

1.Track

Sprint – 100m, 200m and 400m. The aim is to finish in the quickest time. 100m is a straight run. 200m includes a bend and you have a staggered start. 400m is one full lap of an official sized track and you have a staggered start. For all sprints you **MUST** stay in your lane.

Sprinting technique – Keep your body straight and your head still. Keep the shoulders low and relaxed. Run tall with high hips and knees. Drive the elbows back hard. Drive the knees forward. Cycle the foot quickly under your body. Drive the foot down to the ground and pick it up fast. In the 200m and the 400m allow your body to naturally lean in to the curve.

Sprint crouch start

‘ON YOUR MARKS’ – Place your hands slightly wider than shoulder width apart, behind the line. Elbows straight but not locked. Form a bridge with your hands. Place the knee of the back foot level or just in front of the toe of the front foot. Place the toe of the front foot 30-50cm back from the line. To mark it out – make an ‘L’ make a ‘T’ and place the knee in line with the heel.

‘SET’ – Shoulders should be above or slightly ahead of the hands. Raise your hips slightly higher than the shoulders. Bend the legs – front leg about 90 degrees, rear leg about 120 degrees. Keep still.

‘GO’ – Drive the rear knee forward, keep low. Bring the foot quickly down to commence the second stride. Drive the arms hard in opposition to the legs. Fully extend your driving leg and hip, knee and ankle.

Distance Running – **Middle** 800m and 1,500m

Long distance – 3000m 5000m and 10,000m

Running technique – Swing your arms in a balanced, relaxed and symmetrical manner. Run with rhythm and relaxation. Run with hips high. Look ahead, keeping your head aligned with your body.

2.Field

Jumping – Long jump, triple jump, high jump, pole vault. The aim is to jump as high or far as possible.

Long Jump – The toe of the jumper’s shoe, must be behind the leading edge of the take-off board. Long jumpers are measured from the forward edge of the take-off board made by any part of the body of the jumper. **Take-Off** – Sprint as fast as you can towards the marker. Keep your hips high at take-off. Fully extend hips, knee and ankle. Keep your body upright. Drive the free knee up and forwards. Drive the take-off foot down and back.

Flight – Bring arms above head. Keep body upright. Hold the thigh **parallel** to the ground during flight.

Landing – Arms reach for toes just before landing. Reach legs out in front at landing. Bring legs forward and together. Land with heels first, bend knees to absorb momentum. Collapse body forward or sideways.

Triple jump- Use a **Hop**, a **step** and a **Jump**. The triple jump has 5 phases – Approach, hop, step, jump and landing. Throughout the jump keep the head and hips high, and your body upright. Aim for an active flat foot landing. Feel a fast bouncing action. Keep an even rhythm throughout each jump phases.

High Jump – The objective of the high jump is to clear a bar supported on uprights having taken off from one leg. Aim to achieve maximum height at take-off.

Technique – Scissor jump – Progress to Fosbury flop.

A jumper taking off from their left leg should approach from the right. A jumper taking off from their right foot should approach from the left.

Scissors – **Approach** – run in an angle of 30 degrees as fast as you can towards the bar.

Take-off – Drive the leg closest to the bar up and over the bar, keep it bent.

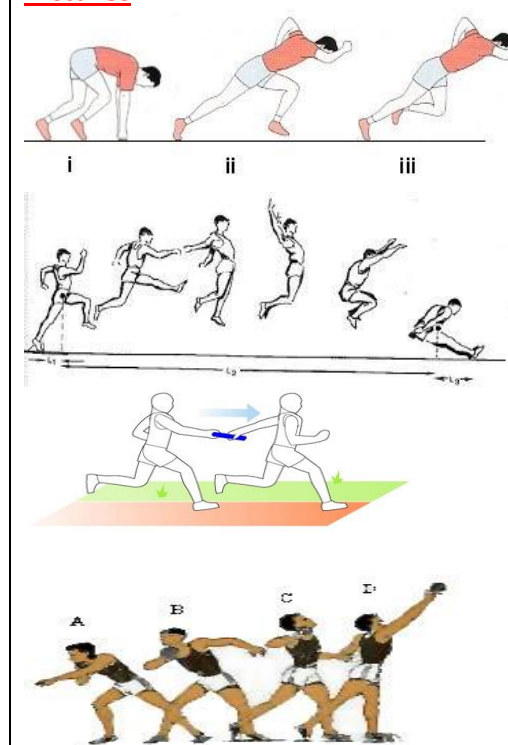
Keep the head and upper body upright. Fully extend the take-off leg at the hip, knee and ankle.

Landing – Take-off leg follows to complete the jump.

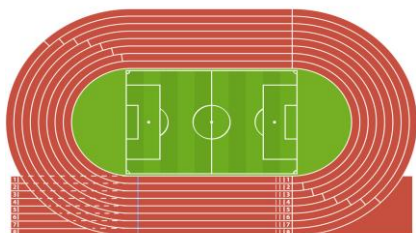
6. Glossary

Take-off Landing Approach Putt
Reaction Speed Fosbury Flop
Drive Vortex Balance Co-ordination
Baton Hurdles Sprint Endurance
Steeplechase Relay Change-over
Power Hurdles Rotation Discus
Javelin Shot Glide Stride Posture

Pictures



3. Where we compete



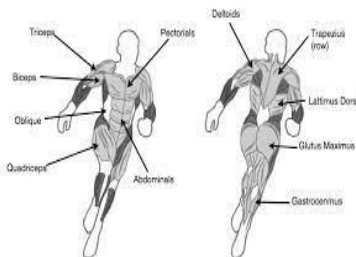
Athletes compete on a standard 400m Tarten track. Athletes sometimes compete on the road or cross country.

The events are broken up to categories.

Track: Running

Field: Jumping and throwing.

4. Key muscles and bones



Quadriceps - Legs

Gastrocnemius -Legs

Hamstrings - Hamstring

Biceps - Arms

Triceps –Arms

Speed

Acceleration

Hurdles

Reaction Time

Track

Field

Endurance

Power

Breathe naturally, keeping your shoulders relaxed. Keep your shoulders and hips as relaxed as possible. Pick the heel up and swing the knee forward.

Start – Standing start is used. Foot up to the line. Start in a lane but then cut in (move) to the inside lane (lane 1) after the first bend.

Relay

4x100m – 4 runners, who each run 100m

4x400m – 4 runners, who each run 400m

Runner 1 starts with the baton who runs to runner 2 where the baton is exchanged, who runs to runner 3 and exchanges the baton, who runs to runner 4 and exchanges the baton, who finishes the race. The passing of the baton is called the 'changeover'. If you drop the baton or move out of your lane at any point during the race your team is disqualified. You must complete the changeover in the changeover box.

How to pass the baton

1. **Up-Sweep** – the incoming runner passes the baton **up** into the outgoing runner's hand.
2. **Down-Sweep** – receiving arm extended, but the hand level is just above hip height. Hand is almost like a 'V', and the baton is ready for landing between the thumb and first finger.
3. **Push Pass** – The arm is extended out parallel to the ground and the hand is open with the **thumb pointing down**

Change over – If the **first runner** has the baton in their right hand, they must stay on the inside of the lane at the exchange. **2nd runner** takes the baton on the left hand and stays on the outside for the exchange. The **3rd runner** takes the baton on the right hand. **Runner 4** takes the baton on the left hand and stays on the outside of the lane when receiving. You are allowed to switch hands after receiving the baton.

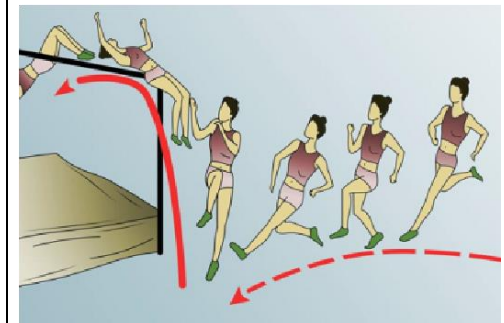
Fosbury Flop – **Approach** – use a J shaped run up as fast as you can. Run tall with the trunk upright. **Take-off** – drive the inside knee upwards – keep it high after take-off. Drive vertically at take-off. At take-off extend fully at hip, knee and ankle. **Landing** – Push hips upwards to 'arch' over the bar. Lift the legs clear of the bar and land safely with the mid-upper back touching down first. Clearance should occur over the middle of the bar.

Throwing – Shot, discus, javelin and hammer. The objective is to throw each implement as far as possible.

Grip – clean palm dirty neck – Rest the shot at the base of the first 3 fingers of your throwing hand. Hold the shot under the chin, against the neck with the elbow raised. Keep the wrist firm. Keep the throwing elbow high throughout the movement. Turn the shoulders away from the direction of the throw. Split stance. Front foot's heel should be in line with the back foot's heel. Both legs bent with the weight on the ball of the front foot. Drive the hips forwards and upwards before release. Throwing arm pushes long and high after a full extension of the legs and trunk.

Javelin – Standing throw (see pictures) – Hold the javelin back with an extended arm and palm high. Extend the right leg at the knee and ankle to drive the hip forward over a straightened left leg. After the hip drive pull the javelin through with the elbow close to the ear. Opposite foot forward (left foot forward for right handed thrower). Stand with feet shoulder width apart, the left foot pointing forward.

Discus – Standing throw – **Grip** – Rest the discus across the finger pads, spread fingers. **Preparation** - Swing the discus back behind the right hip and behind the right leg. The toe on the left foot is in line with the heel of the right. Stand side on to the direction of the throw, with feet just over shoulder width apart. Keep the weight over the rear leg as long as possible. **Release** – keep the hand on top of the discus. Keep the arm long and relaxed. After the hip drive pull the arm through fast and last. Lead with the thumb, drive the hips forward.



THE AMERICAN GRIP
The thumb and the first two joints of the index finger are behind the cord.



THE FINNISH GRIP
The thumb and the first two joints of the index finger are behind the cord, while the index finger supports the shaft. The extended finger assists the rotation of the javelin during delivery.



THE "V" GRIP
The javelin is held between the index and middle fingers behind the cord. The position of the fingers assists the throwing arm in staying at shoulder height during the approach.



Stander, 2006