

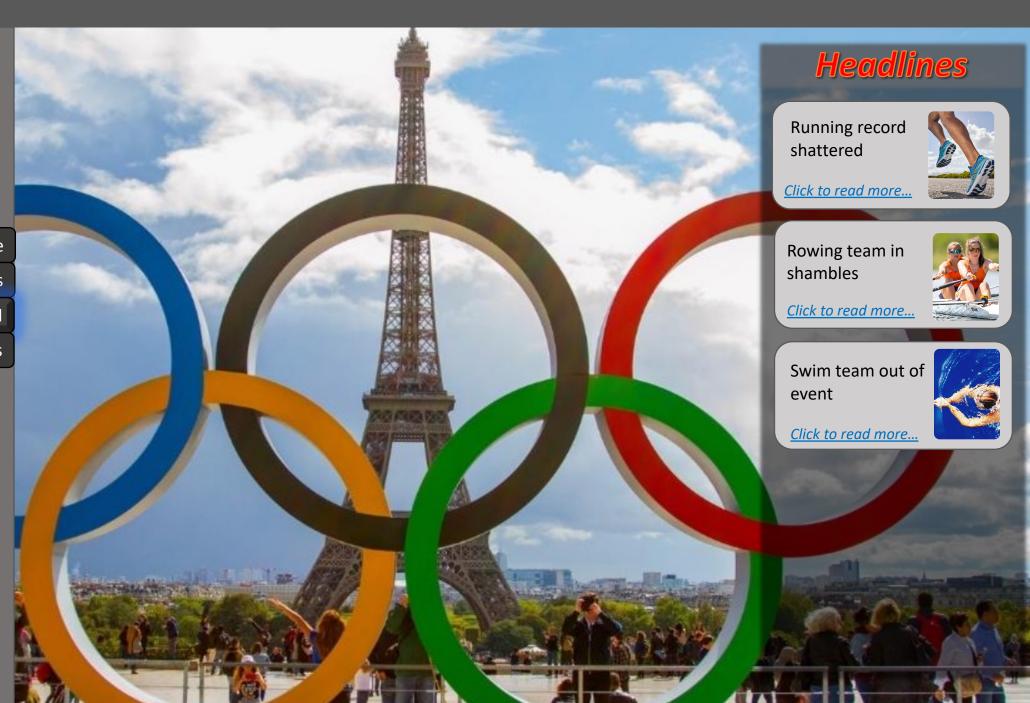


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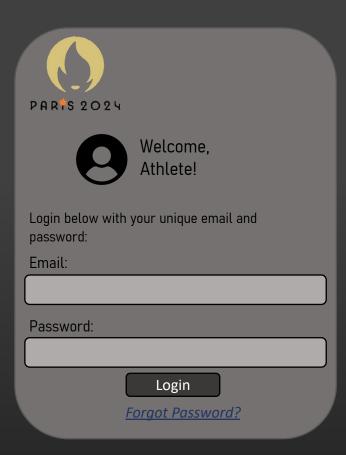
Contact Us



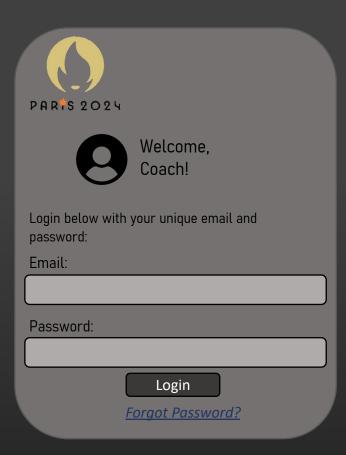




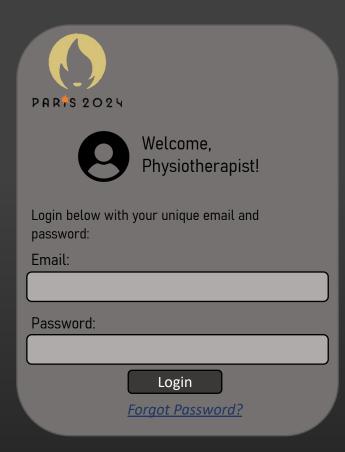
















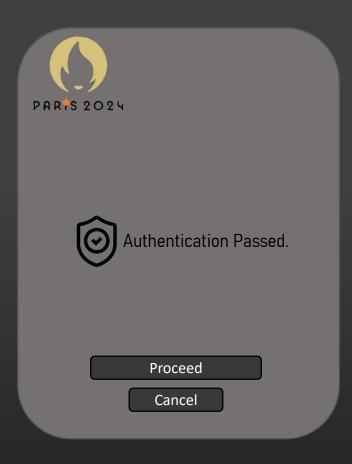


















### Usain Bolt 🎤 Athlete

Email: u\$ainB@gmail.com

Phone: 082 123 4567 Password: P\*\*\*\*\*\*3 Athlete ID: 0987654321

Height: 6'6 Weight: 84kg

Age: 34

Country: Jamaica



# Performance Metrics:

Top Speed: 60 kmh Lowest Speed: 3

Reaction time: 4 ms

Max heartrate: 210 bpm Avg heartrate: 130 bpm



## Notifications:



Coach Tucker: edited your profile. View changes









Event Name: 400m relay

Event Location: Paris Athletics club

Start Time: 11:45

Event Name: 100m sprint

Event Location: Paris Athletics club

Start Time: **09:15** 

Date: 27 August

2024

Date: 28 August 2024

Edit profile











### Usain Bolt 🎤 Athlete

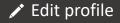
Email: u\$ainB@gmail.com

Phone: 082 123 4567 Password: P\*\*\*\*\*\*3 Athlete ID: 0987654321

Height: 6'6 Weight: 84kg

Age: 34

Country: Jamaica





Sign out



## Performance Metrics:



Top Speed: 60 kmh

Lowest Speed: 3

Reaction time: 4 ms



Races completed: 7

Wins: 7 Losses: 0

Win Rate: 100%



Max heartrate: 210 bpm

Avg heartrate: 130 bpm

Heart health: 98%



Event Name: 50m sprint

Event Location: Paris Athletics club

Date: 24 August

2024

Event Name: 70m sprint

Event Location: Paris Athletics club

Date: 23 August

2024

Event Name: 200m sprint

Event Location: Paris Athletics club

Date: 23 August

2024



PARTS 2024

0-0-0

Recovery status: **Excellent** 



1st



1st



1st





Fizz Eeo 🥕

**Physiotherapist** 

Email: Fizzeo@gmail.com

Phone: 082 123 5547 Password: P\*\*\*\*\*\*46

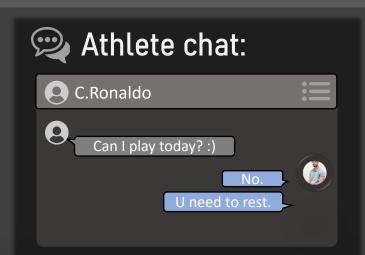
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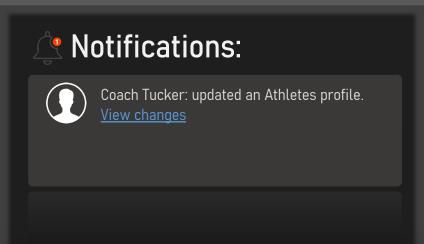
Height: 5'9 Weight: 74kg

Age: 44 Team: Jamaica



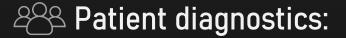


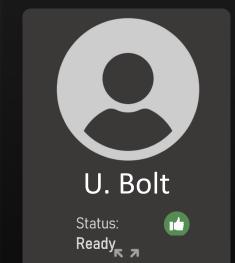


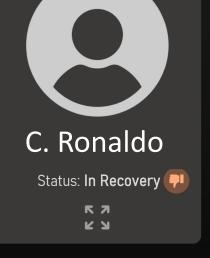


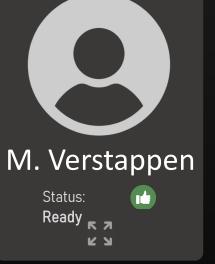


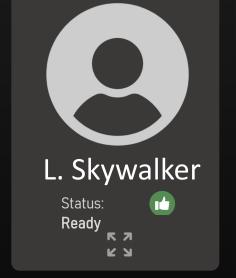
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Fizz Eeo 🥕 **Physiotherapist** 

Email: Fizzeo@gmail.com

Phone: 082 123 5547 Password: P\*\*\*\*\*\*46

ID: 321456987

Height: 5'9 Weight: 74kg Age: 44

Team: Jamaica



# **Patient diagnostics:**















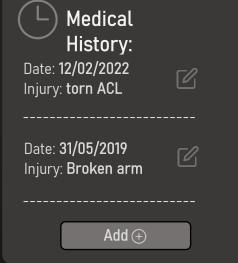


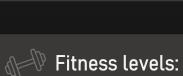
**Usain Bolt** 

Recovery time:

Status: Ready

N/A





Recovery time: Excellent

Health: Excellent

Immune system: Good

Overall fitness: Optimal

Edit (+)

Possible tear: extra precaution on right

Notes:

Add (+)

Current injuries:

Add (+)

Edit profile







# Page Tucker

Edit profile

Sign out

Email: PTucker@gmail.com

Phone: 072 123 0000 Password: X\*\*\*\*\*\*7

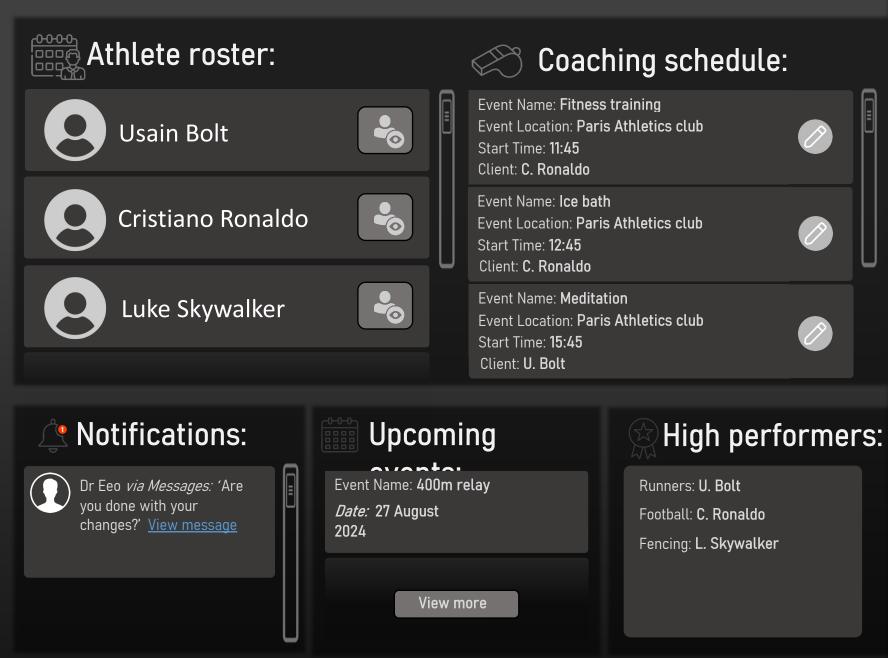
ID: 2468101214

Height: 5'4 Weight: 46kg

Age: 26

Team: Jamaica





















# Page Tucker

Email: PTucker@gmail.com

Phone: 072 123 0000 Password: X\*\*\*\*\*\*\*7

ID: 2468101214

Height: 5'4 Weight: 46kg

Age: 26

Team: Jamaica

# Upcoming events:

Event Name: 400m relay

Date: 27 August

2024

Event Name: 200m relay

Date: 27 August

2024

Event Name: 80m sprint

Date: 27 August

2024

Event Name: 1.2km row

Date: 27 August

2024

### Event Name: 400m relay

Bate: 27 August

2024 Event location: Paris Athletics club

(L) Event time: 09:45

**Description:** The 400 meter relay race is an exhilarating sprint event in track and field, where teams of four athletes each run 100 meters before passing a baton to the next runner. Speed, precision, and seamless teamwork are essential as runners strive to maintain maximum velocity around the track.

### 2 Overall standings:

1	USA	40pts
2	JAM	38pts
3	MEX	31pts
4	COL	30pts
5	GBR	28pts
6	AUS	26pts
7	JPN	21pts
8	GER	19pts
9	CAN	14pts

#### ළුදු Your team:

- 1. Justin Gatlin
- 2. Oscar Oswald
- 3. Joe Soap
- 4. Usain Bolt

Reserves:

Jason Goslow Mike Drop

Edit (+)





















# Page Tucker

Email: PTucker@gmail.com

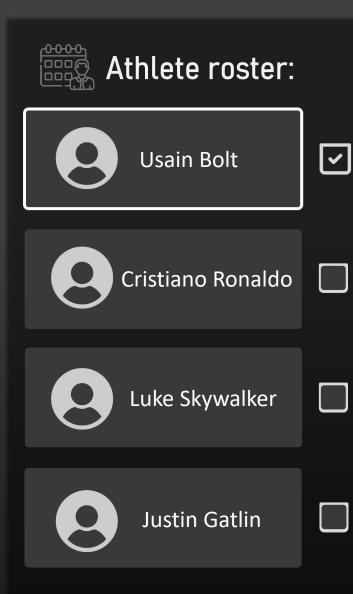
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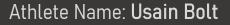
ID: 2468101214

Height: 5'4 Weight: 46kg

Age: 26

Team: Jamaica





<del>•••</del>

Age: 34 years old



Height: 6'6



Weight: 84kg

### ্ব্ধি Performance:

Top Speed: 60 kmh

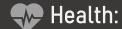
Lowest Speed: 3

Reaction time: 4 ms

Max heartrate: 210 bpm

Max fied ti die. 216 bpii

Avg heartrate: 130 bpm



Mental: Good

Focus: Average

Lung capacity: High

Heart: Excellent

Overall fitness: Great

## 🐴 Training:

Monday: track training

Tuesday: ice bath

Wednesday: weight training

Thursday: **strength training** 

Friday: reaction testing

Saturday: **sprints** 

Sunday: rest















