

Track and Cross Country

Running events: vocabulary

Heats: preliminary races to eliminate slower runners in the competition and for faster runners it is a qualification into the next round of races

Exchange zone: area where runners in a relay must pass the baton

False start: runners who do not remain motionless in the set position before the signal go or runners who do not follow starter's command

Hand off/exchange: passing the baton during a relay from one teammate to another

Leg: in a relay: each person runs a specific distance

Starter: person in charge of beginning the race

Starting signal: Runners to your mark, set, go or gun sounds

Running rules:

1. Short distance races (60m, 100m, 200m, 400m) runner must stay in same lane the entire race.
2. Longer distance races (800m, 1600m): runners may move to the inside lanes after the first curve. Runners must be at least 3 strides ahead of the closest runner before moving to the inside of the track.. If it is a waterfall start, runners may move to the inside immediately as long as they are ahead by 3 strides.
3. During relay races the baton must be passed in the exchange zone. If dropped in exchange zone the runner receiving it should pick it up. If dropped outside the exchange zone the runner who dropped it must pick it up.
4. Batons should be passed overhand from right to left or left to right.

Field event vocabulary:

Fault/scratch – violation of the rules in the event called a “scratch”

Lead leg – the first leg to go over the hurdles

Plant leg – the leg that a participant in high jump takes off from into the air

Toe board – a wood plank in front of the long jump where a jumper takes off

Trail leg – last leg to go over the hurdle

Trials – an attempt at a particular field event (long jump, high jump, shot put, discus, etc.)

Field event rules:

Hurdles: Runner must:

1. Stay in lane
2. Attempt to clear every hurdle (may not deliberately knock down any hurdle or drag foot along side of hurdle)
3. You should have between 5-7 steps between each hurdle.

High jump:

1. May attempt to clear the bar in any manner provided the performer takes off with one foot

2. 3 trials
4. Three consecutive misses at the same height or different heights will disqualify the competitor
5. A fault/miss = a misplaced bar from the uprights, body going underneath the bar, not jumping within 1 ½ minutes from the judges acknowledgement

Shot put:

1. 3 trials
2. Shot put must be thrown from shoulder or above (if drops below = illegal)
3. Shot putter must throw from inside the throwing circle from a stationary position
4. Hands and feet must not go over the toe board after the release
5. A scratch or fault = no measurement
6. Shot put is measured from the front end of the throwing circle to where the shot first touches the ground (not where it rolls to)
7. Shot put must land inside the throwing sector (area)
8. Must exit thru the back of the throwing circle

Discus:

1. 3 trials
2. Start in stationary position inside the throwing circle
3. Throw with one hand
4. Hands and feet must not go over the throwing after the release
5. Discus must land inside the throwing sector
6. A scratch or fault = no measurement
7. Measurement is taken from the front end of the throwing circle to where the discus first lands (not where it rolls to)
8. Must exit thru the back of the throwing circle

Long jump:

1. 3 trials
2. Take off must be on or behind the toe board from one foot.
3. If foot is over the end of the toe board = fault
4. Measurement is taken from the edge of the toe board to the body part closest to the toe board (if jumper falls backward, measurement is taken from that fall back spot)
5. Jumper is allowed to turn away from the jump prior to the toe board and it does not count as a trial (any contact with the toe board or pit results in a measurement/trial)

Cross Country Vocabulary:

1. **Pacing**- setting a certain stride to use throughout the course, not to fast or too slow
2. **Drafting** – using the runner in front to help conserve energy because the second runner doesn't have to fight the air or wind. This technique is used to save energy for the finish of the race.
3. **Chute** - used at the finish line to eliminate ties, it is a narrow path marked with ropes or flags

Cross Country Rules:

1. Cross-country is a sport in which an athlete runs a specific course along the countryside during the fall season.
2. Course distance for middle school is a mile and ½ and high school is longer.
3. Starting a race: Runner begins in a pack all together
4. Runner follow the course by their markings:
Red flag = Right turn
Yellow flag = left turn
Blue flag = straight ahead
5. Finish line: the runner comes through a long narrow path marked by flags or ropes called a chute, so to eliminate ties. Runner receives a card as they cross the line, which is taken to the scorer's table to record their time.
6. Scoring: Team scored – each individual who comes in gets a placement (3rd) and the placement equals points (3 points) and the team with the lowest points wins. In the event of a team score tie, the last runner placing with each team is checked and whoever placed higher, is the team who wins.

Practice test: True/False:

1. In a cross country race, runners start in a pack.
2. Three consecutive misses at the same height will disqualify a competitor in high jump.
3. In hurdles, the runners must attempt to clear every hurdle.
4. In long jump if the jumper's foot goes over the toe board, the jumper has faulted.
5. Measurement in discus is taken from the middle of the throwing circle to where the discus ends.
6. If the baton is dropped in the exchange zone, the runner who dropped it must pick it up.
7. It is a fault if the shot putter's hand or feet touch the toe board.
8. Cross country runners come through a chute at the finish line to eliminate ties.
9. The baton is should be passed overhand and from right to left, left to right.
10. Hurdlers must stay in their lane during the race.

1. T 2. T 3. T 4.T 5. F 6. F 7. F 8. T 9. T 10. T