

# TRACK AND FIELD

## History/Overview

The track and field unit incorporates competition on an individual and team basis. Track and field is one of the world's oldest sporting activities. The events are depicted in ancient Egyptian art. The first organized track and field meet was in 776 BC. These were called the Olympic Games. At that time, the Olympics consisted of the pentathlon, which included discus, the javelin, foot racing, long jumping and wrestling. The first modern track and field meet occurred in 1837 at Eton College in England. Today the Olympics consists of a multitude of sports of which track and field remains the centerpiece. There are numerous events in track and field. In our unit, we will cover: sprints, distance, shot put, long jump, triple jump and relays.

## Safety/Etiquette

1. Do not cross the track without first checking for runners.
2. Proper warm-up is essential at the beginning of each class period (Active/Passive).
3. Runners should use the outside lanes of the track during warm-up time.
4. Do not walk through the shot-put area.
5. Check the jumping pits for debris or equipment (rakes, brooms, shovels, rocks, garbage, etc.)
6. Learn the proper technique before attempting any event.
7. Always look both ways before crossing the track.

## Facilities/Equipment – Care of Equipment

- Return all equipment to the teacher at the end of the class period.
- Equipment used for this unit includes: relay batons, stop watches, shot put, tape measure, 16" softball, rake and broom (long and triple jump).
- The facility for this unit will be the outdoor track area.

## Basis Skills

### Running Events – Sprints/Distance “Pacing”

#### Starts:

1. Lane 1 is the inside lane and Lane 8 is the outside lane. 4 laps = 1 mile
2. The hands and feet should be behind the starting line but the head may project over it.
3. One false start and the runner is disqualified. (DQ)
4. Staggered Start – the start of the race where the runners do not start in a straight line but usually start around a curve (used in 200M, 400M, 800M, and relays). By staggering the start all runners run the same distance.
5. Starting Signal – “Take your mark, set, go!” When the official says, “Take your mark” the runners take their position at the line or in the starting blocks. On the second command, “Set,” hips are raised up with a forward lean. Head and shoulders are allowed to project over the starting line as long as the hands are behind the starting line. The third command, “Go,” is replaced with a starting gun or whistle in competition. Two shots from the starter's gun or a whistle signify a false start. A runner who moves too soon is also disqualified from the race.
6. Runners must stay in their own lanes unless cutting is permitted. Cutting is permitted in the 800, 1600, and 3200M runs. In the 1600M relay and 3200M relay the second runner may cut in at the end of turn two.
7. Jostling or obstructing another runner is a foul; the penalty is disqualification.

8. Starting blocks are used by runners to gain traction and power. Usually they are used in the 100M high hurdles, 100M dash, 200M dash, 400M run, 300M low/intermediate hurdles and the sprint relays.
9. At the end of the race, runners should run past the finish line to ensure the best time possible and to avoid collisions with other runners finishing the race.

## **Relay Events**

1. A blind pass is when the receiver does not look back. The receiver extends his/her left hand to receive the baton. The passer carries the baton with the right hand. This exchange is usually done with the sprint relays. An alternating, exchanging pattern may also be used.
2. An open pass is when the receiver keeps an eye on the baton until the pass is successfully completed. This exchange is usually done with the distance relays.
3. The passing zone is a 20-meter space marked by colored arrows. The baton is passed in this zone. Both runners involved in the exchange of the baton must be inside the passing zone or the team will be disqualified.
4. If the baton is dropped during the exchange, the outgoing runner should pick it up and continue the run. As long as either runner does not interfere with another team, there is no disqualification. If the baton is dropped and not picked up, the relay team will be disqualified.
5. A suggested placement of runners is as follows:
  1. second fastest runner is the lead off
  2. second slowest runner
  3. slowest runner
  4. fastest runner is the anchor

**Other orders can be used according to the coach's strategy.**

## **Running Long Jump/Triple Jump**

1. The runner will take off from behind the scratch line. If the jumper's shoe extends over the scratch line or makes a mark in front of it, the jump will not be measured but will count as a trial jump.
2. For best results in the long jump competitors should take off on their strongest leg.
3. In a triple jump, a hop-step-jump is used and each segment should be equal in distance. Triple jump includes two additional movements; hop, step, and then the jump into the sand pit.
4. Each legal jump in both running long jump and triple jump will be measured from the edge of the take-off board closest to the pit (scratch line) to the point where the person's body landed closest to the scratch line. Tip: If you have to fall, DO NOT fall backwards!
5. The approach in running long and triple jumps should be as fast as possible.
6. Each competitor is allowed three attempts for both long and triple jump.

## **Shot Put**

1. Shot put is a field event for both boys and girls.
2. The student takes a stance in the ring to start a put. The shot will touch, or be close to the chin. The hand will not be dropped below this position during the action of putting.
3. The put must be made from the circle. It is a foul if the student, after stepping into the circle, fails to pause before starting the put or touches the circle.
4. Competitors may use either the glide or spin approach to gain momentum prior to putting the shot.
5. A foul is not measured, but it is counted as a trial.