



# World Records: 100m Sprint

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?*

