Step One:
Timing Results for the tinyArray
insert 3.666 µs
append 4.084 µs

Timing Results for the smallArray
insert 6.542 µs
append 4.625 µs

Timing Results for the mediumArray
insert 100.708 µs
append 30.666 µs

Timing Results for the largeArray
insert 770.510458 ms
append 1.834 µs

Timing Results for the extraLargeArray
insert 770.781833 ms
append 1.8775 ms

The unshift time for tinyArray from insert to push is a small difference.
The small array time from insert to push was lower when it was appended(push).
The medium array time from insert to push is a ¼ less at append. Medium appears to have the best scalability.
The large array has a much larger difference from unshift to append.
The extra large array has the largest difference from insert to push.