

Reading the Pace Clock



1. Pace time of 35 sec.
If you left on the 10, when would you leave if you left on the
2nd repeat _____
3rd repeat _____
4th repeat _____
5th repeat _____
6th repeat _____

2. Your set is 4 X 100m IM @ 2:00
If the minute hand was on the 7 when you started your first repeat, where would it be at the end of the set _____

3. Pace time of 2:10. If you left on the 5, when do you leave on the
2nd repeat _____
3rd repeat _____
4th repeat _____

4. If the minute hand was on the 35, and you left on the 60, swam 400m and came in on the 45 and the minute hand is on the 40, what is our time _____