



## 100m Shuttle

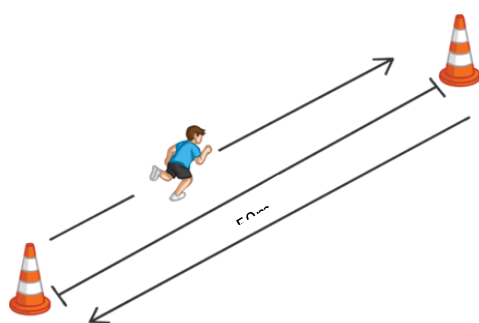
(walk, run, wheelchair)

**Objective:** To record how fast you can travel 100 metres by running, walking or using a wheelchair.

### Equipment:

- Straight and flat distance of 50metres
- Line (i.e. rope, sticky tape, chalk)
- 'Marker' (i.e. cone, jumper, water bottle)
- Measuring tape
- Stopwatch or phone

**Process:** Measure out 50metres; mark a clear line at one end and place a 'marker' at the 50m point. Athletes should position themselves with their toes behind the line. The individual recording the time should be positioned at the line.



On "Go", the "timekeeper" starts the stopwatch, and the athlete should make their way as fast as possible to the 50m 'marker', go around the marker and back to the line. Once the athlete crosses the line, the timekeeper should stop the stopwatch.

### Rules:

- No part of the athlete's body should cross the line until the "Go" signal.
- You can complete the 100m shuttle as often as you wish.

**Score:** Scores should be recorded in minutes, seconds and milliseconds (*two decimal points i.e. 01.05.68 seconds*). The lowest/quickest time should be submitted.