

Track and Field Study Guide

History: Track and field is one of the oldest sports. Athletic contests were often held in conjunction with religious festivals, as with the Olympic Games of ancient Greece. For 11 centuries, starting in 776 BC, these affairs—for men only – were enormously popular events. During the Middle Ages organized track and field all but disappeared. The true development of track and field as a modern sport started in England during the 19th century. English public school and university students gave the sport recognition through their interclass meets, or meetings as they are still called in Britain, and in 1849 the Royal Military Academy held the first organized track and field meet of modern times.

<u>RUNNING EVENTS:</u>	
100 Meter Dash	200 Meter Dash
400 Meter Dash	100 Meter Hurdles
800 Meter Run	1600 Meter Run
400 Meter Relay	1600 Meter Relay
400 Meter Hurdles	

<u>FIELD EVENTS:</u>	
Discus	Long Jump
Pole Vault	Triple Jump
Shot-Put	
High Jump	

Commands:

1. Take your mark: Getting positioned for the start of the race – strong leg forward.
2. Get Set: A held position.
3. GO! (Sound of gun)

False Starts: Movement before the official gun results in a disqualification of the runner in that race.

Scratch: A foot fault over the line or board of a field event.

Sprints: Run on toes; keep elbows in; use arms in a pumping motion; long strides; lean forward; run through the finish line.

Disqualification (DQ): The runner false starts out of the blocks or the runner crosses over into another lane.

Distance Running: Establish a pace and stick to it throughout the race. At the end you want to kick and sprint toward the finish line. Run heel to toe; relax shoulders and arms.

Hurdles: 100 Meter & 400 Meter

1. First leg over is called the lead leg.
2. Second leg over is called the trail leg.

Disqualification (DQ): The runner crosses over into another lane, the runner deliberately knocks down the hurdle with the hand, the runner does not go over the hurdle.

Relays: There are 4 people on a relay team, each person runs 1 leg of the race. A baton is passed between the runners and no runner may complete their leg without the baton.

Strategy:

1. First Leg: should be the run by the second fastest person in the relay group. They will have the ability to gain an early lead and run the curve.
2. Second Leg: should be run by the slowest person they will run the straight away.
3. Third Leg: Should be run by the second slowest person.
4. Fourth Leg: Should be run by the fastest person.

Passing: First person starts with the baton in their right hand, passes to the second person in their left hand, third person in right, and fourth person in left.

Types of Handoffs:

1. Blind: Used most often with sprinting relays (4x200m Relay)
2. Visual: Used most often with distant relays (4x1600m Relay)

Disqualifications (DQ): Runner crosses over into another lane, the baton is dropped, or the baton exchange is passed outside the passing zone.

Distance of the Track:

1 Lap= 400 meters

2 Laps = 800 Meters

4 Laps = 1 Mile or 1600 Meters

100 Meters = one quarter of a lap

200 Meters = half of a lap

Field Events

High Jump: Jump for height in which participants must take off of one foot only. A jump counts when the bar stays on the standards. You can touch it, but not knock it off. The athlete is allowed 3 attempts at each height.

Types of Jumps:

1. Scissors: Take off on the outside foot, inside leg goes over first.
2. Fosbury Flop: Most commonly used; take off on the outside foot, arch back and go over the bar head first with the back to the bar.

Long Jump: Jump for distance; take off on one foot and land on two; measurement is taken from the front of the takeoff board to the closet mark made in the pit by the jumper. May not step over the takeoff board or jump will be disqualified. The athlete has 3 attempts to jump with the longest of their attempt counting.

Triple Jump: Also jump for distance. Hop, skip, and jump; measurement is taken from the hop to the closet mark in the pit made by the jumper. Best out of 3 attempts is used to calculate jumper's score.

Shot Put: The shot is put from a ring of 7 feet in diameter; a release at a 45 degree angle is best; Do not throw the shot; it is propelled by a pushing motion which starts with the shot put tucked under the athlete's jaw bone. You must enter and exit from the back of the circle; you cannot step on or over the toe board. The best out of 3 attempts determine scoring.

Discus: Thrown from a circle 8' 2 ½ " in diameter; the discus is held with the first joint of the fingers on one hand; hold discus by the edge and release it at shoulder level; it comes off the hand with wrist being snapped toward the release. The athlete must enter and exit from behind of the circle. The best out of 3 attempts is once again used to determine scoring.

Pole Vault: Competitors use a flexible pole to vault a crossbar between uprights. The crossbar is raised after each round, and competitors remain in the competition until eliminated by three consecutive misses.

Javelin: The javelin is a spear about 2.5 m (8 ft 2 in) in length that is thrown. Unlike other throwing events, javelin allows the competitor to build speed over a considerable distance. In addition to the core and upper body strength necessary to deliver the implement, javelin throwers benefit from the agility and athleticism typically associated with running and jumping events.

