

# Time Management Sheet

Table I: QB KNEEL FORMULA

	NO TIME OUTS	ONE TIME OUT REMAINING	TWO TIMEOUTS REMAIN	THREE TIME OUTS REMAIN
1 <sup>ST</sup> DOWN	1:25	: 55	: 25	
2 <sup>ND</sup> DOWN	0:55	: 25		
3 <sup>RD</sup> DOWN	: 25			
4 <sup>TH</sup> DOWN				

Table II: FORMULA FOR TIME WHICH WE SHOULD BE ABLE TO KILL

	NO TIME OUTS	ONE TIME OUT REMAINING	TWO TIMEOUTS REMAIN	THREE TIME OUTS REMAIN
1 <sup>ST</sup> DOWN	1:35	1:15	: 45	: 20
2 <sup>ND</sup> DOWN	1:05	: 45	: 15	: 15
3 <sup>RD</sup> DOWN	: 25	: 10	: 10	: 10
4 <sup>TH</sup> DOWN	:05	:05	:05	:05