

## Track and Field Study Guide

### Track Events

#### 1. Hurdles:

- | 3 elements of the hurdles: lead leg, punch arm, trail leg.
- | It is legal to knock a hurdle over in a race as long as you stay in your lane.

#### 2. Starts and Sprints:

- | When coming out of the blocks for a sprinting event, you want your dominant leg forward to push off.
- | Keep head down and body leaning forward

#### 3. Relays:

- | The two relays in Track and Field are the 4x100 relay and the 4x400 relay.

### Field Events

#### 1. Shot Put and Discus:

- | A “scratch” in shot and discus occurs when a thrower steps out of the ring while throwing or enters/exits the wrong way.

#### 2. Discus:

- | The disc should rotate in a clockwise direction for a right-handed thrower in the discus and counter clockwise for a left-handed thrower.
- | “Centrifugal force” keeps the disc on your hand while throwing.
- | Coil the spring
- | Release at a 45 degree angle for the most distance.

#### 3. Long Jump

- | Take-off board is where you start your jump in the long jump.
- | You measure from the distance closest to the scratch board in the sand.

#### 4. Shot Put

- | Check the time
- | Compress the spring to get the most power.
- | Release the shot at a 45-degree angle for the most distance.

#### 5. Triple Jump:

- | During any jumping event, you want to approach the pit quickly to get the most momentum.
- | The sequence of the triple jump is hop, step, jump.
- | Take-off board or the scratch board is where you start your hop, step, jump.
- | You measure from the closest distance to the scratch board in the sand.