

SQI Benchmarks

Female

Benchmarks	1	2	3	4	5	6	7
	Baserunning (Home to 1st base)	Arm Strength - Speed	Throwing Accuracy	Shuttle Run Level	Fielding & Lateral Movement	Hitting Distance	Agility Run
12 Years	3.45	60		5.05		40	13.25
13 Years	3.40	65		6.01		45	13.20
14 Years	3.40	65		6.01		50	13.20
15 Years	3.35	75		7.01		60	13.00
16 Years	3.35	75		7.01		70	13.00
17 Years	3.25	85		8.01		80	12.15
18 Years	3.25	95		8.01		80	12.15

Male

Benchmarks	1	2	3	4	5	6	7
	Baserunning (Home to 1st base)	Arm Strength - Speed	Throwing Accuracy	Shuttle Run Level	Fielding & Lateral Movement	Hitting Distance	Agility Run
12 Years	3.30	65		6.05		50	12.75
13 Years	3.30	70		7.01		55	12.70
14 Years	3.25	75		7.05		60	12.40
15 Years	3.25	85		7.05		70	11.70
16 Years	3.00	90		8.01		80	11.50
17 Years	3.00	95		9.05		90	11.20
18 Years	3.00	105		9.05		90	10.70