

### 100 Meter Dash

Record time for each category and time difference between categories.

#### Controlled

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

Start/Finish: \_\_\_\_\_

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

Time of video analysis: \_\_\_\_\_

#### Relay

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

Start/Finish: \_\_\_\_\_

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

Time of video analysis: \_\_\_\_\_

#### Running Start

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

Start/Finish: \_\_\_\_\_

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

Time of video analysis: \_\_\_\_\_

#### Uncontrolled

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

Start/Finish: \_\_\_\_\_

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

Time of video analysis: \_\_\_\_\_

#### Relay/Problems

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

Start/Finish: \_\_\_\_\_

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

Time of video analysis: \_\_\_\_\_

#### Struggles

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

Start/Finish: \_\_\_\_\_

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

Time of video analysis: \_\_\_\_\_

#### Top 2 Starts

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

Start/Finish: \_\_\_\_\_

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

Time of video analysis: \_\_\_\_\_

#### Relay Starts

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

Start/Finish: \_\_\_\_\_

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

Time of video analysis: \_\_\_\_\_

#### Calculate for the following (round)

1. set back \_\_\_\_\_

2. control \_\_\_\_\_

3. acceleration \_\_\_\_\_

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

5. control \_\_\_\_\_

6. control over \_\_\_\_\_

7. rise \_\_\_\_\_

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

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

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

#### How much does your start weigh?

\_\_\_\_\_

#### How much do we subtract from your set?

\_\_\_\_\_

#### How much does your start weigh?

\_\_\_\_\_

#### How much do we subtract from your set?

\_\_\_\_\_