



## 25metres Race (Run, Walk or Wheelchair)

**Objective:** To record how fast you can travel 25 metres by running, walking or using a wheelchair.

### Equipment:

- Straight and flat distance of 25metres
- Start and finish line (*i.e. rope, sticky tape, chalk*)
- Measuring tape
- Stopwatch or phone

**Process:** Measure out a 25m distance and mark a clear start and finish line. Athletes should position themselves with their toes behind the start line. The individual recording the time should be positioned in line with the finish line.

On “Go”, the “timekeeper” starts the stopwatch, and athlete crosses the start line and attempts to complete the 25m distance as quickly as possible. Once the athlete crosses the finish line, the timekeeper should stop the stopwatch.



### Rules:

- No part of the athlete’s body should cross the start line until the “Go” signal.
- You can complete the 25m race as often as you wish.

**Scoring:** Scores should be recorded in seconds and milliseconds (*two decimal points i.e. 05.68 seconds*). The lowest/quickest time should be submitted.