

Track & Field Study Guide

Name: _____ Per. _____

Answer the following questions by writing the answer in the space provided.

1. When sprinting, what should you look at?

2. The Sprints are what distance of running events?

3. Hands and upper body are relaxed when running and elbows should be at what degrees?

4. The _____ is passed to the next runner in the relay races.

5. The first modern Olympics were held in the city of _____ and in the year of _____.

6. When completing a long jump it is important to _____ the runway.

7. In long jump you must take off with _____ and land with _____.

8. What are the three phases of the triple jump?

_____.

The sport of track and field has its roots in human prehistory of ancient Greece. Track and field-style events are among the oldest of all sporting competitions, as running, jumping and throwing are natural and universal forms of human physical expression. The most celebrated track & field competition is the Olympics. The first modern Olympics was held in 1896 in Athens Greece and is held every four years.



Running Events

Sprints are shorter events. The most common are the 100, 200, & 400.

***Starting sequence: to your mark, get set, go!** *Stay low when starting, with a forward lean.. *Run with relaxed upper body and tall posture. *Elbows are kept at 90 degrees and in close to body. *Hands open and relaxed *High knees. *Stay in your lane *Run through finish lane *Look forward onto horizon (“eyes on the prize”)

Mid Distance 800 meter

*Mid distance * 2 laps around track *relaxed body, speed and pace yourself. *Start is curved (waterfall start), may cut in when one stride in front of runner.

Long Distance

1600 (Mile): 4 laps
3200 (two mile): 8 laps (high school event).
* water fall (curved) start.

Relays: 4 X 100, 4 X 400

*Relays are a 4 person team. * A baton is passed from one runner to another. *The incoming runner cues next runner to “go” then says “stick” when ready to hand off the baton. *4X100 should be a no look baton hand off.

Hurdles: 55 meter (middle school).

Rules: stay in lane. You may hit a hurdle, but you cannot interfere with opponents. Hurdling is a running event that requires good sprinting form. The athlete should attempt to get over the hurdle quickly and efficiently. Lead leg and arm should be balanced (“kick & punch” or “check time on watch” are good cues). Trail leg knee should be bent and pointing to the side for hurdle clearance..

Throwing Events: Shot Put & Discus (Field Events)

Throwing event rules: Must enter and exit ring from the back (can't step over toe board). Distance is measured to where shot lands. Best of three throws is recorded.

Shot Put

An event involving "putting" (throwing in a pushing motion) a heavy metal ball—the

9. How many meters is one lap? _____

10. What kind of start is used for long distance runs?

11. Throwing distance is measured to where the discus or shot
_____?

12. How many laps is 3200 meters?

13. In a high jump competition how many attempts does a jumper get for each height?

14. What is the name of the style of jump that is used today for high jumping?

15. What is your favorite event?

16. Discus power comes mostly from
_____ force.

17. Sprinters must stay in their
_____ when racing/running.

shot—as far as possible.

Techniques:

Hold shot in fingers, in front of shoulder and elbow out to side. Start in back of ring with back toward target. Stay low (lunge position) while you shuffle (glide) forward, transfer weight, rotate and “push” shot forward.

Discus

The discus looks like a small heavy Frisbee (however it is not thrown like a Frisbee).

Techniques:

*Hold disc with last finger joint and fingers spread. *Use rotational force for power and holding disc in hand. Squatting and rotating simultaneously. Rotation prior to throwing must be from low to a high release. Hand must stay on top disc for the most effective throw. Release disc off index finger.

Jumping Events: Long, Triple, and High Jump (Field Events)

Long Jump

* The long jump combines speed and strength in an attempt to leap as far as possible from a take off point. *Sprint the runway *Take -off on one foot *Arms up, Knees up *Land on two feet *Weight forward .

* Measurement from jump stripe/board to closest mark in sand.

Triple Jump

* Three phase jump: HOP, STEP, JUMP. * Measurement is from the stripe/board of the HOP (1st phase) to the closest mark in the sand (end of Jump/3rd phase).

High Jump

- A field event where the athlete attempts to jump over a bar and lands onto a large soft matt (porta-pit).
- Rules: must take off with one foot. Must exit back of porta-pit. Athlete gets three attempts at each height. If bar falls, it is a scratch/miss.
- Approach is to run toward bar in a curve (of a “J” pattern).
- “Fosbury Flop” is the style of jump when the athlete crosses the bar with his/her head/back first and lands on his/her back.

Terminology

- Baton: metal or plastic tube used for relays.
- Take-off board: board or mark that starts the long & triple jump.
- Pit: sand landing area for long and triple jump.
- Porta-pit: large, soft, mattress for high jump landing.
- Cross bar: high jump clear bar.
- Picker/marker: person at finish line who spots/picks what place the runners finished.
- Runway: the running/lead up path to the long and/or triple jump.