Track and Field Handout

Track Events (running events)  Field Events (throwing and jumping events)
1. Sprints       1. High Jump
2. Relays       2. Long Jump
3. Middle distance     3. Shot Put
4. Hurdles        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
- Trail leg is ½ to 1-foot length behind 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 starting 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 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 than 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 of the leg is parallel to the hurdle
- Trail leg “snaps” down quickly to the ground
• 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:
  o 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: basic principle “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 (i.e. hand)
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

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

Shot put continued:
Male competitors of junior high age throw a 4 kg shot

Technique:
The Grip: held by the base of the fingers, off the palm - "clean palm"
Cradled in the neck - "dirty neck"
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

The Put: knees straighten as the trunk moves forward and up
Free arm leads the body
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 a 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
The competitor does not enter and leave by the back half of the circle

**DISCUS**
The discus is not thrown but "slung"

In both discus and shot the competitors move in 3 directions:

- **a.** low to high - bent knees and competitor finishes standing
- **b.** back to front - competitor moves from the back of the circle to the front
- **c.** rotation - the competitor's torso rotates from facing back to facing front

**Technique:**
The Grip: claw grip, hand on top of the discus, fingers spread, tip of 4 fingers lip the discus

Preliminary Swing: On the forward swing the discus comes across the body
  - Arms remain straight
  - The discus remains in the hand as long as the arm is straight and in motion. This is due to centrifugal and centripetal forces

The Release: the hips move forward, free arm leads the discus around
  - The body straightens as the discus is preparing to be released
  - The discus is released at an angle of about 40 degrees
  - The last finger to touch the discus as it is released is the index finger

**Rules:**
- The discus is thrown from a circle of 8 feet
- Each competitor is allowed 3 attempts. If he is in one of the top 6 at the end of those throws, he is allowed 3 additional throws
- The throw is measured from the front rim of the circle to the point the discus lands letting go of the discus while making an attempt is considered a trial
- In the case of a tie, the second best throw between competitors involved will determine the winner
- A throw shall be declared fowl if:
  - the discus lands outside of the 60 degree circle
  - the competitor does not enter and leave from the back half of the circle
  - The competitor steps out the front of the circle while completing a throw