Name: _____

Date: _____

A. Directions: Choose the letter of the best answer.

1. This event is participated by four runners. Each runner covers 100 meters.
   a. 4 x 100 c. 4 x 400
   b. 4 x 200 d. 4 x 800

2. This event requires the participant to run over the hurdles during the race.
   a. Relay c. Hurdles
   b. Sprint d. Long Distance

3. The following are events held in a 400-meter track, EXCEPT:
   a. Sprint c. Hurdles
   b. Relays d. Shot put

4. It is a collection of sports events that involves running, throwing, and jumping.
   a. Archery c. Swimming
   b. Athletics d. Gymnastics

5. The following are the starter's command in running, EXCEPT:
   a. Go c. Ready
   b. Set d. On Your Marks

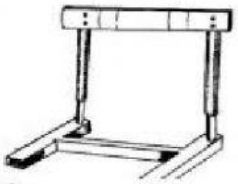
6. This event is participated by four runners. Each runner covers 400 meters.
   a. 4 x 100 c. 4 x 400
   b. 4 x 200 d. 4 x 800

7. Which of the following is the equipment used in relay races?
   a. Baton c. Hurdles
   b. Discus d. Shot put

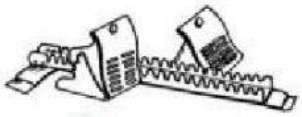
8. Which of the following is NOT a part of any running event?
   a. Individual c. Medley
   b. Relay d. Long distance

Direction: Before we dig deeper into running, let's identify again the different equipment used in running.

1.



2.



3.

4.

5.

LIVEWORKSHEETS