

SPEED TESTS

Beginner Speed Test Times

Suitable for any size track. Including oval track

Suitable for any skate including Quad, Inline and Rental.

SKATERS AGES 7 and under

SKATERS AGES 8 and over

Speed Test #1				
Skaters age 7 and under			Skaters age 8 and over	
1 Lap	0.39		1 Lap	0.27
2 Lap	0.65		2 Lap	0.55
Speed Test #2				
Skaters age 7 and under			Skaters age 8 and over	
2 Lap	0.55		2 Lap	0.49
3 Lap	1.34		3 Lap	1.14
Speed Test #3				
Skaters age 7 and under			Skaters age 8 and over	
3 Lap	1.30		3 Lap	1.20
4 Lap	1.56		4 Lap	1.46

Upon successful completion of the above Beginner Speed Tests #1-3, skaters will continue their Achievement Test Program with Test #4.

Tests #4 - #8 are listed for 100 meter tracks. To convert times to a different size track, please do the following conversion.

(TIME divided by 100 = X)

(X times track size in meters = New Time)

Example: Test #4 Quad Men's Quad (100 meter time 1.08)

$1.08 / 100 = 0.01$

$0.01 \times 80 \text{ meter track} = 0.80$

SPEED TESTS (continued)

100 Meter Track					
Speed Test #4					
4 Lap	Male	QUAD	1.40	INLINE	1.30
4 Lap	Female	QUAD	1.46	INLINE	1.35
5 Lap	Male	QUAD	2.03	INLINE	1.50
5 Lap	Female	QUAD	2.09	INLINE	1.56
Speed Test #5					
5 Lap	Male	QUAD	1.56	INLINE	1.43
5 Lap	Female	QUAD	2.03	INLINE	1.50
7 Lap	Male	QUAD	2.38	INLINE	2.19
7 Lap	Female	QUAD	2.45	INLINE	2.29
Speed Test #6					
5 Lap	Male	QUAD	1.50	INLINE	1.37
5 Lap	Female	QUAD	1.56	INLINE	1.43
10 Lap	Male	QUAD	3.39	INLINE	3.13
10 Lap	Female	QUAD	3.52	INLINE	3.26
Speed Test #7					
5 Lap	Male	QUAD	1.43	INLINE	1.30
5 Lap	Female	QUAD	1.50	INLINE	1.37
10 Lap	Male	QUAD	3.26	INLINE	3.00
10 Lap	Female	QUAD	3.39	INLINE	3.13
15 Lap	Male	QUAD	5.15	INLINE	4.30
15 Lap	Female	QUAD	5.25	INLINE	4.50

GOLD MEDAL TEST					
Speed Test #8					
5 Lap	Male	QUAD	1.37	INLINE	1.12
5 Lap	Female	QUAD	1.43	INLINE	1.30
10 Lap	Male	QUAD		INLINE	
10 Lap	Female	QUAD	3.26	INLINE	2.60
15 Lap	Male	QUAD	4.10	INLINE	3.19
15 Lap	Female	QUAD		INLINE	
20 Lap	Male	QUAD		INLINE	
20 Lap	Female	QUAD	6.12	INLINE	5.20
30 Lap	Male	QUAD	8.19	INLINE	7.29
30 Lap	Female	QUAD		INLINE	