



Higher Faster Stronger Yukon

Community:

Name of group or individual:

Age:

Gender:

Address:

Phone:

TOTAL

Number of skip rope jumps: _____ (x 10cm) = _____ cm

Number of box jumps: _____ x (box height of _____ cm) = _____ cm

Number of laps run: _____ x (_____ meters per lap) = _____ m

Number of lifts: _____ x (_____ kg) = _____ kg

Number of lifts: _____ x (_____ kg) = _____ kg

Number of lifts: _____ x (_____ kg) = _____ kg



Return by email: jlassen@sportyukon.com, by fax: 867-667-4237
or by mail: Sport Yukon, 4061, 4th Avenue, Y1A 1H1