

2024 TESTING

Monday 22 April - Hobart
Southern Tasmanian Netball Association

Wednesday 24 April - Launceston
Silverdome Complex

Friday 26 April - North-West
Devonport Recreation Centre

Open to athletes aged 14-22

Two testing sessions in each location:
9am-12pm or 1pm-4pm

For each session, athletes will complete the following tests:

- Height, seated height & arm span
- Max push-ups
- Reaction
- 20m sprint
- Vertical jump
- Beep test
- Cycling - sprint & endurance testing
- Rowing - max effort & endurance testing
- Athletics - jumping, throwing and maximal sprint testing



**SCAN TO
REGISTER**

REGISTRATIONS CLOSE WEDNESDAY 17 APRIL

