**ULTIMATE RAILROADER TESTING**

POINT SYSTEM

| CLEAN | BENCH | SQUAT/  DEADLIFT | VERTICAL | 40YD DASH | BROAD JUMP | BENCH HOP | ProAGILITY |
| --- | --- | --- | --- | --- | --- | --- | --- |
| VALUE POINTS | VALUE POINTS | VALUE POINTS | VALUE POINTS | VALUE POINTS | VALUE POINTS | VALUE POINTS | VALUE POINTS |
| 115 1 | 120-140 1 | 135 1 | 10” 1 | 6.14-6.06 1 | 4’7 1 | 12-13 1 | 5.69-5.60 1 |
| 120 2 | 141-149 2 | 140 2 | 11” 2 | 6.05-5.96 2 | 4’8 2 | 14-15 2 | 5.59-5.50 2 |
| 125 3 | 150 3 | 150 3 | 12” 3 | 5.95-5.87 3 | 4’9 3 | 16-17 3 | 5.49-5.40 3 |
| 130 4 | 155 4 | 160 4 | 13” 4 | 5.86-5.76 4 | 5’0 4 | 18-19 4 | 5.39-5.30 4 |
| 135 5 | 160 5 | 170 5 | 14” 5 | 5.75-5.66 5 | 5’1 5 | 20-21 5 | 5.29-5.20 5 |
| 140 6 | 165 6 | 180 6 | 15” 6 | 5.65-5.56 6 | 5’2 6 | 22-23 6 | 5.19-5.10 6 |
| 145 7 | 170 7 | 190 7 | 16” 7 | 5.55-5.46 7 | 5’3 7 | 24-25 7 | 5.09-5.0 7 |
| 150 8 | 175 8 | 200 8 | 17” 8 | 5.45-5.36 8 | 5’4 8 | 26-27 8 | 4.99-4.90 8 |
| 155 9 | 180 9 | 210 9 | 18” 9 | 5.35-5.26 9 | 5’5 9 | 28-29 9 | 4.89-4.80 9 |
| 160 10 | 185 10 | 220 10 | 19” 10 | 5.25-5.21 10 | 5’6 10 | 30-31 10 | 4.79-4.75 10 |
| 165 11 | 190 11 | 230 11 | 20” 11 | 5.20-5.19 11 | 5’9 11 | 32-33 11 | 4.74-4.70 11 |
| 170 12 | 195 12 | 240 12 | 21” 12 | 5.18-5.14 12 | 6’0 12 | 34-35 12 | 4.69-4.65 12 |
| 175 13 | 200 13 | 250 13 | 22” 13 | 5.13-5.10 13 | 6’3 13 | 36-37 13 | 4.64-4.60 13 |
| 180 14 | 205 14 | 260 14 | 23” 14 | 5.09-5.06 14 | 6’6 14 | 38-39 14 | 4.59-4.55 14 |
| 185 15 | 210 15 | 270 15 | 24” 15 | 5.05-5.02 15 | 6’9 15 | 40-41 15 | 4.54-4.52 15 |
| 190 16 | 215 16 | 280 16 | 25” 16 | 5.01-5.00 16 | 7’0 16 | 42-43 16 | 4.51-4.50 16 |
| 195 17 | 220 17 | 290 17 | 26” 17 | 4.99-4.95 17 | 7’3 17 | 44-45 17 | 4.49-4.45 17 |
| 200 18 | 225 18 | 300 18 | 27” 18 | 4.94-4.91 18 | 7’6 18 | 46-47 18 | 4.44-4.42 18 |
| 205 19 | 230 19 | 310 19 | 28” 19 | 4.90-4.87 19 | 7’9 19 | 48-49 19 | 4.41-4.40 19 |
| 210 20 | 235 20 | 315 20 | 29” 20 | 4.86-4.84 20 | 8’0 20 | 50-51 20 | 4.39-4.35 20 |
| 215 21 | 240 21 | 320 21 | 30” 21 | 4.83-4.81 21 | 8’3 21 | 52-53 21 | 4.34-4.32 21 |
| 220 22 | 245 22 | 325 22 | 31” 22 | 4.80-4.77 22 | 8’6 22 | 54-55 22 | 4.31-4.30 22 |
| 225 23 | 250 23 | 330 23 | 32” 23 | 4.76-4.74 23 | 8’9 23 | 56-57 23 | 4.29-4.25 23 |
| 230 24 | 255 24 | 335 24 | 33” 24 | 4.73-4.71 24 | 9’0 24 | 58-59 24 | 4.24-4.22 24 |
| 235 25 | 260 25 | 340 25 | 34” 25 | 4.70-4.67 25 | 9’3 25 | 60-61 25 | 4.21-4.20 25 |
| 240 26 | 265 26 | 345 26 | 35” 26 | 4.66-4.64 26 | 9’6 26 | 62-63 26 | 4.19-4.15 26 |
| 245 27 | 270 27 | 350 27 | 36” 27 | 4.63-4.61 27 | 9’9 27 | 64-65 27 | 4.14-4.12 27 |
| 250 28 | 275 28 | 355 28 | 37” 28 | 4.60-4.57 28 | 10’0 28 | 66-67 28 | 4.11-4.10 28 |
| 255 29 | 280 29 | 360 29 | 38” 29 | 4.56-4.54 29 | 10’3 29 | 68-69 29 | 4.09-4.05 29 |
| 260 30 | 285 30 | 365 30 | 39” 30 | 4.53-4.51 30 | 10’6 30 | 70-71 30 | 4.04-4.02 30 |
| 265 31 | 290 31 | 370 31 | 40” 31 | 4.50-4.47 31 | 10’9 31 |  | 4.01-4.00 31 |
| 270 32 | 295 32 | 375 32 | 41” 32 | 4.46-4.44 32 | 11’0 32 |  | 3.99-3.95 32 |
| 275 33 | 300 33 | 380 33 | 42” 33 | 4.43-4.41 33 | 11’3 33 |  | 3.94-3.92 33 |
| 280 34 | 305 34 | 385 34 |  | 4.40-4.37 34 | 11’6 34 |  | 3.91-3.90 34 |
| 285 35 | 310 35 | 390 35 |  | 4.36-4.34 35 | 11’9 35 |  | 3.89-3.85 35 |
| 290 36 | 315 36 | 395 36 |  | 4.33-4.31 36 | 12’0 36 |  | 3.84-3.82 36 |
| 295 37 | 320 37 | 400 37 |  | 4.30-4.27 37 | 12’3 37 |  | 3.91-3.80 37 |
| 300 38 | 325 38 | 405 38 |  | 4.26-4.24 38 |  |  | 3.79-3.75 38 |
| 305 39 | 330 39 | 410 39 |  | 4.23-4.21 39 |  |  | 3.74-3.72 39 |
| 310 40 | 335 40 | 415 40 |  | 4.20 40 |  |  | 3.71-3.70 40 |
| 315 41 | 340 41 | 420 41 |  |  |  |  |  |
| 320 42 | 345 42 | 425 42 |  |  |  |  |  |
| 325 43 | 350 43 | 430 43 |  |  |  |  |  |
| 330 44 | 355 44 | 435 44 |  |  |  |  |  |
| 335 45 | 360 45 | 440 45 |  |  |  |  |  |
| 340 46 | 365 46 | 445 46 |  |  |  |  |  |
| 345 47 | 370 47 | 450 47 |  |  |  |  |  |
| 350 48 | 375 48 | 455 48 |  |  |  |  |  |
| 355 49 | 380 49 | 460 49 |  |  |  |  |  |
| 360 50 | 385 50 | 465 50 |  |  |  |  |  |
| 365 51 | 390 51 | 470 51 |  |  |  |  |  |
| 370 52 | 395 52 | 475 52 |  |  |  |  |  |
| 375 53 | 400 53 | 480 53 |  |  |  |  |  |
| 380 54 | 405 54 | 485 54 |  |  |  |  |  |
| 385 55 | 410 55 | 490 55 |  |  |  |  |  |
| 390 56 | 415 56 | 495 56 |  |  |  |  |  |
| 395 57 | 420 57 | 500 57 |  |  |  |  |  |
| 400 58 | 425 58 | 505 58 |  |  |  |  |  |
| 405 59 | 430 59 | 510 59 |  |  |  |  |  |
| 410 60 | 435 60 | 515 60 |  |  |  |  |  |