



30 Metre Sprint a test of Speed

Being able to run and accelerate quickly from a standing start is an essential element of most team sports and many individual sports. Speed is also important in sports that require short bursts of high intensity activity such as hockey.

Equipment

- 4 Cones
- 1 Tape measure or trundle wheel
- 1 Stopwatch
- 30 metre running track that is straight, level (oriented at 90 degrees to any cross wind).
- If grass surfaces are to be used ensure that the surface is dry.



Procedure

- Mark the track by placing cones to mark the start line and then measure 30 metres and place cones to mark the finish line.
- The student starts in a standing position with the front foot placed exactly at the start line.
- The timer should stand at the finish line in a position to view students clearly as they cross the finish line.
- On a signal of "Marks - Set - GO" the student sprints from the start line to the finish line as quickly as possible.
- Stop the stopwatch when the student's chest crosses the finish line.
- Stress to the student that they should run as fast as possible through the finish line.



Scoring

- Record the student's fastest time to the nearest 0.1 of a second.

Tips

- Encourage the participant to run as fast as possible.
- Participants at the start line should keep quiet to ensure the sprinter can hear the "Go" signal.
- If possible, have a second person and stopwatch at the finish line so you can run two participants at once. The competition tends to make them run faster.
- Participants should run right through the finish line (as opposed to slowing down as they approach the finish line) for best results.