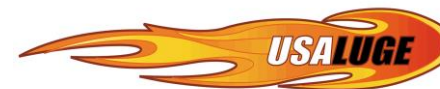




US LUGE PHYSICAL TESTS

8/19/2015

Points Scale



Senior Men

| EVENT | Long Jump | Sit Reach | Pull Ups | Push Ups | Sit Ups | 30 M Run | Weighted Sinclair V. | | | |
|------------------|--------------|--------------|-------------|-------------|------------|-------------|----------------------|----------------|--------------|---------|
| | | | | | | | Pull ups | Bench Press | Prone Row | |
| | | | | | | | POINTS | M | IN. | 15 Sec. |
| EXCELLENT | 16 | 3.05* | 12* | 19* | 51* | 74 | 3.69* | 71 | 165 | 155 |
| | 15.5 | 3.00 | 11.5 | | 50 | 73 | 3.73 | 68 | 160 | 150 |
| | 15 | 2.95 | 11 | 18 | 49 | 72 | 3.77 | 65 | 155 | 145 |
| | 14.5 | 2.90 | 10.5 | | 48 | 71 | 3.81 | 62 | 150 | 140 |
| | 14 | 2.85 | 10 | 17 | 47 | 70 | 3.85 | 60 | 145 | 135 |
| GOOD | 13.5 | 2.80 | 9.5 | | 46 | 69 | 3.89 | 57 | 140 | 130 |
| | 13 | 2.75 | 9 | 16 | 45 | 67 | 3.93 | 54 | 135 | 125 |
| | 12.5 | 2.70 | 8.5 | 15 | 44 | 65 | 3.97 | 51 | 130 | 120 |
| FAIR | 12 | 2.65 | 8 | 14 | 43 | 63 | 4.03 | 48 | 125 | 115 |
| | 11.5 | 2.60 | 7.5 | 13 | 42 | 61 | 4.10 | 45 | 120 | 110 |
| | 11 | 2.55 | 7 | 12 | 41 | 59 | 4.18 | 42 | 115 | 105 |
| POOR | 10.5 | 2.50 | 6.5 | 11 | 38 | 57 | 4.25 | 39 | 110 | 100 |
| | 10 | 2.40 | 6 | 10 | 36 | 55 | 4.30 | 35 | 100 | 90 |

Start Test

Singles

Doubles

| POINTS | CENT. RAMP | RIGHT RAMP | Reac. time | CENT. RAMP | RIGHT RAMP | Reac. time | | | | | | |
|------------------|---------------|---------------|---------------|---------------|---------------|---------------|-------|------|------|------|------|------|
| | | | | | | | Sec. | | | Sec. | | |
| | | | | | | | Sec. | Sec. | Sec. | Sec. | Sec. | Sec. |
| EXCELLENT | 16 | 1.250 | 1.350 | | 1.250 | 1.335 | | | | | | |
| | 15.5 | 1.255 | 1.355 | | | 1.340 | | | | | | |
| | 15 | 1.260 | 1.360 | | 1.260 | 1.345 | | | | | | |
| | 14.5 | 1.270 | 1.365 | | 1.270 | 1.350 | | | | | | |
| | 14 | 1.280 | 1.370 | | 1.280 | 1.355 | | | | | | |
| GOOD | 13.5 | 1.290 | 1.375 | | 1.290 | 1.360 | | | | | | |
| | 13 | 1.300 | 1.380 | | 1.300 | 1.365 | | | | | | |
| | 12.5 | 1.310 | 1.385 | | 1.310 | 1.370 | | | | | | |
| FAIR | 12 | 1.320 | 1.380 | | 1.320 | 1.380 | | | | | | |
| | 11.5 | 1.330 | 1.390 | | 1.330 | 1.390 | | | | | | |
| | 11 | 1.340 | 1.400 | | 1.340 | 1.400 | | | | | | |
| POOR | 10.5 | 1.350 | 1.410 | | 1.350 | 1.410 | | | | | | |
| | 10 | 1.360 | 1.420 | 2.950 | 1.360 | 1.420 | 3.100 | | | | | |

Athlete must not sit up before the finish timing eye

Right side ramp 4 paddles minimum

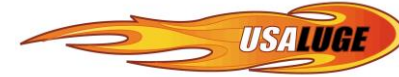
Center ramp 3 paddles, reflector timing



US LUGE PHYSICAL TESTS

Points Scale

8/19/2015



Senior Women

| EVENT | Long | Sit | Pull | Push | Sit | 30 M | Weighted Sinclair V. | | | |
|------------------|------|-------|---------|---------|---------|------|----------------------|-------------|-----------|----|
| | Jump | Reach | Ups | Ups | Ups | Run | Pull Ups | Bench Press | Prone Row | |
| POINTS | M | IN. | 15 Sec. | 30 Sec. | 60 Sec. | Sec. | KG+reps | KG+reps | KG+reps | |
| EXCELLENT | 16 | 2.65* | 12* | 14* | 40* | 74 | 4.15* | 41 | 102 | 92 |
| | 15.5 | 2.60 | 11.5 | | 39 | 73 | 4.20 | 39 | 100 | 90 |
| | 15 | 2.55 | 11 | 13 | 38 | 72 | 4.25 | 37 | 98 | 88 |
| | 14.5 | 2.50 | 10.5 | | 37 | 71 | 4.30 | 35 | 96 | 86 |
| | 14 | 2.45 | 10 | 12 | 36 | 70 | 4.35 | 33 | 92 | 82 |
| GOOD | 13.5 | 2.40 | 9.5 | | 35 | 69 | 4.40 | 31 | 88 | 78 |
| | 13 | 2.35 | 9 | 11 | 34 | 67 | 4.45 | 29 | 84 | 74 |
| | 12.5 | 2.30 | 8.5 | | 33 | 65 | 4.50 | 27 | 80 | 70 |
| FAIR | 12 | 2.25 | 8 | 10 | 32 | 63 | 4.55 | 25 | 76 | 66 |
| | 11.5 | 2.20 | 7.5 | | 31 | 61 | 4.60 | 23 | 72 | 62 |
| | 11 | 2.15 | 7 | 9 | 30 | 59 | 4.65 | 20 | 68 | 58 |
| POOR | 10.5 | 2.10 | 6.5 | 8 | 27 | 57 | 4.70 | 15 | 64 | 54 |
| | 10 | 2.05 | 6 | 7 | 25 | 55 | 4.75 | 8 | 60 | 50 |

START TEST

| POINTS | Center RAMP | RIGHT RAMP | React. Time |
|------------------|-------------|------------|-------------|
| | Sec. | | |
| EXCELLENT | 16 | 1.345* | 1.425 |
| | 15.5 | 1.350 | 1.430 |
| | 15 | 1.355 | 1.435 |
| | 14.5 | 1.360 | 1.440 |
| | 14 | 1.365 | 1.445 |
| GOOD | 13.5 | 1.370 | 1.450 |
| | 13 | 1.380 | 1.455 |
| | 12.5 | 1.390 | 1.460 |
| FAIR | 12 | 1.400 | 1.465 |
| | 11.5 | 1.410 | 1.470 |
| | 11 | 1.420 | 1.480 |
| POOR | 10.5 | 1.430 | 1.490 |
| | 10 | 1.440 | 1.500 |
| | | | 3.13 |

Athlete must not sit up before the finish timing eye

Right side ramp 4 paddles minimum

Center ramp 3 paddles, reflector timing



US LUGE PHYSICAL TESTS

4/30/2015

Junior Men

Points Scale



| Men | EVENT | | | | | SR+JR | SR+JR | SR+JR | SR+JR | SR+JR | SR | SR | SR | |
|------------------|-------|-------|------|------|------|--------|--------|---------|---------|---------|-------|----------------------|---------|---------|
| | | | | | | Long | Sit | Pull | Push | Sit | 30 M | Pull | Bench | Prone |
| | Jump | Reach | Ups | Ups | Ups | Run | ups | Press | Row | | | | | |
| YOB | 96 | 97 | 98 | 99 | 0 | METERS | INCHES | 15 Sec. | 30 Sec. | 60 Sec. | Sec. | Kg+reps | Kg+reps | Kg+reps |
| EXCELLENT | 16 | | | | | 3.05* | 12 | 21 | 51* | 74 | 3.73* | 72 | 155 | 145 |
| | 15.5 | 16 | | | | 3.00 | 11.5 | 20 | 50 | 73 | 3.77 | 69 | 150 | 140 |
| | 15 | 15.5 | 16 | | | 2.95 | 11 | 19 | 49 | 72 | 3.81 | 66 | 145 | 135 |
| | 14.5 | 15 | 15.5 | 16 | | 2.90 | 10.5 | 18 | 48 | 71 | 3.85 | 63 | 140 | 130 |
| | 14 | 14.5 | 15 | 15.5 | 16 | 2.85 | 10 | 17 | 47 | 70 | 3.89 | 60 | 135 | 125 |
| | 13.5 | 14 | 14.5 | 15 | 15.5 | 2.80 | 9.5 | 16 | 46 | 69 | 3.93 | 57 | 130 | 120 |
| | 13 | 13.5 | 14 | 14.5 | 15 | 2.75 | 9 | 15 | 45 | 67 | 3.97 | 54 | 125 | 115 |
| | 12.5 | 13 | 13.5 | 14 | 14.5 | 2.70 | 8.5 | 14 | 44 | 65 | 4.03 | 51 | 120 | 110 |
| | 12 | 12.5 | 13 | 13.5 | 14 | 2.65 | 8 | 13 | 43 | 63 | 4.10 | 47 | 115 | 105 |
| | 11.5 | 12 | 12.5 | 13 | 13.5 | 2.60 | 7.5 | 12 | 41 | 61 | 4.18 | 43 | 110 | 100 |
| GOOD | 11 | 11.5 | 12 | 12.5 | 13 | 2.55 | 7 | 11 | 39 | 59 | 4.25 | 39 | 105 | 95 |
| | 10.5 | 11 | 11.5 | 12 | 12.5 | 2.50 | 6.5 | 10 | 37 | 57 | 4.33 | 35 | 100 | 90 |
| | 10 | 10.5 | 11 | 11.5 | 12 | 2.40 | 6 | 9 | 35 | 55 | 4.36 | 30 | 95 | 85 |
| | PASS | 10 | 10.5 | 11 | 11.5 | 2.30 | 5.5 | 8 | 33 | 54 | 4.39 | 26 | 90 | 80 |
| FAIR | PASS | 10 | 10.5 | 11 | | 2.20 | 5 | 6 | 30 | 53 | 4.42 | 21 | 83 | 73 |
| | PASS | 10 | 10.5 | | | 2.10 | 4.5 | 5 | 27 | 52 | 4.45 | 17 | 76 | 66 |
| | PASS | 10 | | | | 2.00 | 4 | 4 | 24 | 51 | 4.50 | 14 | 70 | 60 |
| POINTS | | | | | | | | | | | | | | |
| ** Year of Birth | | | | | | | | | | | | Weighted Sinclair V. | | |

Athlete must not sit up before the finish timing eye

| Men | START TEST Singles | | | | | CENT. RIGHT | | | Reac. time | | | | |
|------------------|-----------------------|------|------|------|------|-------------|------|--------|---------------|--------|------|--------|------|
| | | | | | | RAMP | RAMP | RAMP | | | | | |
| YOB | 96 | 97 | 98 | 99 | 0 | Points | Sec. | Points | Sec. | Points | Sec. | Points | Sec. |
| EXCELLENT | 16 | | | | | | 1.25 | 1.34 | | | | | |
| | 15 | 97 | | | | | 1.26 | 1.35 | | | | | |
| | 14.5 | 16 | | | | | 1.27 | 1.36 | | | | | |
| | 14 | 15 | 98 | | | | 1.28 | 1.37 | | | | | |
| | 13.5 | 14.5 | 16 | | | | 1.29 | 1.38 | | | | | |
| | 13 | 14 | 15 | 99 | | | 1.30 | 1.39 | | | | | |
| | 12.5 | 13.5 | 14.5 | 16 | | | 1.31 | 1.40 | | | | | |
| | 12 | 13 | 14 | 15 | 0 | | 1.32 | 1.41 | | | | | |
| | 11.5 | 12.5 | 13.5 | 14.5 | 16 | | 1.33 | | | | | | |
| | 11 | 12 | 13 | 14 | 15 | | 1.34 | 1.42 | | | | | |
| GOOD | 10.5 | 11.5 | 12.5 | 13.5 | 14.5 | | 1.35 | | | | | | |
| | 10 | 11 | 12 | 13 | 14 | 1.36 | 1.43 | | | | | | |
| | PASS | 10.5 | 11.5 | 12.5 | 13.5 | 1.37 | | | | | | | |
| | PASS | 10 | 11 | 12 | 13 | 1.38 | 1.44 | | | | | | |
| | PASS | 10.5 | 11.5 | 12.5 | 13.5 | 1.39 | | | | | | | |
| | PASS | 10 | 11 | 12 | 14 | 1.40 | 1.45 | | | | | | |
| | PASS | 10.5 | 11.5 | 14 | 1.41 | | | | | | | | |
| | PASS | 10 | 11 | 14 | 1.42 | 1.46 | | | | | | | |
| | PASS | 10.5 | 14 | 1.43 | | | | | | | | | |
| | PASS | 10 | 14 | 1.44 | 1.47 | | | | | | | | |
| FAIR | PASS | 11 | 12.5 | 14 | 16 | | | | | | | | |
| | PASS | 10.5 | 12 | 13.5 | 15 | | | | | | | | |
| | PASS | 10 | 11.5 | 13 | 14.5 | 0 | 1.35 | 1.43 | | | | | |
| | PASS | 10.5 | 12 | 14 | 16 | | | | | | | | |
| | PASS | 10 | 11.5 | 13 | 14.5 | 1.36 | 1.44 | | | | | | |
| | PASS | 10.5 | 12 | 13.5 | 15 | | | | | | | | |
| | PASS | 10 | 11.5 | 13 | 14 | | | | | | | | |
| | PASS | 10.5 | 12 | 13.5 | | | | | | | | | |
| | PASS | 10 | 11.5 | 13 | 1.37 | 1.46 | | | | | | | |
| | PASS | 10.5 | 12 | 13.5 | | | | | | | | | |
| POOR | PASS | 10 | 11.5 | 13.8 | 1.48 | | | | | | | | |
| | PASS | 10.5 | 12 | | | | | | | | | | |
| | PASS | 10 | 11.5 | 1.39 | 1.50 | | | | | | | | |

Right side ramp 4 paddles minimum
Center ramp 3 paddles Reflector timing



US LUGE PHYSICAL TESTS

4/30/2015

Junior Women

Points Scale



| JR Women | EVENT | | | | | SR+JR | SR+JR | SR+JR | SR+JR | SR+JR | SR+JR | JR | SR | SR | SR |
|------------------|-------|--------|--------|---------|---------|---------|-------|-------|---------|---------|---------|-------------|------|-------|-------|
| | YOB | 96 | 97 | 98 | 99 | Long | Sit | Pull | Push | Sit | 30 M | Run | Pull | Bench | Prone |
| | | | | | | Jump | Reach | Ups | Ups | Ups | 96 Only | 97/98/99/00 | Ups | Press | Row |
| | | Meters | Inches | 15 Sec. | 30 Sec. | 60 Sec. | Sec. | Sec. | KG+reps | KG+reps | KG+reps | | | | |
| EXCELLENT | 16 | | | | | 2.60* | 12* | 15* | 40 | 74 | 4.28 | 4.30 | 41 | 90 | 80 |
| | 15.5 | 16 | | | | 2.55 | 11.5 | | 39 | 73 | 4.30 | 4.35 | 39 | 88 | 78 |
| | 15 | 15.5 | 16 | | | 2.50 | 11 | 14 | 38 | 72 | 4.33 | 4.40 | 37 | 86 | 76 |
| | 14.5 | 15 | 15.5 | 16 | | 2.45 | 10.5 | | 37 | 71 | 4.35 | 4.45 | 35 | 84 | 74 |
| | 14 | 14.5 | 15 | 15.5 | 16 | 2.40 | 10 | 13 | 36 | 70 | 4.40 | 4.50 | 33 | 82 | 72 |
| GOOD | 13.5 | 14 | 14.5 | 15 | 15.5 | 2.35 | 9.5 | | 35 | 69 | 4.45 | 4.55 | 31 | 80 | 70 |
| | 13 | 13.5 | 14 | 14.5 | 15 | 2.30 | 9 | 12 | 34 | 67 | 4.50 | 4.60 | 29 | 78 | 68 |
| | 12.5 | 13 | 13.5 | 14 | 14.5 | 2.25 | 8.5 | 11 | 33 | 65 | 4.55 | 4.65 | 27 | 76 | 66 |
| FAIR | 12 | 12.5 | 13 | 13.5 | 14 | 2.20 | 8 | 10 | 32 | 63 | 4.60 | 4.70 | 25 | 72 | 62 |
| | 11.5 | 12 | 12.5 | 13 | 13.5 | 2.15 | 7.5 | 9 | 31 | 61 | 4.65 | 4.75 | 23 | 68 | 58 |
| | 11 | 11.5 | 12 | 12.5 | 13 | 2.10 | 7 | 8 | 29 | 59 | 4.70 | 4.80 | 20 | 64 | 54 |
| POOR | 10.5 | 11 | 11.5 | 12 | 12.5 | 2.05 | 6.5 | 7 | 27 | 57 | 4.75 | 4.85 | 15 | 60 | 50 |
| | 10 | 10.5 | 11 | 11.5 | 12 | 2.00 | 6 | 6 | 25 | 55 | 4.80 | 4.90 | 8 | 55 | 45 |
| | PASS | 10 | 10.5 | 11 | 11.5 | 1.95 | 5.5 | 5 | 23 | 54 | 4.90 | 4.95 | 6 | 52 | 42 |
| | PASS | 10 | 10.5 | 11 | 1.90 | 5 | 3 | 21 | 52 | 4.95 | 5.00 | 4 | 48 | 44 | |
| POINTS | PASS | 10 | 10.5 | 1.85 | 4.5 | 2 | 19 | 49 | 5.00 | 5.05 | 2 | 45 | 40 | | |
| | PASS | 10 | 1.80 | 4 | 1 | 17 | 46 | 5.05 | 5.10 | 1 | 40 | 35 | | | |

Weightea Sinclair V.

Athlete must not sit up before the finish timing eye

| 96 | START TEST | | | | CENTER | RIGHT | React. |
|------|------------|-------|-------|-------|--------|-------|--------|
| | Singles | | RAMP | RAMP | Time | | |
| 96 | Points | | | | Sec. | | |
| 16 | | | | | 1.345* | 1.430 | |
| 15 | 97 | | | | 1.355 | 1.435 | |
| 14.5 | 16 | | | | 1.360 | 1.440 | |
| 14 | 15 | 98 | | | 1.370 | 1.445 | |
| 13.5 | 14.5 | 16 | | | 1.380 | 1.450 | |
| 13 | 14 | 15 | 99 | | 1.390 | 1.455 | |
| 12.5 | 13.5 | 14.5 | 16 | | 1.400 | 1.460 | |
| 12 | 13 | 14 | 15 | 0 | 1.410 | 1.470 | |
| 11.5 | 12.5 | 13.5 | 14.5 | 16 | 1.420 | 1.480 | |
| 11 | 12 | 13 | 14 | 15 | 1.430 | 1.490 | |
| 10.5 | 11.5 | 12.5 | 13.5 | 14.5 | 1.440 | 1.500 | |
| 10 | 11 | 12 | 13 | 14 | 1.450 | 1.510 | |
| PASS | 10.5 | 11.5 | 12.5 | 13.5 | 1.460 | | |
| PASS | 10 | 11 | 12 | 13 | 1.470 | 1.520 | |
| PASS | 10.5 | 11.5 | 12.5 | 1.480 | | | |
| PASS | 10 | 11 | 12 | 1.490 | 1.530 | | |
| PASS | 10.5 | 11.5 | 1.495 | | | | |
| PASS | 10 | 11 | 1.500 | 1.540 | | | |
| PASS | 10.5 | 1.505 | | | | | |
| PASS | 10 | 1.510 | 1.550 | | | | |

Right side ramp 4 paddles minimum

Center ramp 3 paddles Reflector timing