

Comparison of Running Speed Times by Level of Performance		
Level	30 yard Time¹ (Seconds)	60 yard Time² (Seconds)
MLB	3.75	6.96
AAA	3.66	6.86
AA	3.64	6.79
A	3.77	7.05

1 Coleman, Eugene. Running Speed in Professional Baseball. *NSCA Strength & Conditioning Journal*. 29(3). 72-76.

2 Coleman & Lasky. Assessing Running Speed and Body Composition in Professional Baseball Players. *Journal of Applied Sport Science Research*. 1992. 6(4). 207-213