

Track and Field
Middle Distances Running
Assignment 2
Fill in the Blank

1. The distance is often witness to some of the most _____, physical races in the sport, as many.
2. The records at this _____ were set by Daniel Komen (Kenya) (7:20.67, Rieti, 1 September 1996) and Junxia Wang (China) (8:06.11, Beijing, 13 September 1993).
3. Truly on the _____ between middle and longer distances, the 3000 m (7.5 laps) is a standard race in the _____.
4. Without the _____ training, men of the era were, in contrast, expected to run themselves to complete exhaustion during competitions.
5. In _____, races over this distance have become more of a prolonged sprint,
6. Also known as the metric mile, this is a premier _____ race, covering three and three-quarter laps around a standard Olympic-sized track.
7. With increasingly controlled climatic and surface conditions and _____ accurate timing devices, however, the record was lowered many times thereafter.
8. Events are track races longer than sprints, up to _____.
9. An early _____ among middle-distance races was the mile, which in the first half of the 20th century was run in times exceeding four minutes. Breaking the “four-minute barrier” was considered unlikely.
10. The _____ consists of two laps around a standard 400 m track, and has always been an Olympic event.
11. . In recent years, races over this distance have become more of a prolonged sprint, with each lap averaging _____ for the world record performance by Hicham El Guerrouj of Morocco: 3:26.00 on 14 July 1998 at Rome (two 1:50 min 800 m performances back to back).
12. This is a difficult distance at which to compete _____, in addition to being one of the more tactical middle-distance track events.

