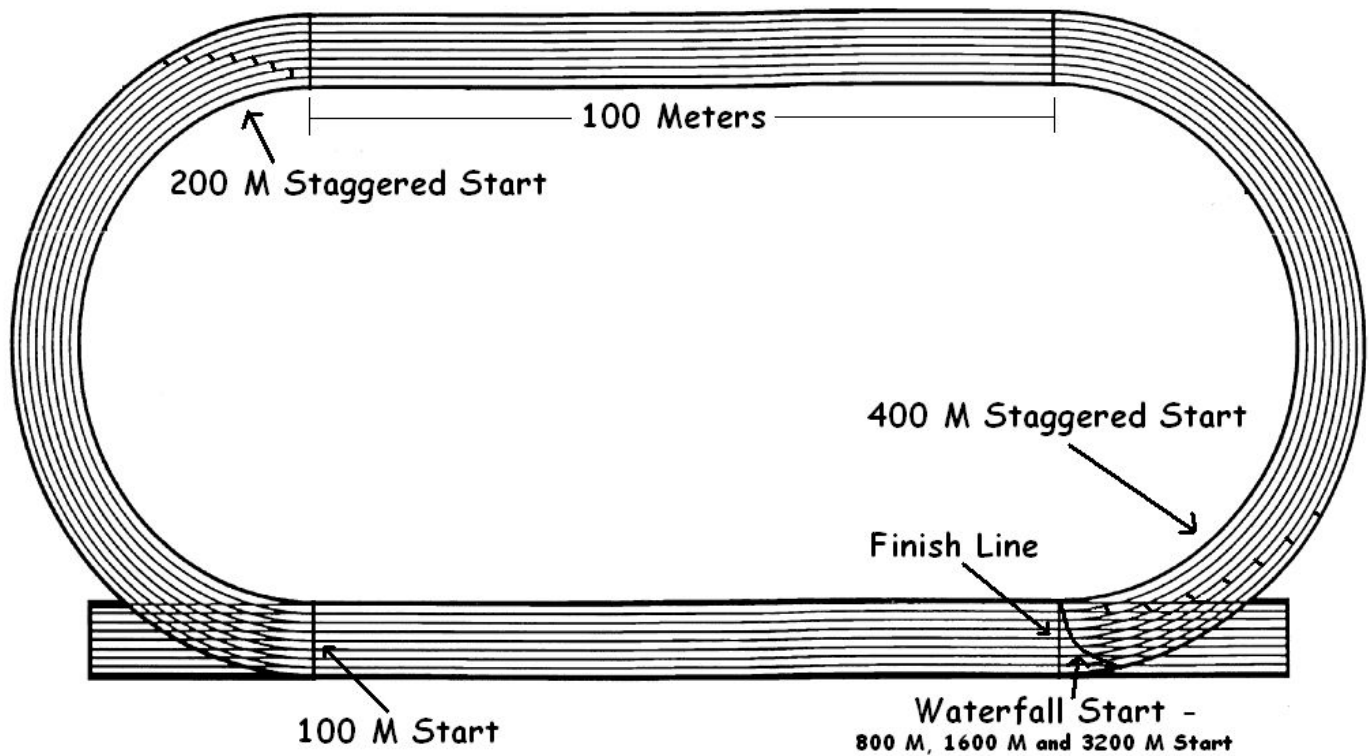


### Track and Field Study Guide

**Court and Equipment:**

1. 400 M track
2. Track Equipment: Starting blocks, batons, hurdles
3. Field Equipment: Shot put, discus, long/triple jump pit, high jump mats, pole vault mats



Track and Field Events		
<b>Sprinting Events</b>	<p><b>100 M Dash</b> - consists of running <math>\frac{1}{4}</math> of the track (1 straight)</p> <p><b>200 M Dash</b> - consists of running <math>\frac{1}{2}</math> of the track (1 curve and 1 straight)</p>	<ul style="list-style-type: none"> <li>* 4 point take-off</li> <li>* Quick reaction time is necessary</li> <li>* Keep feet in your lane</li> <li>* Lean across finish line with upper body</li> <li>* Run through the finish line</li> </ul>
<b>Distance Events</b>	<p><b>800 M</b> - consists of running 2 laps around the track</p> <p><b>1600 M</b> (aka Mile Run) - consists of running 4 laps around the track</p> <p><b>3200 M</b> (aka 2 Mile Run) - consists of running 8 laps around the track</p> <p><i>Note: These events not on test or taught!</i></p>	<ul style="list-style-type: none"> <li>* Use a standing track start to begin race</li> <li>* Stay in your own lane until allowed to cut in</li> <li>* After cutting in, run in lane 1</li> <li>* Always pass on the outside of other runners</li> <li>* Run a speed you can maintain the whole race</li> </ul>

		* Kick it in for the last 100 M and run through the finish
<b>Relay Events</b>	<b>4 x 100 M</b> – each member runs 100 M and hands off the baton to the next runner	* 4 runners make up a relay team * Lead-off (1 <sup>st</sup> ) starts in 4 point stance * runners 2-4 use <b>2 point</b> stance * Handoff must take place in the exchange zone. <b>Blind or Visual</b> * <b>Hold Baton at bottom, say go, stick and receive baton with thumb up!</b>
<b>Field Events</b>	<b>Long Jump</b> – an event in which athletes attempt to jump the farthest <b>Triple Jump</b> – an event in which athletes attempt to jump as far as possible by performing a hop, a skip, and a jump from a running start landing on two feet.	<b>Long:</b> * Take-off with one foot, drive knee forward, and swing arms landing on two feet. <b>Triple:</b> * <b>Hop-</b> Land on <b>same</b> foot. * <b>Skip-</b> Land on opposite foot and jump off of one foot and land on two.

### Vocabulary

Anchor	The runner who runs the last leg of a relay race
<b>Approach</b>	The run up phase in a jumping event during which the athlete builds speed and prepares to jump
<b>Baton</b>	The hollow tube that must be passed between runners to complete a relay race
<b>4 Point</b>	An aid used at the start of events up to the 400 meter distance, including the hurdles & the lead-off leg of a relay
Disqualified	Eliminate an athlete from a competition because of an infringement of the rules; also known as being DQ'd
Exchange Zone	The 20 meter section of the track inside which the baton must be passed from one runner to another during a relay race
False Start	Moving or leaving the starting blocks or line before the start signal is sounded
<b>Handoff</b>	The exchange of the baton from one runner to the next during a relay race. <b>Blind and Visual. Receive the baton with thumb up!</b>
Lap	One complete circuit around the track
<b>Relay Leg</b>	The segment of a relay race completed by a single runner
Scratch	Stepping over the scratch line or designated line before takeoff or the throw
Scratch Line	A line that a competitor is not allowed to step over while performing certain events
<b>Staggered Start</b>	Used in races from 200 meters to 400 meters that start on a curve. The starting lanes are staggered lane by lane to make up for the different distance of the curve in each lane so that each runner starts the same distance from the finish line
<b>Standing 2 point Start</b>	Used for starting races of longer distances (800 meter and up). Begin at the waterfall start with staggered feet and 2/3 of your weight on the front foot
Takeoff	The moment at which an athlete's support foot leaves the ground and enters a period of flight
Trial	An attempt in a field event

<b>Waterfall Start</b>	A common start for the distance races in which athletes line up along a curved line and may break in toward lane 1 immediately
------------------------	--

<b>Track and Field Skills</b>	
<b>Skill</b>	<b>Description and Cues</b>
<b>Sprinting</b>	<ul style="list-style-type: none"> <li>___ High Knees – Drive knee up in front of you bringing heel to bottom</li> <li>___ Balls of Feet – Only balls of feet should contact ground</li> <li>___ Shoulder to Hammer – Thumb to shoulder and hammer nail behind</li> <li>___ Head down on initial start</li> </ul>
Distance Running (not on test)	<ul style="list-style-type: none"> <li>___ Little Arms – Arms straight forward and back with little movements</li> <li>___ Glide – stride should feel smooth and fluid</li> <li>___ Run Lightly – run lightly and quietly, trying not to fall running on ice</li> </ul>
<b>Baton Handoff</b>	<ul style="list-style-type: none"> <li>___ Finish Strong – Run through the hand-off</li> <li>___ Grip at Bottom – hold the baton at the bottom of it</li> <li>___ Thumb up Delivery – pass baton into the hand of receiver overhand.</li> </ul>
<b>Baton Receiving</b>	<ul style="list-style-type: none"> <li>___ Same Speed – both runners should be at the same speed to exchange</li> <li>___ Arm Back &amp; Parallel – Place arm straight back, shuffle, turn, receive thumb up, and sprint.</li> <li>___ Steady Hand – Keep your hand steady when waiting to receive baton</li> </ul>
<b>Long Jump</b>	<ul style="list-style-type: none"> <li>___ One Foot Takeoff – Take off on one foot</li> <li>___ Drive knee and throw hands in air.</li> <li>___ Squat Landing – Land in a squat position (two feet) with your weight forward.</li> </ul>
<b>Triple Jump</b>	<ul style="list-style-type: none"> <li>___ Hop – same foot, then skip – opposite foot, then jump – land on two feet.</li> <li>___ The last jump uses the same cues as long jump (drive knee and throw arms).</li> </ul>
<b>4 point start</b>	<ul style="list-style-type: none"> <li>___ Hands Behind Start Line – Hands on the track behind the start line</li> <li>___ Line up knee and front foot</li> <li>___ Raise Hips – Raise up so front leg is 90 degrees</li> <li>___ Swing opposite arm backwards</li> </ul>