



## Broad Jump Power Rating

<u>Females</u>	<u>Males</u>	<u>Rating</u>
< 115-124	<133-147	10
110-114	122-132	9
104-109	116-121	8
98-103	110-115	7
92-97	104-109	6
86-91	98-103	5
80-85	92-97	4
74-79	86-91	3
68-73	80-85	2
> 62-67	>74-79	1