

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
of the
Sprint**

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

