

TRACK AND FIELD

The origin of track and field can logically be traced back to the beginning of mankind. In order to survive, man needed to develop running, jumping, and throwing skills to successfully hunt. However, the earliest written record of organized track and field activities dates back to the Olympic games of 776 B.C.

During the Middle Ages, the Olympic games ceased but track and field activities continued to be an important part of the physical training of a warrior. In 1896, the Olympic games were revived. Since that time, the popularity of track and field as a competitive sport has steadily increased.

Modern track and field has extensive popularity and participation. Track and field athletes include youth participants, interscholastic, collegiate, international level, masters, senior olympians, special olympians, and handicapped event participants (wheelchair). Track and Field offers events for participants with varied abilities. Athletes considering Track and Field must choose among sprinting, jumping, throwing and distance running events.

The governing body for Track and Field in the U.S. is known as "USA Track & Field" (USATF).

The USATF holds national, regional and state championships for assorted age groups.

FACILITIES AND EQUIPMENT

The track at OTHS is a 400 meter all-weather rubber track. The jump pits and throwing areas are adjacent to the track and meet IHSA specifications. The weight throws (shot and discus) both the boys and girls will throw the women implements. Due to safety reasons, we will not participate in the hurdles or pole vault. Students are required to know distances on the track. a) 1/4 lap straight away 100 meters b) 1/2 lap 200 meters c) 1 lap 400 meters d) 2 laps

880 meters e) 4 laps 1600 meters. On metric tracks the start-finish line is at the end of the front straightaway. Students will work in groups and participate in the relay events. The relay events require knowing the relay exchange zones. Equipment used in class will include: shotput, discus, starting block, relay batons, high jump bar and standards, tape measures and stop watches.

SOCIAL SKILLS AND ETIQUETTE

Students will evaluate themselves at running, jumping, and throwing as compared to national norms. Working together on relays, measuring performances or timing stress social skills. Small group activities and solo performances allow students to interact socially, emotionally, cognitively and physically. Through training students will improve at basic skills of running and jumping. Improvement of skills provide students with a feeling of accomplishment.

SAFETY

A warmup is essential to preparing muscles to perform at running, jumping, or throwing. Athletic shoes laced properly will help prevent foot blisters and leg injuries. Jumpers must take care so they land properly in the jump pit. The throwing events are very dangerous and must be approached with great care.

TERMS IN TRACK AND FIELD

- Baton -stick used on exchange in relays.
- Blocks -aid used to assist runner at starting faster.
- Circle -area from which shot and discus are thrown.
- Discus -flat rubber or wooden implement thrown for distance.

Exchange Zone-the designated area for exchanging the baton during relays.

Field events-the jumps and the throws.

Finish line-common line that the trunk of a runners body must cross to end a race.

Foul -an effort that does not count due to an infraction of a rule.

Jumps -long jump, triple jump, high jump, pole vault.

Relay -a race during which four runners participate as a team.

"On your mark"-1st command given at the start of races under 800 meters.

"Set" -2nd command given at the start of races under 800 meters.

-the 1st command given at the start of distance races.

-the command is followed approximately 2 seconds later by the gun or whistle to start.

Shot -iron or steel ball put or thrown for distance.

Sprint -races of 400 meters or less.

Staggered start-evenly the distance for all runners when a race is run in lanes around one or more curves.

Straightaway-straight area of a track, approximately 100 meters.

Throws -shot put, discus, javelin, hammer.

Anchor -the person who runs the final leg of a relay.

Heat -a preliminary round of a race.

Torso -a runners head and upper body not arms or legs.