



# World Records: Sprinting 100m

Men: Usain Bolt (Jamaica)  
August 16, 2009 (Berlin, Germany)  
9.58 sec

Women: Florence Griffith-Joyner (USA)  
July 16, 1988 (Indianapolis, USA)  
10.49 sec

## *How fast is that?*

Measure a 100 m track in the playground.

Line up for a race.

Ask one person to be the timekeeper.

The timekeeper starts the race but yells 'Stop!' at the world record finish time.

How far do you have to go to finish 100 m?

Try the race again over a 50 m track. Can you match the Olympic champions now?

