Use this example and the list of formatting requirements below to create your data table:

Astronauts on a distant planet tossed a rock into the air			
Time (s)	Height (m)	t _{mid} (s)	V _{avg} (m/s)
0.00	5.00		
0.25	5.75	0.125	3.00
0.50	6.40	0.375	2.60
0.75	6.94	0.625	2.16
1.00	7.38	0.875	1.76
1.25	7.72	1.125	1.36
1.50	7.96	1.375	0.96
1.75	8.10	1.625	0.56
2.00	8.13	1.875	0.12

- 1. Data rows are expanded in height so that data appears "double spaced".
- 2. Data is centered in cells and is formatted to appropriate decimal places.
- 3. Column labels include description and units (in parentheses.)
- 4. Column labels are centered in cells.
- 5. Column labels use subscripts or superscripts where appropriate.
- 6. Column label cells have a "bottom border".
- 7. Title is centered in a single wide (merged) cell.
- 8. Title is descriptive (what, where, how?) and does not include column labels.
- 9. Thin extra rows are included above and below title cell and below last data row.
- 10. Thin extra columns are included on either side of data columns.
- 11. Outside border encloses the entire data table.