Lab, Speed & Distance at 50 Meters

Name _____ Period _____

PURPOSE: To investigate average speeds for a 50 meter dash and to find the distance run in 5 seconds.

PROCEDURE:

We shall note the number of seconds that each of us needs to run 50 meters in the data table below. Then we shall perform the calculations using the *Hup, Two, Three, Four.*

CALCULATIONS:

On the back, use the appropriate formula to find the **speed** of each person when the **distance** and **time** are known. Record the results in the table below.

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On the back, find the distance run in **5 seconds** using the appropriate formula and the **average speed**. Record the results in the table below.

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QUESTIONS:

1. Explain who has the higher speeds, runners with shorter times or runners with longer times.

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2. Explain why the 5 second speed interval may not agree with the total speed interval.

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DATA TABLE:

Name	Time in seconds	Average Speed in m/s	Dist run in 5 sec in m
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Write a CRITIQUE of this lab.