



## How fast can your team complete a 4x100 Meter Relay?

### 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 your time
- Combine each individual's time to get the 4-person team's total

### Modifications:

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

