



How fast can you complete 100 Meters?

Equipment Needed:

- Stopwatch
- Score card
- Objects to mark start and finish
- Measuring Tape

Rules:

- Measure out 100 Meters (328 feet)
- Use cones to set the start and finish lines
- Have someone time you
- Record the time

Modifications:

- If you do not have access to a track, you can measure out 100M (328 feet) in your backyard, sidewalk, etc
- If you do not have a measuring tape, take 100 big steps

