

Table 3 Sprinters nutritional Practices regularity

S.n	Items	Never		Sometimes		Often		Always	
		F	%	F	%	F	%	F	%
1.	How often do you eat breakfast in the morning?	5	4.17	15	12.5	90	75	10	8.33
2.	Based on three meals per day, how often do you skip at least one meal per day	5	4.17	15	12.5	85	78.83	15	12.5

Table 4 Sprinters nutritional practice as of their type Per week

S.n	Items	Never		Sometimes		Often		Always	
		F	%	F	%	F	%	F	%
1.	How often do beverages? You drink sweetened	10	8.33	25	20.8	80	66.67	5	4.17
2.	How often are you on a “diet”?	10	8.33	10	8.33	91	75.83	9	7.5
3.	How often do pasta, potatoes, you eat breads, cereals, or rice?	15	12.5	11	9.75	89	74.17	5	4.17
4.	How often do apples, bananas, you eat fruits, such as or oranges?	15	12.5	11	9.75	89	74.17	5	4.17
5.	How often do you eat vegetables, such as broccoli, tomatoes, carrots, or salad?	20	16.67	15	12.5	75	62.5	10	8.33
6.	How often you do eat complete sources of protein such as beef, chicken, turkey, eggs, and fish?	30	25	30	25	40	33.3	20	16.7
7.	How often do you eat berry jams, cookies, candies, or other sweets?	5	4.17	15	12.5	90	75	10	8.33
Summary of the result		15	13	16	13	73	62	15	13

Table 5.Current 100m sprinters Performance

Sn.	Sprinters	Frequency	Mean	Std.
1	Male	99	11:58	00:54
2	Female	21	12:33	00:35