judo BC Minimum	Good	Excellent	Needs Improvement	Judo BC Minimum	Good	Excellent	Needs Improvement	Judo BC Minimum	Good	Excellent
Beep Test boys	<7-10	8-1 to 8-11	9-1 to 10-11	>11-1	<7-10	8-1 to 9-11	10-1 to 11-12	>12-1	<8-11	9-1 to 10-11	11-1 to 12-12	>13-1
Best Results	Rodean Nazari 12.8 (2021)				Emil Schenk (2017), Ryan (Antosh 2021), Yannick Schimann (2023) 13:02				Gunner Floyd 13.13 (2017)			
Beep Test girls	<5-9	6-1 to 8-11	9-1 to 9-11	>10-1	<7.5	7-6 to 9-5	9-6 to 10-5	>10-6	<8-5	8-5 to 9-11	10-1 to 10-12	>11-1
Best Results	Grace Xu 10.9 (2023)				Mira Calder 10.8 (2018)				Mira Calder 12.6 (2021)			
Vertical Jump boys	<39	40-45	45-49	>50	<49	50-54	55-59	>60	<59	60-64	65-69	>70
Best Results	Lowan Le Bris 78cm (2021)				Finn Cullen 77cm (2021)				Romario Kasap 76cm (2023)			
Vertical Jump girls	<30	30-34	35-39	>40	<35	35-39	40-44	>45	<39	40-44	45-49	>50
Best Results	Leanna Au 71cm (2021)				Adema Bolzhobekova 53cm (2023)				Alandra Steiger, Sophia Shevchenko & Taryn Lu 57cm (2023)			
Chin-up Boys	<9	10-14	15-19	>20	<14	13-19	20-24	>25	<15	16-20	21-25	>26
Best Results	Amir Temirbaev 20 (2021)				Raphael Gaanan 40 (2019)				Raphael Gaanan 32 (2021)			
Chin-up Girls	<5	5-9	10-14	>15	<6	6-9	10-14	>15	<7	7-12	13-19	>20
Best Results	Sophia Shevchenko 27 (2019)				Loveena McCorkell 20 (2018)				Kesha Lacroix 19 (2018)			
Pushups Boys	<18	18-24	25-34	>35	<21	22-29	30-39	>40	<25	26-34	35-49	>50
Best Results	Lowan Le Bris 80 (2021)				Ryan Antosh 60 (2021)				Finn Schroeder 74 (2021)			
Pushups Girls	<17	18-24	25-29	>30	<19	20-27	28-34	>35	<23	24-32	33-39	>40
Best Results	Sophia Shevchenko 42 (2021)				Rakia Lolieva 45 (2017)				Mira Calder 56 (2021)			
Australian Boys	<550	550-600	600-650	>650	<600	600-650	650-700	>700	<650	650-700	700-750	>750
Best Results	Rodean Nazari 665m (2019)				Gabe Paterson 730m (2018)				Jackson Bradley 775m (2018)			
Australian Girls	<450	450-500	500-550	>550	<500	500-550	550-600	>600	<550	550-600	600-650	>650
Best Results	Maya Kudnadze 645m (2019)				Zoe Lee 660m (2019)				Egson Sydney 735m (2018)			
Wall Sit	<3:00	>03:00	>05:00	>10:00	<04:00	>04:00:00	>8:00	>10:00	<05:00	>5:00	>10:00	>15:00
	15 min				15min				25min			
Plank	<1:30	>1:30	>3:00	>05:00	<2:00	>02:00	>04:00	>06:00	<03:00	>03:00	>05:00	>7:00
	Akhmed Loliev 15:03 (2021)				Zachary Lopez 9:57 (2021)				Cole Priestman 10:00 (2021)			
Judogi Hang Boys	<29	30-44	45-59	>60	<39	40-54	55-69	>70	<49	50-64	65-79	>80
	Amir Temirbaev 1:34 (2021)				Nathan Thiel 1:55 (2022)				Sahil Minhas 2:21 (2023)			
Judogi Hang Girls	<24	25-39	40-54	>55	<34	35-49	50-64	>65	<40	41-59	60-74	>75
	Leanna Au 1:00 (2021)				Maegan Grooten 1:11 (2022)				Carla Van Zyl 1:21 (2023)			