TRACK AND FIELD STUDY GUUDE

I. TRACK EVENTS

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

A. Running Events—all running events are done on a track that includes lanes

1. Sprinting

- a. Sprinting events include: 50 Meter <u>Dash</u>, 100 M, 200 M, and 400 M.
- b. 50 M and 100 M are run on straight-aways.
- c. 200 M, 400 M and 800 M use a staggered start to equalize the distance.
- 2. **Long Distance**—in Middle School Track, these distances are usually run by building speed over the distance of the race. For example, <u>the pace</u> will start off slower at the beginning and should get faster to the point that the runner is sprinting at end.
 - a. Long Distance events include: 800 M Run and 1600 M

B. Rules of Track Events

1. Starting all events

- a. Official command to start a race:
 - "take your mark" \rightarrow "set" or "get set" \rightarrow "go" or the sound of the gun.
- b. Entire body must stay behind starting line.
- c. <u>False start</u> can be called if a runner is moving on "set" command or leaves the starting before the "go" command.
- d. Two false starts = disqualification.

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

- a. Each runner must stay within his/her lane from start to finish.
- b. If a runner moves out of his/her lane than that runner is disqualified.
- c. 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. <u>Acceleration</u> should increase and <u>strides</u> 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 6. Do not slow down until passed
- 4. Elbows at 90 degree angle
- 5. Arms moving up and down; avoid moving sideways
 - 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

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

A. Running Long Jump

- 1. Participant will have a total of three jumps.
- 2. Sprint to the <u>take-off board</u>.
 - 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 <u>take-off</u> with the goal being to jump from the take-off board.
 - a. Aim for height on jump by exploding up, 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. <u>Shot</u> 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 <u>take-off</u>.
- 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 <u>cross bar</u> 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 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

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

8. Passing the Baton

- a. Pass goes from the **passer's left hand to the <u>receiver</u>'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 <u>receiver</u> 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 <u>anchor</u> the relay. This allows your team to be able to finish strong.
- b. The second fastest runner runs first or <u>lead</u> to provide the team with a good start.