

# Track & Field: Review/Skill Sheet

## Grading

Name \_\_\_\_\_

Class \_\_\_\_\_

Participation	/24
Skill development and application	/6
Use of strategy	/6
Knowledge	/12

### Skill 1: Sprints (400 Meters, 200 Meters, 100 Meters)

- Runs on balls of feet
- Pumps arms
- Long, fast strides

### Skill 2: Distance (800 Meters, 1600 Meters, 3200 Meters)

- Pacing
- Relaxed shoulders
- Relaxed hands

### Skill 3: Long Jump

- Running approach
- Take off on 1 foot
- Lands on 2 feet

### Skill 4: Shot Put

- Start shot put by chin
- Bend knees
- Shuffle/glide step
- Extends knees and pushes shot put forward

### Skill 5: High Jump (If applicable)

- J-pattern running approach
- Take off foot furthest from bar
- Jump over bar using the Fosbury Flop method.

- ✓ Is able to use skills in practice situations
- ✓ Is able to use skills in competition situations

Total skill development and application \_\_\_\_\_ /6

## Vocabulary:

**Sprints** – A short distance race where you run at top speed. In track, sprint races are considered to be the 400 M. Dash, 200 M. Dash and the 100 M. Dash.

**Distance Races** – Longer running races where you must pace your running speed. At a track meet distance races are the 800 M. Run, 1600 M. Run and 3200 M. Run.

**Relays** - A running race where there are 4 runners who run the same distance, one runner at time. A baton is passed from one person to another during the race. Ex. 4 x 100 (aka 400 M. Relay) each person runs a 100 on the track. Other races include the 4 x 200, 4 x 400, or the 4 x 800.

**Baton** – an implement used usually made out of metal or plastic that is passed from one person to another during a relay race.



**Exchange Zone** – Two arrows on the track where the baton must be exchanged during a relay race.

**Acceleration Dot** – A circle painted on the track before the exchange zone, to denote where a runner may start to ‘accelerate’ before their hand-off.

**Hurdles** – Running events in track where you must jump over the ‘hurdle’. Boys hurdles are set higher than girl’s hurdles. See picture below.



**Field Events** – Any non-running event in a track meet. Such events include: long jump, triple jump, high jump, pole vault, shot put, discus, javelin and hammer throw.

**Shot put** – A round, metal, implement that is thrown as far as possible. A boy’s shot put is heavier and larger than a girl’s shot put.



**Discus** – An implement that is flat and round shaped like a plate, usually made out of rubber or metal and wood. The object is to see how far the discus can be thrown. A boys discus is heavier and larger than a girls discus.



**Ring** – The name of the circle where a shot putter and discus thrower throw their implement from.



**Toe Board** – The name of an aluminum board in which a shot putter can not cross when competing. If a competitor's foot crosses the toe board the throw is considered 'a scratch' and will not count.



**Foul** – The term used when a thrower does not follow the rules and their throw does not count.

**Scratch** – The term used when a competitor's jump does not count. Example: A high jumper hits the bar on their way over. The jump will be considered a 'scratch' because they did not clear the bar.

**High Jump** – Competitors run in the shape of a 'J', take off of the foot furthest from the mat, and do the Fosbury flop over the bar to land on the mat. An athlete has 3 attempts at each height to clear the bar. If the competitor hits the bar and it lands on the mat, the jump is considered a 'scratch'. The picture below is what the high jump mats & bar look like as well as the jump called the 'Fosbury flop'.

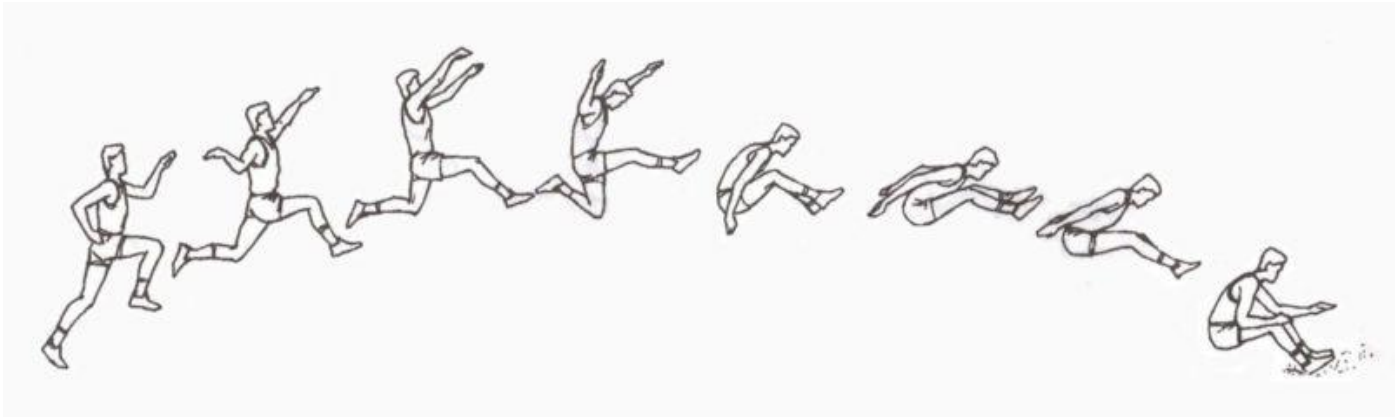
**High Jump Mat, Standards & Pole**



**Fosbury Flop**



**Long Jump** – Competitors run as fast as they can down a runway strip, take off from one foot and land on two feet into the sand pit. The athlete’s foot must stay behind the ‘board’ when taking off. If their foot crosses the board, the jump is considered a ‘scratch’. The measurement is taken from the closest spot to the board line. The competitor to jump the longest wins the event. Usually jumpers get three attempts to jump their best. Below and long jump pit and long jump technique are pictured.



**Triple Jump** – Competitors run as fast as they can down a runway strip, but do a series of steps before they jump. An athlete will do their running approach, hop, step and then jump into the sand pit. The person with the longest jump will win the event.

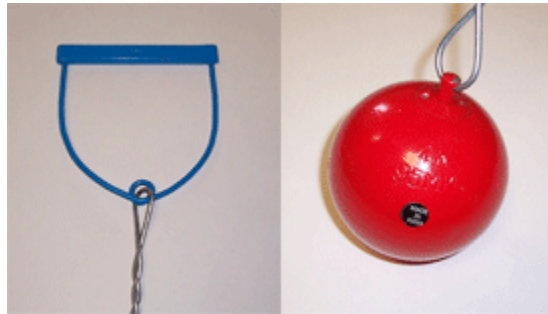
**Pole Vault** – An event where competitors will run down the runway with a pole, place the pole in the vault box and then fly over a bar and land in the pole vault pit. Below are the phases of a pole vault approach, jump and landing.



**Javelin** – An implement shaped like a spear. The athlete must run and throw the javelin as far as they can. The competitor to throw the furthest wins the event.



**Hammer** – A ball and chain type apparatus where an athlete will try to swing and throw it as far as possible. When the event is in a track meet it is called the hammer throw.



**False Start** – The term used when a competitor moves before the gun is shot for a race to begin.

**Infield** – The name of the area in the middle of the track where some field events will take place.

**Starting blocks** – The name of the apparatus a sprinter will use in order to start a race. See picture below.



## **Rules:**

- All sprint races are started by an official starter. This person will give the commands, "Runners to your marks", "Ready", "Set" and then the gun will fire off to let the competitors know they are to start the race.
- Any runner, who moves between the 'Set' phase and the shot of the gun, will be disqualified from the race.
- In jumping events, if a competitor steps over the long/triple jump board, or hits the bar on high jump or pole vault their jump is considered a scratch.
- In the throwing events if the athlete crosses over the toe board or leaves the ring from anywhere but the back, their throw will be considered a 'foul'
- For long jump, triple jump, shot put, discus, hammer throw and javelin; a competitor usually has 3-4 turns to give their best effort. The longest jump or throw wins.
- For pole vault & high jump, a competitor has 3 tries to clear a certain height. If they clear the height, they are able to move onto the next height. The person who jumps at the highest height, with the least amount of 'scratches' wins the event.
- Relay race exchanges must take place between the exchange zones. If they do not take place between the exchange zones the relay team will be disqualified.
- During a relay race if the baton is dropped, the runners may pick it up and continue with their race. As long as they were not out of the exchange zone, and did not interfere with any of the other runner, the team will not be disqualified.

## **History:**

- Was first known as 'athletics'
- Track & field was the original event in the first ever Olympics in 776 BC
- Currently most Track & Field meets take place around a 400 M. Track & the Field events take place on the inside of the track.
- There are usually 2 track seasons, an indoor and an outdoor season. The indoor season in run during the winter months.
- An indoor track us usually a 200 M. Track

## **Pictures found at:**

*Wikipedia.com and Everythingtrackandfield.com*