Track and Field
Assignment 1
Spiriting
Fill in the blank

1. The _____ at the Summer Olympics has been contested since the first edition of the multi-sport event.
2. The _____ at the Summer Olympics has been contested since the second edition of the multi-sport event.
3. A _____ is a short running race. In a track and field competition there are generally three different sprint distances:
4. Track and field is a sport that includes athletic contests based on running, jumping, and _____ skills.
5. The name is derived from where the sport takes place, a running track and a _____ for the throwing and some of the jumping events.
6. The initial part of the race the runner is _____ to top speed.
7. The starting commands are _____.
8. Once all athletes are in the set position, _____, officially starting the race. For the 100 m, all competitors are lined up side by side.
9. Olympic athletics programme since 1896 but nearly seventy years passed before the introduction of the women's 400 m, which has been held continuously since the _____ Games.
10. The _____, or 100-metre dash, is a sprint race in track and field competitions.




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