

## Standing catch

Distance	Baseline data	Mid-point data	End data
10m			
20m			
30m			
<b>Total standing catch</b>			

## Moving catch

Position	Baseline data	Mid-point data	End data
Left			
Middle			
Right			
<b>Total moving catch</b>			

## Throwing

Throw	Baseline data	Mid-point data	End data
1			
2			
3			
4			
5			
<b>Total throwing</b>			