

Name: _____

Date: _____

A. Directions: Choose the letter of the best answer.

1. This event is participated by four runners. Each runner covers 100 meters.
 - a. 4×100
 - b. 4×200
 - c. 4×400
 - d. 4×800
2. This event requires the participant to run over the hurdles during the race.
 - a. Relay
 - b. Sprint
 - c. Hurdles
 - d. Long Distance
3. The following are events held in a 400-meter track, EXCEPT:
 - a. Sprint
 - b. Relays
 - c. Hurdles
 - d. Shot put
4. It is a collection of sports events that involves running, throwing, and jumping.
 - a. Archery
 - b. Athletics
 - c. Swimming
 - d. Gymnastics
5. The following are the starter's command in running, EXCEPT:
 - a. Go
 - b. Set
 - c. Ready
 - d. On Your Marks
6. This event is participated by four runners. Each runner covers 400 meters.
 - a. 4×100
 - b. 4×200
 - c. 4×400
 - d. 4×800
7. Which of the following is the equipment used in relay races?
 - a. Baton
 - b. Discus
 - c. Hurdles
 - d. Shot put
8. Which of the following is NOT a part of any running event?
 - a. Individual
 - b. Relay
 - c. Medley
 - d. Long distance

Direction: Before we dig deeper into running, let's identify again the different equipment used in running.

