

NAME

DATE

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of track events. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. In your opinion, what physical benefits can be gained from participating in track as a sport?

2. What are the five traditional track events?

3. Describe why the starting position is so crucial to the dash or short run.

4. It is often said that both psychological and physical considerations enter into a successful dash. What are these factors and why are they so important?

9. What is a “blind pass?”
10. Describe how the receiver should be positioned to receive the baton in the visual pass.