

# Male Athletes

*Data captured by Powell Fitness Solutions, LLC*

## 10 Yard Acceleration (Seconds)

Ages	7 - 8	9 - 11	12 - 14	15 - 17
Top Tier (upper 10th %)	< 2.2	< 1.98	< 1.9	< 1.9
Mid Tier	2.5 - 2.2	2.4 - 1.98	2.3 - 1.9	2.1 - 1.9
Bottom Tier (lower 10th %)	> 2.5	> 2.4	> 2.3	> 2.1

## 40 Yard Sprint (Seconds)

Ages	7 - 8	9 - 11	12 - 14	15 - 17
Top Tier (upper 10th %)	< 7.1	< 6	< 5.5	< 5.2
Mid Tier	8.7 - 7.1	8 - 6	6.6 - 5.5	6.2 - 5.2
Bottom Tier (lower 10th %)	> 8.7	> 8	> 6.6	> 6.2

## Agility T - Test (Seconds)

Ages	7 - 8	9 - 11	12 - 14	15 - 17
Top Tier (upper 10th %)	< 14	< 12	< 11	< 10
Mid Tier	18 - 14	15 - 12	13 - 11	12 - 10
Bottom Tier (lower 10th %)	> 18	> 15	> 13	> 12

## Pro Agility (5-10-5) (Seconds)

Ages	7 - 8	9 - 11	12 - 14	15 - 17
Top Tier (upper 10th %)	< 6.2	< 5.5	< 5.2	< 4.8
Mid Tier	7.5 - 6.2	6.5 - 5.5	6.0 - 5.2	5.5 - 4.8
Bottom Tier (lower 10th %)	> 7.5	> 6.5	> 6	> 5.5

## Broad Jump (Inches)

Ages	7 - 8	9 - 11	12 - 14	15 - 17
Top Tier (upper 10th %)	> 60	> 70	> 90	> 100
Mid Tier	50 - 60	55 - 70	70 - 90	85 - 100
Bottom Tier (lower 10th %)	< 50	< 55	< 70	< 85

## Vertical Jump (Inches)

Ages	7 - 8	9 - 11	12 - 14	15 - 17
Top Tier (upper 10th %)	> 14	> 17	> 20	> 25
Mid Tier	9 - 14	11 - 17	14 - 20	16 - 25
Bottom Tier (lower 10th %)	< 9	< 11	< 14	< 16