

## Track and Field Starts

Write T if the statement is True and F if the statement is False.

1. \_\_\_\_\_ There are different starting techniques to give sprinters the most power into a sprint.
2. \_\_\_\_\_ The standing start is intended to propel you into the race as fast as possible.
3. \_\_\_\_\_ Crouch (Four Point Start), Standing Start, Block Start and Three Point Start are the 4 types of starts.
4. \_\_\_\_\_ The Crouch start (four –point start) is the most commonly use start in sprinting.
5. \_\_\_\_\_ Athletes use the standing start for longer races.
6. \_\_\_\_\_ Standing start is use for events sure as 100m, 200m and 400m.
7. \_\_\_\_\_ For the three- point start only one arm is on the ground.
8. \_\_\_\_\_ Athletes use blocks under their feet to avoid slipping during the first movement of the sprint.
9. \_\_\_\_\_ Block start is use for events sure as 100m Hurdles, 110m Hurdles, and 4x 400m relay.
10. \_\_\_\_\_ The command for starting a race is “On your mark” “Set” “Go/firing of the gun”