



HOW TO EXECUTE A TIME TRIAL



It is time trial day! You need to prepare for one of the most exciting and sometimes nerve-wracking days for your Kilometer Kids. Ensuring this day goes smoothly makes the experience more enjoyable for your runners, their families, and you and your assistant coaches. This does get easier with time, but even veteran coaches can benefit from the best practices found below. Before beginning your planning, remember why Kilometer Kids includes time trials. While some of your runners will try to win the first time trial, many of your participants will be trying to finish a mile for the first time without stopping. Each of your Kilometer Kids begins their walking and running journey in a very different place and a time trial acts as a measuring tool to denote this starting point. The second time trial, which takes place seven weeks later, is used to show your runners how much progress they have made. Therefore, time trials are instructive tools to support the goal setting process and to reinforce positive habits. Frequently remind your runners of this shared journey to self-improvement as they work toward achieving their goals.

Best Practices

- Try to attend one of Atlanta Track Club's "Midweek Mile & Dash" events with your team. No set up necessary, just register your team!
- Consider the size and ages of your group. If you have more than 20 runners or if there is a significant age or ability difference, consider having more than one heat or wave. Your Kilometer Kids want to do their best and it can be discouraging being lapped by an older teammate. Small teams can run one heat, but larger teams should be organized by age or likely finish times.
 - If your team will compete in multiple heats, make sure those not actively running are either cheering on their teammates or playing a game with another coach leading them.
- Your regular loop will likely need adjustments. Very few teams have loops that are an exact number of laps to the mile unless they are using a regulation track. You may have to move your finish line to have an accurate mile distance. Use the recommendations for measuring your loop to make the required adjustments and clearly note the finish area. Take a picture of the finish line location so you do not have to measure again later in the season for the second time trial.



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- The biggest challenge will come from counting laps for your Kilometer Kids. There are a few tried and true methods tested by years of program experience.
 - Pass out popsicle sticks, marbles or beads. Available from local craft stores for a low cost, have your runners grab one as they complete a lap. When they reach the finish line with the correct number of items they are done!
 - Conversely, have your Kilometer Kids begin with a number of items equal to the number of laps for the mile. They place them in a basket or bin as they complete laps and when they cross the finish line with nothing in their hands they are finished. Be careful, younger runners are known to deposit more than one at a time.
 - Deputize parents or other adults to assist with scanning. Have your runners get scanned every time they complete a loop before finishing. This does add significant time to their effort.
- It is necessary for you to time your athletes. Charting your runners' improvement as they work toward their goals is an integral part of Kilometer Kids. There are methods that work well:
 - Place an assistant, volunteer or yourself at the finish line with a tablet or smartphone. Film your runners as they cross the finish line; if you have a tripod this camera can be stationary but holding it also works. Have the adult call out times as the Kilometer Kids finish so that the recording has both the athletes as they cross the line and their respective times.
 - Have a helper right down times as athletes finish. Have the runners stay in order in a long line and have another adult take down their names. Match their names to the times from the other adult.
 - If you like, you can add one additional course to your "Courses" in EZ Tally® labeled "One Mile Time Trial" which lists the distance as 1.00. Once your Kilometer Kids have completed the time trail, just like with your Game Courses, you can scan each Kilometer Kids' QR code one time so they are given credit for that time trial mileage
- It is likely that you did not scan your athletes during the time trial. Make sure to log back into your EZ Tally® account to manually add the mileage/laps or scan all of your Kilometer Kids upon completion to reflect their efforts toward completing 26.2 miles!
- Upon completion of a Kilometer Kids' first time trial, you can present them with a pink band to recognize their accomplishment!