

The Need For Speed

FACT FILE

Compare the times by Australian athletes Melinda Gainsford-Taylor, Cathy Freeman, Steve Moneghetti and Paralympian Louise Sauvage in their favourite events in Table 2.

Challenge!

Elite male sprinters take less than 10 seconds and about 32 strides to cover 100m! How many do you take? Now try running on the spot. What's the maximum number of steps you can do in 10 seconds?

Activities

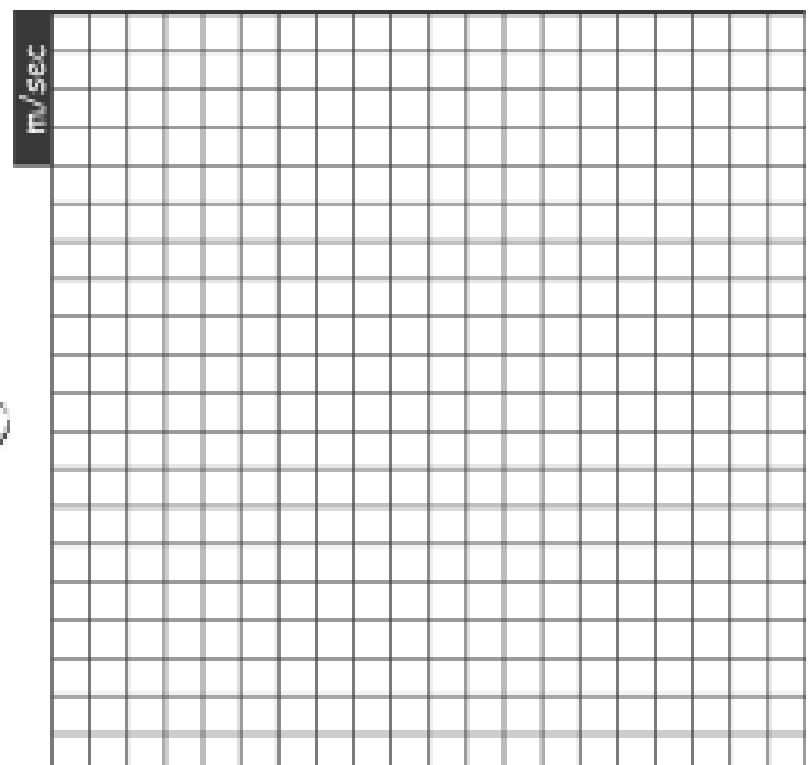
- Measure and run 100m yourself. Record your time in Table 1.
- Calculate the average time each athlete takes to do 100m. Record the results in the Table 2. [Hint: Divide a 400m time (sec) by 4 to find the average time over 100m].
- Calculate how many metres per second each athlete averages. Record the results in the Table 2. Record your score (m/sec) in Table 1. [Hint: Divide the distance (m) by the time taken in seconds.]
Plot the average metres per second for each of the athletes including yourself on the grid provided. What scale will you use? Make a line graph with the points you have plotted.

Table 1 – My Results

100m(sec)	
Av. m/sec	

Table 2 – The Australian Champions

Athlete	Gainsford	Freeman	Sauvage	Moneghetti
Event	200m	400m	100m	400m
Best Time	22.73sec	48.43sec	17.61-18.73sec	20.61sec
Av. 50m (1/2 time)(sec)				
Av. m/sec				



athletes