

Track and Field  
Sprinting Assignment  
Grade 7

Place the correct term in the space provided using the words out of the box.

Form	Finish	Stride		Disqualification		Oval
Drive	Speed	Sprint	Lane	Warmup	Starting Blocks	

1. The assigned area you run in on the track.
2. When you violate a rule on the track at the start or during the race.
3. Running style or Form.
4. Activity you participate in before competing to avoid injury.
5. Running as quick as you can to the finish line.
6. Running short quick distances at top speed.
7. When you complete a sprint race.
8. One of the components/styles when sprinting.
9. Piece of equipment used to assist athletes (sprinters) in getting a good start.
10. The shape of a regulation track.