

TRACK AND FIELD STUDY GUIDE

I. TRACK EVENTS

<u>Glossary:</u>		
<u>Dash</u> —sprint	<u>Staggered Start</u> —runners line up on different lines to equalize the distance around the track	<u>Pace</u> —spreading out your energy for a longer race in order to last the distance
<u>Lane</u> —the path which is marked on the track which a runner must stay in	<u>False Start</u> —leaving the starting line before “go” command or moving during “set” command	<u>Kick</u> - a burst of speed used at the end of a longer race
<u>Acceleration</u> —speeding up	<u>Heat</u> - a round of races	<u>Stride</u> —running step

A. **Running Events**— All track running events are done on a track that includes lanes, unlike cross country races which can take place on any type of surface.

1. **Sprinting**

- Sprinting events include: 50 Meter Dash, 100 M, 200 M, and 400 M.
- 50 M and 100 M are run on straight-aways.
- 200 M, 400 M and 800 M use a staggered start to equalize the distance.
- Cross Country does not include any sprinting events.

2. **Long Distance**—in Middle School Track, these distances are usually run by building speed over the distance of the race. For example, the pace will start off slower at the beginning and should get faster to the point that the runner is sprinting at end.

- Long Distance events include: 800 M Run and 1600 M

B. **Rules of Track Events**

1. **Starting all events**

- Official command to start a race:
“take your mark” → “set” or “get set” → “go” or the sound of the gun.
- Entire body must stay behind starting line.
- False start can be called if a runner is moving on “set” command or leaves the starting before the “go” command.
- Two false starts = disqualification.

2. **50 M Dash, 100 M, 200 M and 400 M**

- Each runner must stay within his/her lane from start to finish.
- If a runner moves out of his/her lane than that runner is disqualified.
- 200 M Dash and 400 M are run using the curves of the track and are run **counter clockwise**.

3. 800 M Run and 1600 M

- a. These are events where a runner must stay in a lane for a short period of time and then should safely cut in and remain in the inside lanes throughout the rest of the race
- b. A runner cannot cross in front of another runner until he or she is **two** running strides ahead. They may also not push or force a runner to change his or her own course.
- c. These events are also run **counter clockwise**

C. Form and Strategy

1. Sprinting—running at your fastest speed the entire length of the run.

- a. Starts should be low to the ground and runner should explode up.
- b. Acceleration should increase and strides should become longer until actual running form has occurred.
- c. Running Form should include the following:
 1. Forward body lean
 2. Feet pointed straight ahead and run on the balls of your feet
 3. Legs moving w/high knee lift in front
 4. Elbows at 90 degree angle
 5. Arms pumping up and down, not in a zigzag manner
 6. Do not slow down until passed the finish line

2. Long Distance Runs

- a. Knowing how to pace is most important.
- b. Strides are long and with less high knee action.
- c. Foot action is heel to ball of your foot.
- d. When passing a runner, it is better to do it on a straight-away (passing on curve will add distance.)
- e. Strong finish—know when to start his/her final burst of speed to end race.

II. FIELD EVENTS- (not included in cross country)

<i>Glossary:</i>		
<u>Take-off Board</u> —a board that a participant long jumps from	<u>Take-off Foot</u> —the foot that drives a participant from the ground; the last foot in contact w/ground.	<u>Scratch (or Foul)</u> —the act of stepping over a foul line in a field event
<u>Shot</u> —an iron or rubber coated sphere	<u>Toe Board</u> —the take off arc used in outdoor shot put	<u>Crossbar</u> —the bar which participants high jump over
<u>Trials</u> —tries; chances	<u>Put</u> —the action of pushing the shot	<u>Approach</u> —the run up used before take off

A. Running Long Jump

1. Participant will have a total of three jumps.
2. Sprint to the take-off board.
 - a. Determine how far you will need to run to reach maximum speed
 - b. Last three strides should be shorter to prepare for take-off
3. Participant must use a one foot take-off with the goal being to jump from the take-off board.
 - a. Aim for height on jump by exploding upward, swinging both arms up in air and reaching forward
 - b. Tuck both feet towards chest to add height to jump and knees bent on landing.
4. When landing a long jump, the participant should try to reach and land forward with both feet side by side (not split apart).
5. Measurement is taken from the end of the take-off board to the point of the body part nearest to the take-off board.
6. Common Scratches in Running Long Jump.
 - a. Taking-off beyond the take-off board.
 - b. Taking-off using two feet.

B. Shot Put

1. Participant will have a total of three puts.
2. Starting Position:
 - a. Face in opposite direction of where you are throwing (stand backwards).
 - b. Feet are in split stance with bend in knees to keep low center of gravity.
 - c. Hold shot put with base of fingers NOT in palm.
 - d. Shot should be placed close to jawbone w/elbow pointing away from body.
 - e. Free arm should be placed across the body for momentum when putting the shot.
3. Releasing the Shot Put
 - a. Body will rotate forward by shuffling feet and swinging free arm away from body so participant will be facing toward the take-off.
 - b. As body swings forward, the participant should explode upward and push the shot vigorously upward and forward releasing the shot at approximately 45 degree angle for best outcome.
4. Shot is measured from front edge of toe board or take-off line to the exact landing of the shot.
5. Common Scratches:
 - a. Stepping on or over the toe board or take-off line.
 - b. Leaving the circle before the put is measured.
 - c. Throwing the shot instead of pushing it.

C. High Jump

1. **Equipment:** two rigid high jump standards, a cross bar and a pit area are used.

2. Three trials are given at each height.

- a. Three misses at a given height disqualifies the participant from further jumping.
- b. The crossbar then raises 2 inches to a new height where each participant receives another three trials.

3. **Basic Technique:**

- a. Run up on approach should be consistent in distance and speed.
- b. Last three strides should be the fastest?
- c. Participant must take-off from one foot.
- d. Participant drives body vertically with lead leg as well as exploding arms upward for best results.

4. **Common Scratches:**

- a. Taking-off from two feet.
- b. Knocking cross bar off high jump standards.
- c. Breaking the plane of the crossbar.

5. **Types of High Jumps taught at OOJH—NOTE:** These techniques will be described in depth during class room instruction

- a. The Straddle Roll
 1. Lead leg is the outside leg.
 2. Body passes over the crossbar with stomach down.
- b. The Scissor Kick
 1. Lead leg is the inside leg.
 2. Body passes over the crossbar with your bottom down.
- c. The Fosberry Flop
 1. Lead leg is also inside leg.
 2. Body passes over the crossbar with your back to the crossbar.

III. RELAYS (not included in cross country)

<i>Glossary:</i>		
Relay —four runners sharing the distance of a run	Baton —metal tube used in relays which is passed from one runner to the next	Exchange Zone —22 yard distance in which an exchange of the baton must occur
Hand Off —passing a baton from incoming runner to outgoing runner	Receiver —the runner getting the baton	Leg —the distance one member of a relay team must run
Lead Runner —first runner on a relay team	Anchor —the final or fourth leg of a relay	

A. General Information

1. Four runners make up a relay team
2. Each runner runs a leg of the relay that are equal distances around the track.
3. The distances are considered sprints.
4. At OOH we run two relays:

- a. 400 M Relay (or 4 X 100)—each runner sprints 100 M
- b. 800 M Relay (or 4 X 200)—each runner sprints 200 M

5. A baton is exchanged from runner to runner.
6. There are three exchange zones in a relay; Each zone is 22 yards long
7. Disqualifications:

- a. Baton is not exchanged within the zone.
- b. Running out of your lane or interfering with another runner (stay in your lane until all runners have passed at your exchange zone).

8. Passing the Baton

- a. Pass goes from the passer's left hand to the receiver's right hand. This places you and your teammate shoulder to shoulder within the lane and prevents you from tripping.
- b. Transfer the baton into your left hand as soon as possible.
- c. The receiver of the baton should watch the approaching teammate over their right shoulder and start running when he or she is 8 to 12 feet away.

9. Strategy for setting up relay team:

- a. The fastest runner should run last or anchor the relay. This allows your team to be able to finish strong.
- b. The second fastest runner runs first or lead to provide the team with a good start.