



# 100 Meter Race

## Event Overview

### EQUIPMENT NEEDED



#### Designated Start/Finish Line

*(You can use cones, a chair, or any large, stationary object that will not move)*



#### Measuring Tape

*If you do not have measuring tape, take big steps.*



#### Stopwatch



#### Your Feet!

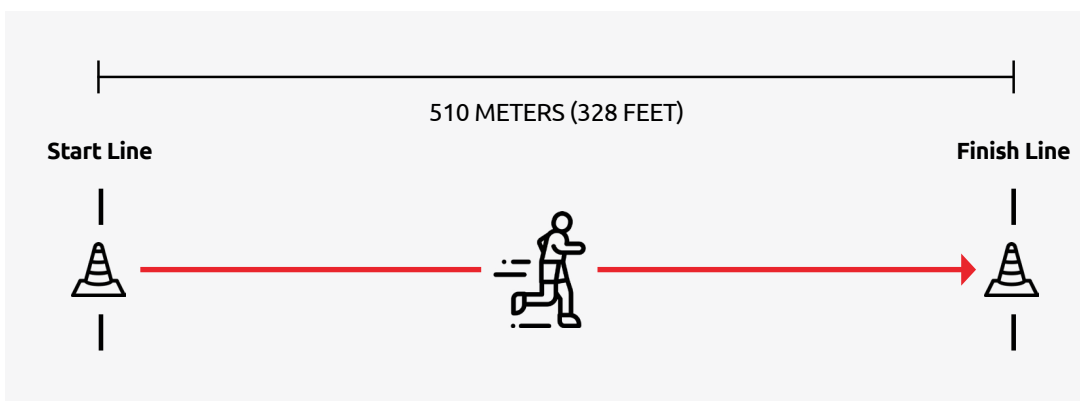
*1 Big Step = 1 Meter*

### RULES

- 1 Create a designated start/finish line
- 2 Measure out 100 Meters (328 Feet)
- 3 Time how long it takes the team to complete
- 4 Record Time and add to your scorecard

## How fast can you complete 100 Meters?

### SETUP



*Remember to take a picture or video of yourself competing in this event! Celebrate with other athletes online using the official hashtag:*

***#sowavirtualgames***

