**TIME TRIAL TRACKING SHEET FOR SPRINTERS**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Compare your times each week to monitor progress

\*Set realistic goals for each week

\*Tape to Front of Folder

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Week | Event  100m | Event  200m | Event  400m | Event  800m |
| Exp. | 12.80 | 26.74 | 1:01.30 | 2:16.50 |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |

**TIME TRIAL TRACKING SHEET FOR DISTANCE**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Compare your times each week to monitor progress

\*Set realistic goals for each week

\*Tape to Front of Folder

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Week | Event  400m | Event  800m | Event  1600m | Event  3200m |
| Exp. | 1:01.3 | 2:16.50 | 5:16.20 | 12:00.50 |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |

**TIME TRIAL TRACKING SHEET FOR RELAYS**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Compare your times each week to monitor progress

\*Set realistic goals for each week

\*Tape to Front of Folder

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Week | Event  4x100m | Event  4x200m | Event  4x400m | Event  4x800m |
| Exp. | 52.24 | 1:52.24 | 4:03.56 | 10:08.50 |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |

**DISTANCE TRACKING SHEET FOR FIELD EVENTS**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Compare your times each week to monitor progress

\*Set realistic goals for each week

\*Tape to Front of Folder

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Week | Event | Event | Event | Event |
| Exp. |  |  |  |  |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |