

Determining Your Pace	
# of paces between 100ft markers – Trip 1	
# of paces between 100ft markers – Trip 2	
# of paces between 100ft markers – Trip 3	
# of paces between 100ft markers – Trip 4	
# of paces between 100ft markers – Trip 5	
Total (add the paces of all 5 trips)	
Average # of paces (divide total by 5)	
My Pace / Distance travel in each pace (divide 100 by average # of paces)	

Practice Pacing Score Card		
Station	Number of paces	Distance in Feet Number of paces x ft./pace
A to B		
B to C		
C to D		
Total		

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