

<b>Determining Your Pace</b>	
# 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)	
<b>My Pace / Distance travel in each pace</b> (divide 100 by average # of paces)	

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

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

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