Running was simply wanted to test himself or herself. Running was to complete a grueling task, like other times, the athletes choose to do athletic events. Sometimes the objective of jumping became leisure-time activities that people do between running or, and war running and games. Similarities between these made survival important. From built-houses to fallen trees,Behold the obstacles! Hunt-hungry. This running consisted of jumping over food, and ran from other animals who were themselves Ennemies to join them. Both ran after animals, women hunting for early human beings were forced by their environment.

HISTORY OF TRACK SPORTS

Events and their rules then control them. National Collegiate Athletic Association (NCAA) were organized to govern/oversee these events and the rules that control them. The Intercollegiate Association of Amateur Athletes in America (ICAAA) and the Amateur Athletic Union were held in New York City. Eventually, track and field events became so popular that the first track meet was held in New York City. Eventually, track and field events became so popular.

Running as a sport did not become popular in America until 1871, when the first track meet was held in New York City. The Intercollegiate Association of Amateur Athletes in America (ICAAA) and the Amateur Athletic Union were held in New York City. Eventually, track and field events became so popular that the first track meet was held in New York City. The Intercollegiate Association of Amateur Athletes in America (ICAAA) and the Amateur Athletic Union were held in New York City. Eventually, track and field events became so popular.

Track events are closely related to field events. This packet will deal with the fundamental

INTRODUCTION

The Response Forms (questions and puzzles) check your understanding and appreciation of the techniques, scoring, rules and news. The text describes a particular sport or physical activity, and relates its history, rules, and

INSTRUCTIONS

TRACK EVENTS

PACKET # 17
3. At the second command, "Sel," lift your body until your back is almost parallel to the ground with hips slightly above the level of the shoulder.

2. At the command, "On your mark," place your feet on the starting block.

off.

You are about to push off from a solid base from which to push very quickly and forcefully. The block gives very little to no resistance and is adjustable to your comfort.

I. Getting off to a good start in short distance is NOT as simple as it looks! Here's how it's done:

THE DASH

HOW DIFFERENT TRACK EVENTS ARE DONE

There are different events in track and field: sprints, middle distance, and long distance. Middle distance events include the 800, 1500, 3000, and 5000-meter races. Long distance events include the 10,000-meter race. In racing, the athlete must maintain maximum speed in a short amount of time. The athlete must be fast and quick.

Athletics is a sport that is very popular in many countries around the world. Track and field competitions are held in Athens, Greece, every four years. The Olympic Games were founded in Athens in 776 B.C. They were also part of athletic events that were recorded in Greece as early as 776 B.C. They were also part of athletic events that were recorded in Rome in the Middle Ages. They were also part of athletic events that were recorded in Rome in the Renaissance and into modern times.
ders. This is called the “ready position.”

4. As the starting gun is fired, push off from the starting block with explosive force, keeping the body forward and the head low at the beginning of the run.

Both psychological and physical considerations enter into running the dash. Being aware of the competition’s strengths and weaknesses is as critical as being a skilled and aggressive runner. Patience and determination are also essential attributes for the competitive runner in this event.

THE HURDLE

Hurdle competition is not running and leaping, but making running leaps over the hurdles. You do not jump over the hurdle. Instead, as you reach the hurdle, you lift your legs and tuck them up so that they barely clear the top of the crosspiece.

Traditionally, there are two types of hurdle races—the 120-yard (110 meter) high hurdle and the 440-yard (403 meter) intermediate hurdle. The hurdles are 42 inches (1.06 meters) high in the 120-yard event and 36 inches (.91 meters) high in the 440-yard event. The distance from the starting line to the first hurdle is 49 1/4 yards (45.03 meters). The ten hurdles are placed at 38 1/4-yard (34.9 meter) intervals across the running lanes. Here’s how to do the hurdles:

1. As you cross a hurdle, your body will be leaning forward. The arm opposite the lead leg crosses the hurdle first. If the left leg leads, the right arm crosses the hurdle first.

2. As you cross the hurdle, tuck your legs up so that they barely clear the top of the hurdle.

3. After you have crossed the hurdle, land so that the body’s weight will still be forward, in front of the lead leg. Landing with the weight so far forward can throw a careless runner off balance. Thus, it is often recommended that the left leg become the lead
The Receiver of the Baton Stations Running so that His/Her Speed will Match

1. The Receiver of the oncoming runner passes the Baton to the Receiver, who then moves ahead and continues the race.

2. As the two runners approach each other, the Receiver looks over His/Her Shoulder and extends the Receiver's arm back toward the oncoming runner.

3. The receiver has his or her Palm up as the pass takes place.

The Visual Pass

How these two passes are done:

The Visual Pass and the Blind Pass are two types of passes used in relay racing. Here's:

or the Baton, positions can be lost.

- When dropping it is disqualified and the
- receiver. The Baton is dropped, the
- during the pass. If the Baton is dropped, the
- but teamwork. The focus of relay racing is the act
- off the baton. Relay Racing demands not only speed
- Even a team with four fast runners isn't assured

anchor:

relay. The baton must be held firmly on the
- man is the first, and the last to touch the
- approximately the same distance. The first part
- person (relay) uses a four-person team of

RELAY RACING

Finish as you cross the finish line.

Do not maneuver incorrectly. Your upper body will barely move when

Continue running with no interruption of your rhythm to the next handoff. If

Leie in order to help the runner maintain a better balance upon landing, e.g.,
for assessing the abilities of other runners on the track. They
10
Long-distance runners need good judgment and a keen eye
physically and mentally. Because it is the point where many runners are
leaning both
segments is often considered the most critical part of the mile
mental, strong runners with a burst of speed. The third
allowed the runner to conserve energy, while the fourth set-
fortable stride. The third segment is taken at a stride that
first segment is a brisk run. The second segment is taken at
Each mile in a race can be divided into four segments. The
race is slow, a longer one for a faster race.
hip rotation and lean to adjust the stride—a shorter stride if the
controlled leg movement. For the most, almost master optimum
numerous concentration and self-pacing to prevent exhaustion.
covered, however, distance running requires endurance, stamina,
regardless of the actual number of miles in
meets or more. Regardless of the actual number of meets in
800 and 2,000 meters. Long-distance races are those of 3,000
middle-distance races are essentially designated as those between
Distance running refers to races over 800 meters and longer.
LONG DISTANCE RUNNING

The receiver's hand and thumb fasten to the passer's shoulders.

As they draw near to each other, the receiver waits for the ballon holder to

as the oncoming runner approaches.

The oncoming runner quickly slows down and leaves the track.
track clothing is traditionally light in weight and allows complete freedom of movement.

**Equipment and Clothing**

into the United States.

leap the race on foot and in 1889, the event was introduced
race over obstacles. Eventually, English students began to at-
Originally, the name "steeplechase" referred to a country horse

approximately 3280 yards long.

and 7 water jumps. In the Olympic Games, this race is ap-
chase is comprised of running and jumping over 25 hurdles
cheer and the endurance of a long-distance runner. The steeple-
This event requires that the athlete combine the skills of a hur-

**Steeplechase**

also need to develop a game plan for winning each race.
Below you will see a list of the Gold Medal winners of Track events in the 2000 Olympics in Sydney, Australia.

<table>
<thead>
<tr>
<th>Men's Events</th>
<th>Contestant</th>
<th>Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>10,000 METERS</td>
<td>Haile Gebrselassie</td>
<td>Ethiopia</td>
</tr>
<tr>
<td>110 METER HURDLES</td>
<td>Maurice Greene</td>
<td>United States</td>
</tr>
<tr>
<td>150 METER WALK</td>
<td>Amer Garcia</td>
<td>Cuba</td>
</tr>
<tr>
<td>3000 METER STEEPLCHASE</td>
<td>Robert Korzeniowski</td>
<td>Poland</td>
</tr>
<tr>
<td>400 METER HURDLES</td>
<td>Konstantinos Kenteris</td>
<td>Greece</td>
</tr>
<tr>
<td>800 METER</td>
<td>Ruben Kosgei</td>
<td>Kenya</td>
</tr>
<tr>
<td>1000 METER STAND</td>
<td>Konstantinos Kenteris</td>
<td>Kenya</td>
</tr>
<tr>
<td>200 METER HURDLES</td>
<td>Robert Korzeniowski</td>
<td>Poland</td>
</tr>
<tr>
<td>400 METER STEEPLCHASE</td>
<td>Angelo Taylor</td>
<td>United States</td>
</tr>
<tr>
<td>800 METER</td>
<td>Michael Johnson</td>
<td>United States</td>
</tr>
<tr>
<td>1500 METER WALK</td>
<td>Robert Korzeniowski</td>
<td>Poland</td>
</tr>
<tr>
<td>5000 METER</td>
<td>Milan Wolde</td>
<td>United States</td>
</tr>
<tr>
<td>800 METER</td>
<td>Nils Schumann</td>
<td>Germany</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Women's Events</th>
<th>Contestant</th>
<th>Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>10,000 METERS</td>
<td>Derartu Tulu</td>
<td>Ethiopia</td>
</tr>
<tr>
<td>100 METER HURDLES</td>
<td>Olga Shishigina</td>
<td>Kazakhstan</td>
</tr>
<tr>
<td>150 METER WALK</td>
<td>Marion Jones</td>
<td>China</td>
</tr>
<tr>
<td>400 METER HURDLES</td>
<td>Nouria Merah-Benda</td>
<td>Algeria</td>
</tr>
<tr>
<td>200 METER WALK</td>
<td>Maarje Privalova</td>
<td>Russia</td>
</tr>
<tr>
<td>400 METER STAND</td>
<td>Cathy Freeman</td>
<td>United States</td>
</tr>
<tr>
<td>3000 METER STEEPLCHASE</td>
<td>Gabriela Szabo</td>
<td>Bahamas</td>
</tr>
<tr>
<td>400 METER</td>
<td>Maria Mutola</td>
<td>Romania</td>
</tr>
<tr>
<td>800 METER</td>
<td></td>
<td>Mozambique</td>
</tr>
</tbody>
</table>
The NCAA championship in 2003 saw LSU capture the Women's Outdoor Track and Field Championship. This was the 13th team title by LSU. In the men's competition, Arkansas won its 10th team title—their first since a string of eight straight championships ended in 1999.

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Meters</td>
<td>10.25 seconds</td>
<td>Marley Scates (Tennessee St)</td>
</tr>
<tr>
<td>200 Meters</td>
<td>20.47 seconds</td>
<td>Leo Booman (Kansas)</td>
</tr>
<tr>
<td>400 Meters</td>
<td>44.57 seconds</td>
<td>Adam Steele (Minnesota)</td>
</tr>
<tr>
<td>800 Meters</td>
<td>1 minute, 35 seconds</td>
<td>Sam Buttery (Pennsylvania)</td>
</tr>
<tr>
<td>110 Hurdles</td>
<td>13.35 seconds</td>
<td>Ryan Wilson (Southern Cal)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Meters</td>
<td>11.18 seconds</td>
<td>Aalen Bailey (South Carolina)</td>
</tr>
<tr>
<td>200 Meters</td>
<td>22.25 seconds</td>
<td>Aalen Bailey (South Carolina)</td>
</tr>
<tr>
<td>400 Meters</td>
<td>50.58 seconds</td>
<td>Sanya Richards (Texas)</td>
</tr>
<tr>
<td>800 Meters</td>
<td>2 minutes, 14 seconds</td>
<td>Alice Schmidt (North Carolina)</td>
</tr>
<tr>
<td>100 Hurdles</td>
<td>12.74 seconds</td>
<td>Pedrita Felton (Illinois)</td>
</tr>
</tbody>
</table>

Stay on top of the latest track events at the college level by visiting the NCAA website at: [http://www.ncaa.org](http://www.ncaa.org)

Remember that there are many exciting events in this sport on the high school level. Keep your eyes on the standouts at these levels of competition and you may someday see them again among the international champions. For example, Alan Webb recently smashed Jim Ryun's 36-year-old national high school record in the mile. Webb erased a legend from the record books with his confident running at the Prefontaine Classic with a time of 3 minutes 53.43 seconds. Webb's mile was fastest by any US runner since Richie Boulter's 3:53.26 in 1998.

And watch for developments concerning the next Olympic Games to be held in Greece:

- [http://www.trackwire.rivals.com/](http://www.trackwire.rivals.com/)
4. Describe why the starting position is so crucial to the dash or short run.

3. What are the five traditional track events?

2. What are the physical benefits to be gained from participating in track as a sport?

1. Complete sentences. Write on the backs of these sheets. Be neat, spell correctly, and write in enough room. Write your answers in the spaces below the questions. If there is not enough room, write your answers in the spaces below the questions. If there is not enough room, write your answers in the spaces below the questions.

WHAT TO DO

____________________________
DATE

____________________________
NAME

TRACK EVENTS

STUDENT RESPONSE PACKET
What is the hurdle competition and what are the two types of hurdle races?

Why is it sometimes recommended that the lead leg be used as the lead leg in hurdles?

Why does relay racing depend as much on teamwork as on the speed of the individual runners?

What is a “visual pass”?

What is a “blind pass”?

Describe how the receiver should be positioned to receive the baton in the visual pass.
Physical Education 17 Crossword

Across:
3. One of the associations that control track events
8. Number of sprinters in a relay race
9. Direction of minimum movement in crossing hurdle
12. Another name for the dash
13. An association of colleges that supervises track events
14. Position with hips slightly above shoulder level
15. Traditional number of hurdles types
16. This race involves water jumps and hurdles
17. This race involves water jumps

Down:
1. Type of relay pass
2. One of the five track events covered in this packet
4. The last runner in a relay race
5. Number of water jumps in a steeple chase
6. Direction of body weight after crossing hurdle
7. Track events held here in 776 BC
8. Height in inches of hurdles
9. Federation that controls track all over the world
10. Name of first sprinter in a relay race
11. Second command when starting the dash
16. The sprinter puts his or her feet here at the start of the race

Name: ____________________________ Date: ____________
Physical Education 17 Word Search

Use the clues below to discover words in the above puzzle. Circle the words.

1. Type of relay pass
   2. Direction of body weight after crossing hurdle
   3. Name of first spinner in a relay race
   4. An association of colleges that supervises track events
   5. One of the five track events covered in this packet
   6. The last runner in a relay race
   7. The sprinter puts his or her feet here at the start of the race
   8. Track events held here in 776 BC
   9. This is passed in a relay race
   10. Second command when starting the dash
   11. Number of water jumps in a steeplechase
   12. This race involves water jumps and hurdles
   13. One of the associations that control track events
   14. Height in inches of hurdles
   15. Position with hips slightly above shoulder level
   16. Traditional number of hurdles in crossing hurdle
   17. Direction of minimum movement in crossing hurdle
   18. Another name for the dash
   19. Number of sprinters in a relay race