



20 Yard Shuttle Power Rating

<u>Females</u>	<u>Males</u>	<u>Rating</u>
< 4.5	< 4.0	10
4.8	4.3	9
5.1	4.6	8
5.4	4.9	7
5.7	5.2	6
6.0	5.5	5
6.3	5.8	4
6.6	6.1	3
6.9	6.4	2
> 7.2	> 6.7	1