

Physical Education
Track and Field Sprints Work Sheet
Grade 9

Name: _____ Grade: _____

Fill in the blanks with the appropriate answers.

1. List three sprints races.
2. A regulation standard track has _____ lanes.
3. When running a sprint race, athletes must remain in their _____.
4. Sprint races require you to start a race from the _____ position.
5. The _____ has an _____ shape.
6. _____ Races require you to run short distances at top speed.
7. Athletes use _____ to assist them with getting a quick start.
8. The Bahamian national female record holder in the 200m and 400 m is _____.
9. The golden girls 4x100m relay team was comprised of _____.
10. The golden knight 4x400m relay team that competed at the Olympics was comprised of _____.
11. The national stadium is named after this famous Bahamian sprinter _____.
12. Devices used to time a sprint race is a _____.
13. Attempting to start the race before the gun is sounded.
14. Commands given at the start of a sprint race _____.
15. This Bahamian female won a gold medal at the World Championships _____.