

# Performing the Exercises

## Shuttle Run (300 Yards)

**EQUIPMENT:** Two pylons spaced 60 yards apart. Stop watch required to time event. Starting pistols required to properly start the event.

**TIME LIMIT:** Scored in ratio to total elapsed time required to complete the run.

**IMPORTANT:** The run is continuous without stopping. If competitor fails to complete the run, he receives no points. If a competitor knocks over a pylon while making a turn, he must return it to the upright position before continuing the event. Provided adequate equipment and timers are available, more than one competitor may run the event at one time. Running area should be level.



### EXERCISE

**Position:** Runners may use a standing distance type start or a crouched sprinters start. No part of the body may extend over the starting line and no device such as starting blocks or depressions may be used to assist the competitors.

**Execution:** Each competitor runs the 60 yard distance five times, making a complete turn around each marker. On the fifth leg of the run the competitor's total elapsed time for the event is clocked and recorded as he crosses past the pylon.

### Shuttle Run Scoring Chart

MIN: SEC.	Age 5	Age 6	Age 7	Age 8	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15	Age 16	Age 17+	College	Meet
2:00	10	6	2	-	-	-	-	-	-	-	-	-	-	-	-
1:58	12	8	4	-	-	-	-	-	-	-	-	-	-	-	-
1:56	14	10	6	2	-	-	-	-	-	-	-	-	-	-	-
1:54	18	12	8	4	-	-	-	-	-	-	-	-	-	-	-
1:52	22	14	10	6	2	-	-	-	-	-	-	-	-	-	-
1:50	26	18	12	8	4	-	-	-	-	-	-	-	-	-	-
1:48	30	22	14	10	6	2	-	-	-	-	-	-	-	-	-
1:46	34	26	18	12	8	4	-	-	-	-	-	-	-	-	-
1:44	38	30	22	14	10	6	2	-	-	-	-	-	-	-	-
1:42	44	34	26	18	12	8	4	-	-	-	-	-	-	-	-
1:40	50	38	30	22	14	10	6	2	-	-	-	-	-	-	-
1:38	56	44	34	26	18	12	8	4	-	-	-	-	-	-	-
1:36	62	50	38	30	22	14	10	6	2	-	-	-	-	-	-
1:34	68	56	44	34	26	18	12	8	4	-	-	-	-	-	-
1:32	76	62	50	38	30	22	14	10	6	2	-	-	-	-	-
1:30	84	68	56	44	34	26	19	12	8	4	2	-	-	-	-
1:28	92	76	62	50	38	30	22	14	10	8	4	2	-	-	-
1:26	100	84	68	56	44	34	26	18	12	8	6	4	-	-	-
1:24	*	92	76	62	50	38	30	22	14	10	8	6	-	-	-
1:22	*	100	84	68	56	44	34	26	18	12	10	8	-	-	-
1:20	*	*	92	76	62	50	38	30	22	14	12	10	-	-	-
1:18	*	*	100	84	68	56	44	34	26	18	14	12	-	-	-
1:16	*	*	*	92	76	62	50	38	30	22	18	14	-	-	-
1:14	*	*	*	100	84	68	56	44	34	26	22	18	-	-	-
1:12	*	*	*	*	92	76	62	50	38	30	26	22	6	6	6
1:10	*	*	*	*	100	84	68	56	44	34	30	26	14	14	14
1:08	*	*	*	*	*	92	76	62	50	38	34	30	22	22	22
1:06	*	*	*	*	*	100	84	68	56	44	38	34	30	30	30
1:04	*	*	*	*	*	*	92	76	62	50	44	38	38	38	38
1:02	*	*	*	*	*	*	100	84	68	56	50	44	43	43	43
1:00	*	*	*	*	*	*	*	92	76	62	56	50	47	47	47
:58	*	*	*	*	*	*	*	100	84	68	62	56	51	51	51
:56	*	*	*	*	*	*	*	*	92	76	68	62	55	55	55
:54	*	*	*	*	*	*	*	*	100	84	76	68	60	60	60
:52	*	*	*	*	*	*	*	*	*	92	84	76	68	68	68
:50	*	*	*	*	*	*	*	*	*	100	92	84	76	76	76
:48	*	*	*	*	*	*	*	*	*	*	100	92	84	84	84
:46	*	*	*	*	*	*	*	*	*	*	*	100	92	92	92
:44	*	*	*	*	*	*	*	*	*	*	*	*	100	100	100