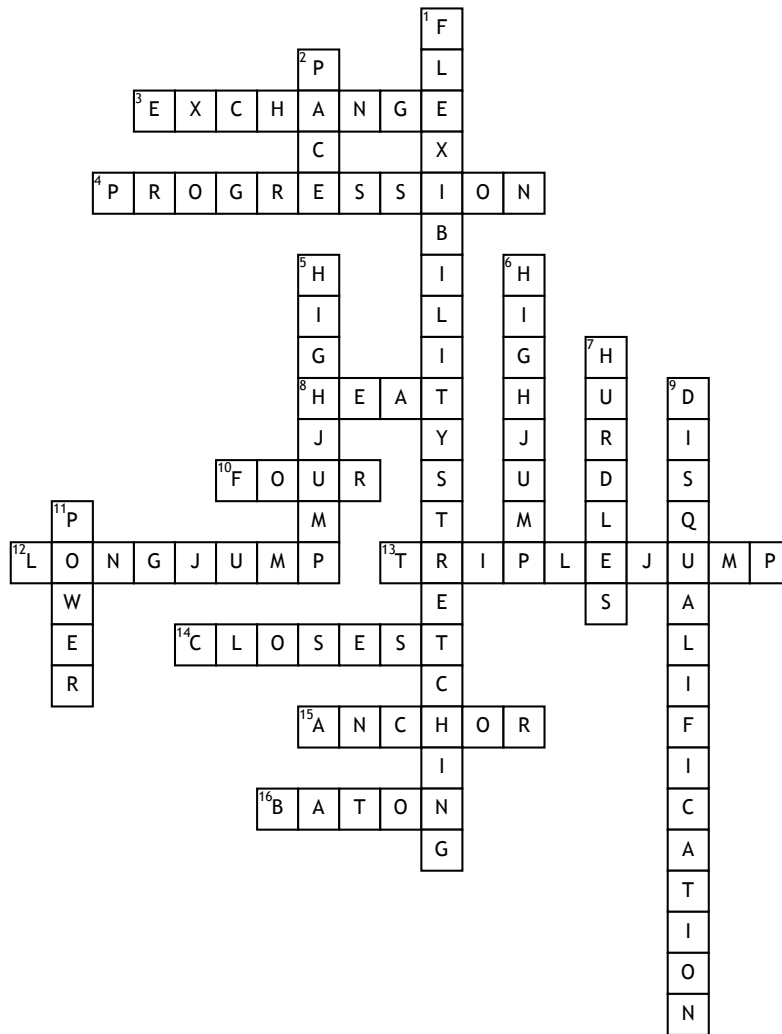


Name: _____

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

progression
high jump
closest
pace

power
triple jump
four
exchange

heat
flexibility stretching
high jump
anchor

hurdles
baton
long jump
disqualification