

40 Yard Dash

Procedures:

1. Athlete begins in a 3 point stance.
2. Athlete is instructed "You may go."
3. Athlete holds for at least a 2 count before starting.
4. Each athlete runs the 40 yard dash twice.
5. Three times are recorded for each run. The two fastest times (within 1/10 sec.) for each run will be used to determine the best overall time scoring purposes.

