

Track and Field Starts

Write T if the statement is True and F if the statement is False.

1. _____ There are different starting techniques to give sprinters the most power into a sprint.
2. _____ The standing start is intended to propel you into the race as fast as possible.
3. _____ Crouch (Four Point Start), Standing Start, Block Start and Three Point Start are the 4 types of starts.
4. _____ The Crouch start (four –point start) is the most commonly use start in sprinting.
5. _____ Athletes use the standing start for longer races.
6. _____ Standing start is use for events sure as 100m, 200m and 400m.
7. _____ For the three- point start only one arm is on the ground.
8. _____ Athletes use blocks under their feet to avoid slipping during the first movement of the sprint.
9. _____ Block start is use for events sure as 100m Hurdles, 110m Hurdles, and 4x 400m relay.
10. _____ The command for starting a race is “On your mark” “Set” “Go/firing of the gun”