

TRACK AND FIELD

6th and 7th Grade

HISTORY

The history of track and field began in Athens, Greece. Athletes from all of Greece gathered to compete in contests of strength, speed, and skill.

TRACK EVENTS:

- Hurdles
- 100 meter dash
- 200 meter dash
- 400 meter run
- 800 meter run
- 4x100 meter relay
- 4x200 meter relay
- 4x400 meter relay.

The LMS track is a 400 meter track. Four times around our track equals a mile.

Track tips:

- When running a sprint or crossing the finish line the runner should never look back to see his opponent. Looking back would cause the lead runner to lose time and cut speed.
- The winner of a race is determined by the first person to cross the finish line with their torso. (upper body)
- Runners should always try to run 5 to 10 yards beyond the finish line before slowing down.

TRACK VOCABULARY:

- **Staggered Start-** A race that is run on one or more curves begins with a staggered start. The staggered start equalized the distance run by each runner. Lane one begins the furthest back, while lane six begins the furthest forward.
- **False Start:** If a runner leaves before the gun is fired, the starter will shoot the gun again to indicate a false start. A runner who false starts twice is disqualified from the race.
- **Relays:** Relays consist of four runners that each run part of the race. Runners hand off a *baton* within the exchange zones marked on the track.
- **Anchor-** The final runner of the relay team that receives the final hand off. This person is usually the fastest runner on the relay team.
- **Disqualification or DQ-** happens if a runner runs in another runner's lane and interferes with other racers.
- **Kick:** increased speed at the end of a race.

TURN OVER----->

FIELD EVENTS:

SHOT PUT

- The shot is held by the first three fingers with the thumb and little finger curled around the side of the shot. It is held on the shoulder and close to the jawbone.
- Each competitor receives **3** attempts to achieve their best score.
- A competitor must enter and exit the ring from the rear of the shot put circle.
- A **scratch** (no score recorded) is recorded if a contestant touches the ground in front of the shot ring with their hand or foot. A contestant who does not exit the rear half of the ring is also given a scratch.
- The shot used at Lundahl is 8 lbs.

DISCUS

- The proper position of the fingers when gripping the discus is the first joint of each finger over the edge, relaxed, and spread.
- Each competitor receives **3** attempts to achieve their best score.
- A competitor must enter and exit the ring from the rear of the shot put circle.
- A **scratch** (no score recorded) is recorded if a contestant touches the ground in front of the shot ring with their hand or foot. A contestant who does not exit the rear half of the ring is also given a scratch.
- The discus used at Lundahl is 1 kg. (or 2.2 lbs)

LONG JUMP

- Each competitor receives **3** attempts to achieve their best score.
- Jumps should have a one foot take off and land on both feet
- During the landing phase, jumpers should try to fall forward to get a better score because jumps are measured from the mark closest to the take off board.
- A **scratch** occurs when the jumper's foot crosses the take off board on his take off.

TRIPLE JUMP (Hop, Step, Jump)

- When approaching the long jump pit the foot should be planted at the front edge (closest to the pit) of the take off board.
- Each competitor receives **3** attempts to achieve their best score.
- A **scratch** occurs when the jumps are executed improperly or, if the jumper's foot crosses the take off board on his take off or if the hop, step, and jump are done improperly.
- During the landing phase, jumpers should try to fall forward to get a better score because jumps are measured from the mark closest to the take off board.

HIGH JUMP

- There are three different styles of high jumping: Scissors, Western Roll, and the most popular, Fosbury Flop. The flop is the easiest technique to learn.
- The approach for all styles is a curved path (making a J).
- Each jumper has **3** attempts at each height. A jumper is disqualified from competition when he misses his first height attempted three times.
- The jumper may hit the bar while going over as long as the bar stays on the standards.