

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/Photo Run

Position: _____

Start/finish: _____

Time: _____ (0:00.0)

Time of video analysis: _____

Steeplechase

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. velocity _____

6. control over _____

7. rise _____

8. control _____

9. control _____

10. control _____

How much does your start weigh?

How much do you accelerate upon and if

How much does your top start weigh?

How long is your top start and if
