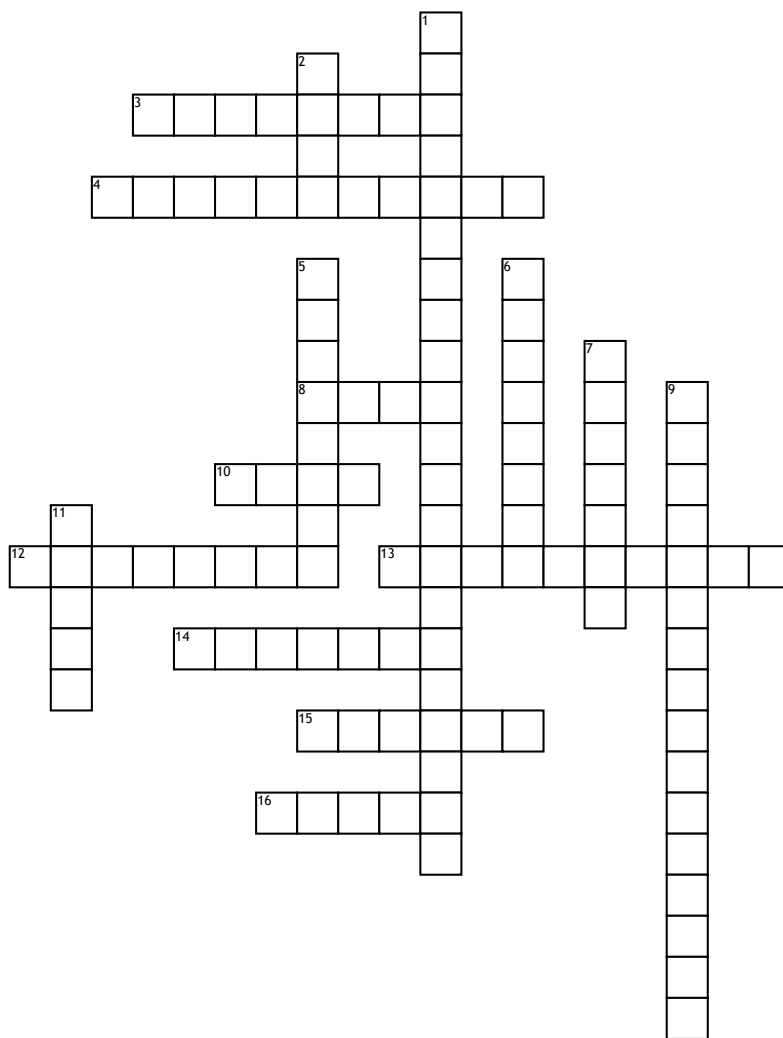


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Track and Field



## Across

3. Passing it without looking is called a blind
4. \_\_\_\_\_ is increasing slowly from one lap at the beginning of your training to 3 laps without stopping
8. This is a preliminary round of a race where you advance to the next round
10. one mile run around a track is \_\_\_\_\_ laps
12. The approach, take-off and landing are equally important in the

13. This event includes hop, skip, jump

14. The distance is measured from the edge of the board to the \_\_\_\_\_ mark in the sand

15. The last person to run in a relay is called the

16. This is passed between runners in a relay

## Down

1. This is a warmup that should be used by all

2. This is the most important point of strategy in a distance race

5. in this event you are out after 3 misses

6. The fosbury flop, the western roll and straddle or scissors are forms for the

7. The event when runners jump over barriers is called

9. A false start will result in a

11. The shot put uses \_\_\_\_\_

## Word Bank

disqualification

high jump

anchor

power

high jump

progression

long jump

heat

baton

closest

exchange

hurdles

flexibility stretching

pace

triple jump

four