

 ***Running with Jackrabbits***

Cameron Poon
2-minute presentation
30 May 2023

Revisiting my past

- I started in Oct 2021. I was wearing a mask while running. My chin was burning.
- I was with my bro Kendall which made me feel better since I actually knew someone.
- I used to not have stamina. I would run and then walk.
- At the end of each season we would get dishware that was decorated and baked by Coach Joy.

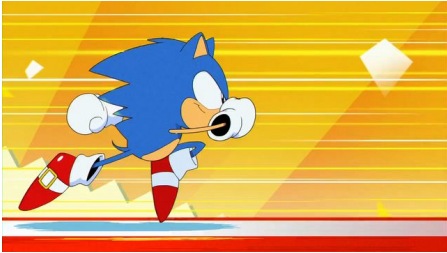


My dishware collection from Coach Joy



Running forward through time

I'm faster now and can run longer than before. Yes one time I did crash into a hurdle and tumble through the cones but now I am more precise.



100 meter dash: my progress over time

April 2022	21.6 seconds
October 2022	20.1 seconds
April 2023	18.8 seconds

World record is 9.58 seconds by Usain Bolt in 2009.



Hurdles: This is me when I didn't crash!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!



My best long jump was 9 feet and 9 inches. The world record is over 29 feet!

Thanks for listening

