

Track & Field Decimals

Times, jumps and throws are measured in decimals.

Line up the decimal points and show your work!

Name _____

Date _____

DECIMAL TOOLKIT

0.01

one
hundredth
of a second

100 cm

= 1 meter

12.50

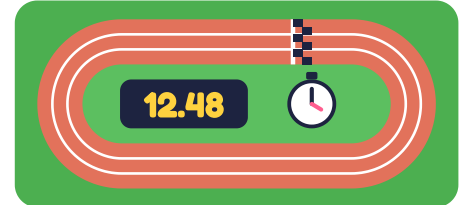
same as
12.5

Lower

time wins
a race

Higher

distance wins
a jump or
throw



ROOKIE

- 1** In the 100 m dash, **Kim** runs **12.48 s** and **Rae** runs **12.5 s**. Who is faster, and by how much?

WORK SPACE

_____ by _____ s

ROOKIE

- 2** **Theo** long-jumps **4.35 m**. **Jun** jumps **4.7 m**. How much farther did Jun jump?

WORK SPACE

_____ m

STARTER

- 3** A relay team runs legs of **14.62 s**, **15.08 s**, **14.9 s** and **13.75 s**. What is the team's total time?

WORK SPACE

_____ s

STARTER

- 4** A triple-jump board is **2.85 m** from the sand. How many **centimeters** is that?

WORK SPACE

_____ cm

PRO

- 5** **Lia** throws the shot put **8.4 m**, **9.15 m** and **8.85 m**. What is the **mean** (average) of her throws?

WORK SPACE

_____ m

PRO

- 6** **Max** runs 400 m in **64.8 s**. If he ran every 100 m at the same speed, how long did each 100 m take?

WORK SPACE

_____ s

ALL-STAR

- 7** The high-jump bar starts at **1.35 m** and goes up **0.05 m** each round. How high is it after **4 more** rounds?

WORK SPACE

_____ m

CHALLENGE ★

- 8** The school record for 200 m is **27.9 s**. **Nia** runs **28.64 s**. If she gets **0.15 s** faster each week, after how many weeks will she **beat** the record?

WORK SPACE

_____ weeks

A Results Board

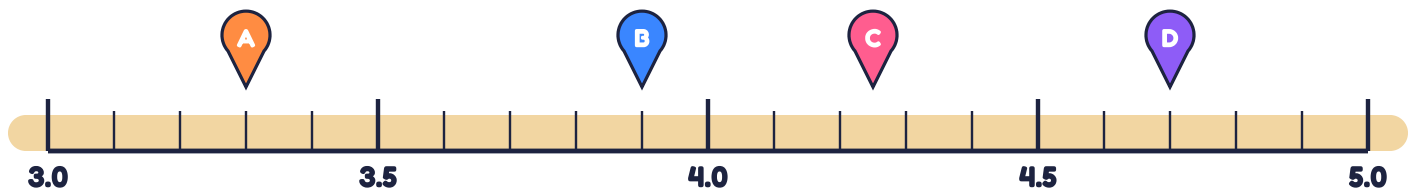
Here are the results of a made-up 100 m dash final.

LANE · RUNNER	TIME (S)	PLACE	BEHIND THE WINNER (S)
1 Ava	13.07		
2 Bo	12.9		
3 Cy	13.15		
4 Dee	12.94		
5 Eli	13.1		

- Write each runner's **place** (1st is the lowest time).
- How far **behind the winner** was each runner? Write it in the last column.
- Round Ava's time to the nearest **tenth** of a second.

B Long Jump Ruler

Each small mark is **0.1 m**. The flags show where four jumps landed (in meters).



- Write the length of each jump: A = _____ B = _____
C = _____ D = _____ m
- List the jumps from **longest** to **shortest**.
- How much longer is the longest jump than the shortest?
- Jump C landed between two marks. How many **centimeters** is jump C?

C Relays, Laps & Hurdles

Multi-step decimal problems. Watch your units!

- A relay team runs legs of **11.84 s**, **12.05 s**, **12.3 s** and **11.96 s**. What is the total time?

WORK SPACE

_____ s

- One lap of the track is **400 m**. How many **kilometers** is **7.5 laps**? (1 km = 1,000 m)

WORK SPACE

_____ km

- 10 hurdles** are set **8.5 m** apart in a row. How far is it from the first hurdle to the last?

WORK SPACE

_____ m

Answer Key (for teachers & parents)

Answers for **Track & Field Decimals**, with the work shown where it helps. Print pages 1 and 2 for students, and keep this page for checking.

Page 1 Problems

- Kim, by 0.02 s** ($12.50 - 12.48$)
- 0.35 m** ($4.70 - 4.35$)
- 58.35 s**
- 285 cm** (2.85×100)
- 8.8 m** ($26.4 \div 3$)
- 16.2 s** ($64.8 \div 4$)
- 1.55 m** ($1.35 + 4 \times 0.05$)
- 5 weeks**
(4 weeks gives 28.04 s, 5 weeks gives 27.89 s)

A • Results Board

- Places:** Bo 1, Dee 2, Ava 3, Eli 4, Cy 5
- Behind:** Ava 0.17, Bo 0, Cy 0.25, Dee 0.04, Eli 0.2
- 13.1 s**

B • Long Jump Ruler

- A 3.3, B 3.9, C 4.25, D 4.7**
- D, C, B, A**
- 1.4 m** ($4.7 - 3.3$)
- 425 cm**

C • Relays, Laps & Hurdles

- 48.15 s**
- 3 km** ($7.5 \times 400 = 3,000$ m)
- 76.5 m** ($9 \text{ gaps} \times 8.5$)

Quick score

Page 1 problems	_____ / 8
A • Results Board	_____ / 3
B • Long Jump Ruler	_____ / 4
C • Relays, Laps & Hurdles	_____ / 3
Total	_____ / 18

Skills practiced

Comparing decimals

Adding and subtracting decimals

Metric conversion

Mean

Rounding

Multi-step problems

Teaching tip: Have students write a zero to give decimals the same number of places ($12.5 = 12.50$) before comparing or subtracting. For the hurdles, 10 hurdles make only 9 gaps.