

**Track and Field**  
**Middle Distances Running**  
**Assignment 2**  
**Fill in the Blank**

1. The distance is often witness to some of the most \_\_\_\_\_, physical races in the sport, as many.
2. The records at this \_\_\_\_\_ were set by Daniel Komen (Kenya) (7:20.67, Rieti, 1 September 1996) and Junxia Wang (China) (8:06.11, Beijing, 13 September 1993).
3. Truly on the \_\_\_\_\_ between middle and longer distances, the 3000 m (7.5 laps) is a standard race in the \_\_\_\_\_.
4. Without the \_\_\_\_\_ training, men of the era were, in contrast, expected to run themselves to complete exhaustion during competitions.
5. In \_\_\_\_\_, races over this distance have become more of a prolonged sprint,
6. Also known as the metric mile, this is a premier \_\_\_\_\_ race, covering three and three-quarter laps around a standard Olympic-sized track.
7. With increasingly controlled climatic and surface conditions and \_\_\_\_\_ accurate timing devices, however, the record was lowered many times thereafter.
8. Events are track races longer than sprints, up to \_\_\_\_\_.
9. An early \_\_\_\_\_ among middle-distance races was the mile, which in the first half of the 20th century was run in times exceeding four minutes. Breaking the “four-minute barrier” was considered unlikely.
10. The \_\_\_\_\_ consists of two laps around a standard 400 m track, and has always been an Olympic event.
11. . In recent years, races over this distance have become more of a prolonged sprint, with each lap averaging \_\_\_\_\_ for the world record performance by Hicham El Guerrouj of Morocco: 3:26.00 on 14 July 1998 at Rome (two 1:50 min 800 m performances back to back).
12. This is a difficult distance at which to compete \_\_\_\_\_, in addition to being one of the more tactical middle-distance track events.

