



**CALIFORNIA STATE SCIENCE FAIR
2014 PROJECT SUMMARY**

Name(s) Mira L. Berenbaum	Project Number J1203
Project Title Jet Lag for Athletes: Myth or Real?	
Abstract Objectives/Goals The objective of this experiment was to test the effect of travel on sport team#s performance. Methods/Materials This experiment was performed using an online data search. Data was collected from April, May, and part of June from the 2013 Major League Baseball Season. The number of runs scored by each team was compared for the first game of each series. Three hundred and two games were used in this study. Results Results: When a team traveled within their time zone, 200 games were won and 181 were lost, averaging 4.21 runs/game. When traveling ahead one time zone, 25 games were won, and 39 were lost, averaging 4.22 runs/game. When a team traveled back one time zone, 33 games were won and 30 were lost, averaging 4.68 runs/game. When a team traveled ahead two time zones, 17 games were won and 16 were lost, averaging 4.12 runs/game. When a team traveled back two time zones, 16 games were won and 17 were lost, averaging 3.58 runs/game. When a team traveled ahead three time zones, 7 games were won and 8 were lost, averaging 4.2 runs/game. When a team went back three time zones, 6 games were won and 9 were lost, averaging 3.73 runs/game. Conclusions/Discussion Jet lag has minor influence on sports players performance. This factor is minimized as most games are played within the same time zone.	
Summary Statement This project tested the affect of jet lag on current athletes of the Major League Baseball.	
Help Received My mother helped me cut and glue for my display board.	