



The Newton Run

Aim To move along a 30 m line in 20 s with constant acceleration.

Materials Metronome, set at 1 s intervals

Method

- Each team member in turn moves along the 30 m track, attempting to maintain a constant acceleration.
- The times at each of four timing points will be recorded.

Conditions

- Team members must start from rest and maintain positive acceleration at all times.
- No timing devices other than the metronome may be used.
- Note that the timing points are *not* the same as the distance markers, which are there for guidance only.

Time limit 5 minutes practice followed by 5 minutes for the timed runs.

Ranking The ranking order will be determined by the total time error.

Team

Score