



Track & Field

Name _____

Date _____

Period _____



SKELETON OUTLINE



EVENTS:



Earhart Track Events	Earhart Field Events
1.	1.
2.	2.
3.	3.
4.	4.
5.	
6.	



1. Earhart track events are arranged into three different categories. They are _____ races, _____ races, and _____ races.
2. When running a sprinting race the athlete will use an apparatus called a _____ to start the race.
3. Taking off before the start will result in a _____ and the runner is disqualified.
4. All relay races are run with _____ runners per team.
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 -
 -
5. After each runner completes their leg of the race they will pass an apparatus called a _____ to their teammate.
6. Each athlete in a field event gets _____ attempts to achieve their best score. (High Jump athletes get three attempts per height).
7. When putting a shot the athlete may not touch or go beyond the _____.


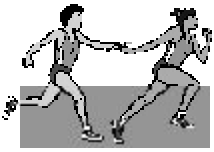
EVENT SKILLS:



High Jump		1	2	3	Tot	 
1						
2						
3						
4						
5						

Long Jump		1	2	3	Tot	 
1						
2						
3						
4						
5						

Shot Put		1	2	3	Tot	 
1						
2						
3						
4						
5						

Discus		1	2	3	Tot	 
1						
2						
3						
4						
5						

Relay Events		1	2	3	Tot	 
1						
2						
3						
4						
5						

Running Events		1	2	3	Tot	 
1						
2						
3						
4						
5						