Table 4. Age at menarche (mean±SD) in elite Rhythmic gymnasts and in their mothers' and sisters'[17].

	Gymnasts	**Mothers**	**Sisters**
Menarcheal age (years)	14.3 ± 1.5	13.7 ± 1.5	13.7 ± 1.5
p	-	0.008	0.05