



## Lab A4-5 The 6-Second Dash Test to Assess Speed

### Equipment

1. Stopwatch
2. Straight running space at least 70 yards long, with markers or chalk lines placed at 2-yard intervals from 28 to 60 yards
3. One person to time the run and another to note distance traveled  
(Note: Several people can take the test at one time, but it is most accurate when one spotter is assigned to each runner to note the distance traveled.)
4. Whistle (optional)

### Instructions

1. Warm up before taking the test.
2. Stand at the starting line. The spotter assigned to you should stand about 45 yards from the starting line.
3. At the sound of the whistle, run as far as you can until the whistle is blown again at the end of 6 seconds. (Verbal commands to start and stop can also be used.) The person timing the test should call out times to alert the spotters as to where their assigned runner will be at the 6-second mark.
4. Your spotter should note the point on the track you reach when the second whistle is blown. Your score is the distance traveled, given to the nearest yard.
5. Perform two trials, at least 5 minutes apart. Record the result from your best trial.

Distance traveled: \_\_\_\_\_ yards

### Rating Your 6-Second Dash Score

	Distance (yards)	
	Men	Women
Excellent	>53	>44
Good	51–53	42–44
Average	42–50	35–41
Poor	37–41	29–34
Very poor	<37	<29

Rating: \_\_\_\_\_

Source: Based on the scores of 50 students for each group as reported by L. Scott, Northeast Louisiana University, Monroe, La., 1973. From Johnson, B. L., and J. K. Nelson. 1986. *Practical Measurement for Evaluation in Physical Education*, 4th ed. Minneapolis, Minn.: Burgess Publishing Co. Copyright © 1986 by Macmillan Publishing Company. Reprinted with permission of Pearson Education, Inc.