

Physical Education
Track and Field Sprint Work Sheet
Grade 8

What's the Term?

1. When a sprinter jumps the gun in a sprint.
2. Apparatus used to assist runners with having a good start.
3. The official who starts sprint race.
4. Type of start used in a sprint race.
5. The shape of a regulation track.
6. Size of a regulation track.
7. Running as fast as you can to reach the finish line.
8. Assigned area on the track where sprinters must run.
9. Something all athletes are required to do before running.
10. Fastest man in the world 100m.
11. Phase coming out of the blocks in a sprint race.
12. Completing a sprint race.
13. Bahamian female record holder in 200m and 400m.
14. Name of the team won the gold medal in the 4 x 400m relay at the London Olympics.