

# Track & Field Unit Study Guide

## Running Events

### **Sprints- Must stay in your lane the complete race**

Distances: 100, 200 and 400 meters

Technique: Arms bent, pumping forward and backwards. Head relaxed. Look forward down the track.

### **Long Distance-Move to the inside track lane.**

Distance: 800m (2 laps), 1600 (4 laps= 1 mile), 3200 (8 laps= 2 miles)

### **Relay Races**

Distance: 4x100 relay (everyone runs a 100 meter), 4x400 relay (everyone runs a 400 meter)

Technique- A baton is passed from runner to runner. The baton exchange must be made within the "passing zone" or the team is disqualified.

### **Hurdles**

Distance: 55 meter (middle school), 300 meter (high school) 110 meters (high school)

Technique: Front leg is the "lead leg" it is straight. Back leg is the trail leg- it is bent and stays flat. Lean forward at waist as you jump over hurdle.

## Field Events

### **Shot Put**

Technique- Hold the shot put with the fingers in front of the shoulder just below the ear with the elbow out. Push the shot up rather than throwing it, power comes from the legs.

### **Discus**

Technique- Hold disc with your last finger joints and fingers are spread on top of the discus. Release the discus so your throwing hand goes across your body and it leaves your index finger last.

### **High Jump**

Technique- Approach towards the mat in "J" pattern. Take off on one foot, throwing your arms up and driving your knee up to carry you up and over the bar.

### **Long Jump**

Technique- Run down the runway as fast as you can take off on one foot landing with both feet in the pit. When landing in the pit lean your body forward and reach out with your arms and legs to prevent from falling backwards. Remember speed and height equals distance.

### **Triple Jump**

Technique- Hop-Step-Jump: Take off and land on the same foot (hop), land on opposite foot (step) take off that foot and land in the pit (jump). When jumping think same,same, other. Ex- Left, Left, Right or Right, Right, Left.





