# **Sprint Events**

Mr. Linda's Physical Education Class

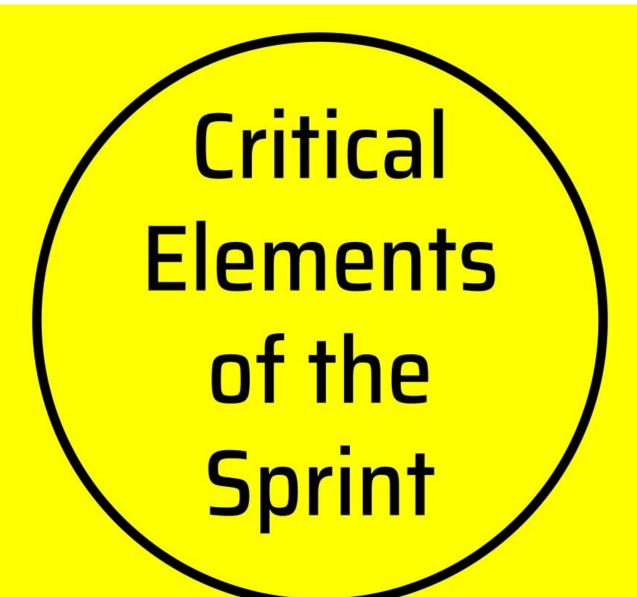
# Sprint Events

- 50 meters not for Middle School T&F team
- 100 meters
- 200 meters not for Middle School T&F team
- 400 meters
- 800 meters

# Rules when running sprints

#### Rules

- Must stay in own lane at all times.
- Disqualified from race if cross over into another lane
- Can do a standing start or block start
- Start race on "On your Marks, Get set, Go "



# Critical Elements

- Keep Arms bent at 90 degrees:
  - Pocket to chin, Rip the Pockets, What the elbows do is what the knees do.
- Elbows back, Knees Up
  - This should happen in opposition.
- Keep chin level and eyes focused
- Keep core muscles contracted
  - partial valsalva maneuver.
- Shoulders Relaxed
  - Arms do not cross the midline of the body.

### How to Run

