

## Track and Field

### Track Events (running events)

1. Sprints
2. Relays
3. Middle distance
4. Hurdles

### Field Events (throwing and jumping events)

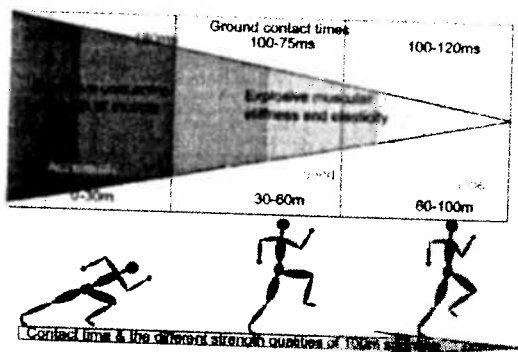
1. High Jump
2. Long Jump and Triple Jump
3. Shot Put
4. Discus

### SPRINTS

Maximum speed over a short distance.

#### Starts:

- Starting blocks are used to start all sprints because a faster start can be made from a crouched position than from a standing position.
- Power leg is in the front block



#### Starting a race:

3 commands are given:

1. "On your marks"
  - a. Runner moves into the starting blocks and assumes a crouched position
  - b. Arms are straight, shoulder width apart, thumb and forefinger of each hand just behind the line
  - c. Rock forward so shoulders are in front of the hands and all the weight is on your fingertips
  - d. Eyes are focused down in front of your hands
2. "Set"
  - a. Raise the hips so they are slightly higher than the shoulders
3. "GO"
  - a. Runner drives out of the blocks
  - b. First stride is short, thrust opposite arm out and up to obtain maximum force out of the blocks
  - c. Once out of the blocks, remain low and gradually rise to a proper sprinting body position - about 3 steps.

#### Points on sprinting form:

- Run on the balls of the feet
- Keep toes pointing forward
- Keep knees high to develop a long stride
- Hands should come up to shoulder level when coming forward, and on the backward drive the elbow should come up to shoulder height.
- Arms should be bent at a 90 degree angle with the elbow going straight forward and backward and NOT across the body.

#### Finish:

- Sprint through the finish line, not just to the tape

#### Rules:

- A competitor is allowed 1 false start. The second false start results in disqualification even if it is committed by a different athlete.
- The fingers must be behind the line and both feet must be in contact with the track
- Lane interference disqualifies a runner - taking more than 3 steps into an opponent's lane

### RELAY

- Races between teams of 2 or more contestants, each person may run only one distance (leg). Each runner shall carry a baton in hand and pass it to the succeeding teammate. The first runner shall start with the baton and the last runner shall carry the baton across the finish line
- Junior high relay race is 4X100 m in length. 4 runners, each running 100 m distance.



#### Passing the Baton:

- Runner waits before the exchange zone for the incoming runner, as the incoming runner approaches, the outgoing runner accelerates into the exchange zone. When both runners are in the exchange zone the incoming runner will pass the baton to the outgoing runner.
- The outgoing runner feels the baton being pushed into the hand rather than watch the baton.
- At the time of the hand-off, both runners should be close to their top speed
- The incoming runner should pass the baton to the opposite hand of the outgoing runner i.e.: right hand

of incoming runner should pass to the left hand of the outgoing runner.

#### Rules:

- All rules that apply in the sprinting event also apply in the relay event
- The baton must be handed (not thrown) from one teammate to the next
- The baton must be passed while it is within a 20m-exchange zone
- A team shall be disqualified (DQ) for failure to pass the baton in accordance with the rules

### MIDDLE DISTANCE

A run of moderate length. It is longer than a sprint and shorter than a marathon (26 miles)

#### Points:

- Find and maintain an "easy" pace
- Sprint at the end of a race
- Regulate breathing - breathe in through the nose and out through the mouth
- Distance strides in general are shorter and lower than sprinting strides

#### Rules:

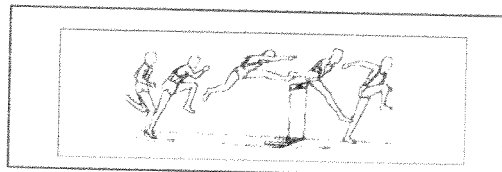
All rules of sprinting apply. Specific rules of the event are:

- runners are assigned positions - not lanes (an exception: 300m is run in assigned lanes)
- commands are: "on your mark" and "go"
- the 600, 800, 1500 and 3000 are not run in lanes. A competitor must be a full 2 strides in front before changing to the inside lane otherwise a disqualification may result.

### HURDLES

An event that combines the concept of sprinting as well as clearing an obstacle

- When hurdling one should think of sprinting over the hurdle instead of jumping over the hurdle
- Any number of hurdles may be knocked down as long as the competitor attempts to clear the hurdles



#### Technique:

- Take 7 or 8 strides to the first hurdle
- Lead with the heel, and then straighten the leg as it passes over the hurdle
- Trail leg clears the hurdle so that the upper part

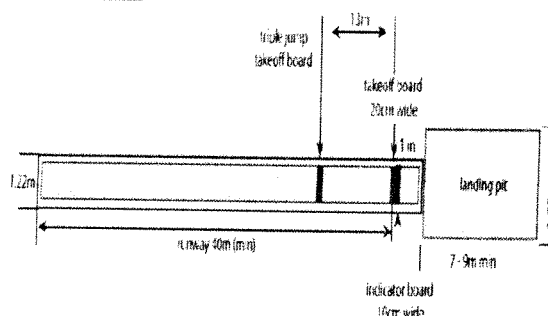
- Opposite arm to lead leg reaches forward for balance
- Take 3 or 5 strides between the hurdles
- Attempt to always have the same lead and trail leg

#### Rules:

The same rules as those for sprinting apply to hurdles. The following additional rules also apply:

- A hurdler shall be disqualified if:
  - they do not try to clear each hurdle
  - pushes a hurdle down with the hand
  - interferes with another hurdle

### LONG JUMP



A combination of running and jumping to obtain maximum distance

#### Technique:

There are 4 phases in the long jump: the approach, the take-off, the flight, and the landing

**Approach:** speed - reach the board at maximum speed

**Consistency** - pace your stride, the length must be the same to perfect the take-off

#### Long jump continued:

**Take-off:** concerned with two important points - obtaining vertical lift and maintaining as much horizontal speed as possible

**Flight:** "transfer all momentum forward - try to hang in the air as long as possible"

**Hitch-kick Method:** when leaving the board the jumper "runs in the air", landing heels forward

**Hang Method:** arms are pointed straight up in the air, both legs are dropped and moved backward. At actual landing, extend the legs forward and landing heels first.

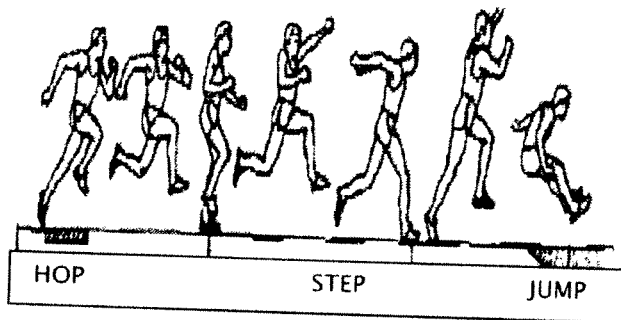
**Landing:** aim to achieve a position with the feet far forward of the jumper's centre of gravity without falling back into the pit

#### Rules:

1. Measurement is taken where the back of the foot touches the ground or from the part of the body that touches the ground closest to the board

2. Each competitor shall be allowed 3 preliminary trials. In the finals, the top 8 competitors are allowed 3 additional trials
3. The competitor's best jump is counted in the final results, regardless of whether this jump occurred in the preliminary or final rounds
4. A jumper shall take-off from behind the take-off line. If the jumper's shoe extends over the board, the jump shall not be measured and shall be counted as a fault
5. In the case of a tie, the second performance of the tying competitors shall decide the tie

### Triple Jump



#### **The Start**

- Athletes either start with what is known as the crouch or rollover technique.
- The upper body is bent over so that the shoulders are down by the thigh of the front leg. From here the run begins with a forceful push up and out. This position does not allow the athlete to see the board or sand which can be seen as a disadvantage.
- The rollover start allows the athlete to stand much more upright. Then a rocking motion takes place shifting the weight to the back foot and back.

#### **The Drive Phase**

- The strides should be long and powerful in this phase because most of the acceleration should take place here.
- The athlete should also drive into an upright position around 6 strides into the run.
- Look directly at the board in this phase.

#### **The Continuation Phase**

- Consists of more acceleration and keep the head more upright.

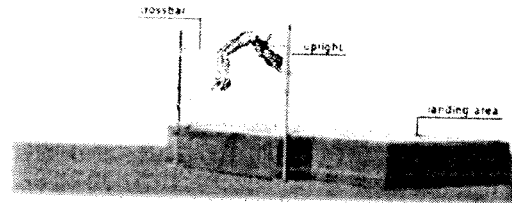
#### **The Landing Phase**

- It is vitally important for the athlete to keep accelerating through this phase.
- In the final steps the body should be pushed

- Do not lean back in your landing

### HIGH JUMP

A transfer of horizontal speed to vertical speed in order to achieve maximum height in the air



#### **Technique:**

- Fosbury Flop - 4 phases: the approach, the take-off, the flight, and the landing
- The Approach: described as a J pattern
- The first four steps are in a straight line and used to gain speed
- The last 3-4 steps are accelerated and used to form the bottom of the "J" converting horizontal speed into vertical height
- The left footed jumper approaches from the right side
- The right-footed jumper approaches from the left side
- Take-Off: The outside foot is the take-off foot (the foot farthest from the bar)
- The free knee is driven up across the body and the arms are brought up to shoulder height
- Flight: The jumper's back is now presented to the bar, shoulder blades cross first, then the hips begin to cross over the bar
- Feet are brought over the bar
- As soon as the hips have passed the bar, bring head up and put your chin on your chest
- Landing: landing is absorbed on the upper part of the shoulder and the entire length of both arms. Tuck the chin to the chest

#### **Rules:**

- A competitor may begin jumping at any height above minimum height
- The competitor must take-off from one foot
- 3 attempts are given at each height - 3 consecutive misses disqualifies a competitor
- -An attempt is unsuccessful when:
  - a. a jumper displaces the crossbar in an attempt to clear it

- b. a jumper passes the vertical beyond the crossbar without clearing the crossbar
- c. after clearing the bar, the jumper stumbles against the crossbar and knocks it off

### SHOT PUT

Shot put is a **PUSHING** action, not a throwing action

Female competitors of junior high age throw approximately a 6 lb shot

Male competitors of junior high age throw a 8lb shot



#### **Technique:**

- The Grip: held by the base of the fingers, off the palm - "clean palm"
- Cradled in the neck - "dirty neck" Helps keep the shot. Keep it tight in the neck to allow for stability throughout the motion.
- The Stance: weight on the back leg, low position to the ground
- Elbow points towards the ground
- Trunk slightly turned to the front of the circle
- Free arm is low, straight and lined up with rear leg and it lead the body forward
- The Put: knees straighten as the trunk moves forward and up
- The head moves to the side to allow the shot to be put.
- The Release: put the elbow out sideways
- Push the shot away as late as possible and release at a 45-degree angle

#### **Rules:**

- The shot is put from a circle 7 feet in diameter
- The length of the shot is measured from the front of the circle to where it lands
- After 3 preliminary puts, if a competitor has one of the top 6 puts, he is allowed 3 additional puts
- A competitor's best put is judged to be his furthest throw regardless of when it occurred
- A competitor's put is disqualified if:
  - a. it is thrown
  - b. it does not land within the 60 degree sector
  - c. the competitor goes out the front of the circle during the throw
  - d. the competitor does not enter and leave by the back half of the circle

