

### 100 Meter Dash

Record time for each category and time difference between categories.

#### Controlled

Position: \_\_\_\_\_

Start/finish: \_\_\_\_\_

Time: \_\_\_\_\_ (0:00.0)

Time of release (start/stop): \_\_\_\_\_

#### Relay

Position: \_\_\_\_\_

Start/finish: \_\_\_\_\_

Time: \_\_\_\_\_ (0:00.0)

Time of release (start/stop): \_\_\_\_\_

#### Running Start

Position: \_\_\_\_\_

Start/finish: \_\_\_\_\_

Time: \_\_\_\_\_ (0:00.0)

Time of release (start/stop): \_\_\_\_\_

#### Uncontrolled

Position: \_\_\_\_\_

Start/finish: \_\_\_\_\_

Time: \_\_\_\_\_ (0:00.0)

Time of release (start/stop): \_\_\_\_\_

#### Relay/Photo Run

Position: \_\_\_\_\_

Start/finish: \_\_\_\_\_

Time: \_\_\_\_\_ (0:00.0)

Time of release (start/stop): \_\_\_\_\_

#### Shotgun

Position: \_\_\_\_\_

Start/finish: \_\_\_\_\_

Time: \_\_\_\_\_ (0:00.0)

Time of release (start/stop): \_\_\_\_\_

#### Top 2 Shots

Position: \_\_\_\_\_

Start/finish: \_\_\_\_\_

Time: \_\_\_\_\_ (0:00.0)

Time of release (start/stop): \_\_\_\_\_

#### Relay Shots

Position: \_\_\_\_\_

Start/finish: \_\_\_\_\_

Time: \_\_\_\_\_ (0:00.0)

Time of release (start/stop): \_\_\_\_\_

#### Calculate for the following (round off)

1. net time \_\_\_\_\_

2. average \_\_\_\_\_

3. deviation \_\_\_\_\_

4. length \_\_\_\_\_

5. average \_\_\_\_\_

6. control time \_\_\_\_\_

7. time \_\_\_\_\_

8. control \_\_\_\_\_

9. control \_\_\_\_\_

10. control \_\_\_\_\_

#### How much does your average weigh?

\_\_\_\_\_

#### How much do you subtract from your net?

\_\_\_\_\_

#### How much does your average weigh?

\_\_\_\_\_

#### How much do you subtract from your net?

\_\_\_\_\_