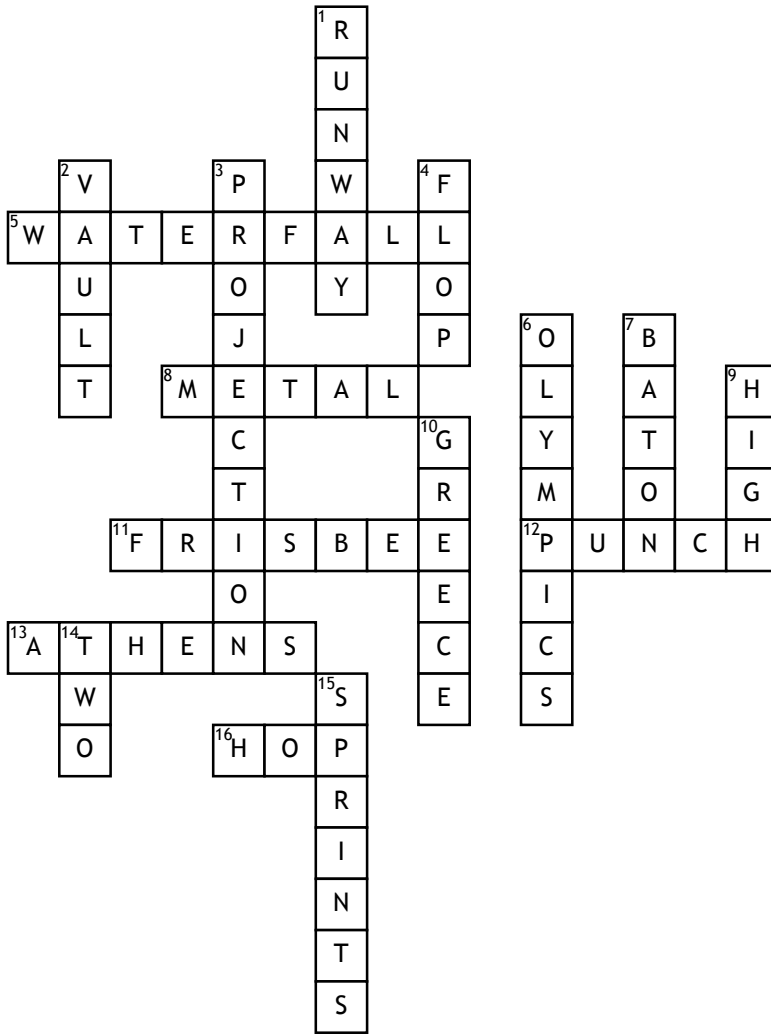


Period: _____

Track and Field Crossword Puzzle



Across

5. This is another term for a staggered start.
8. Thot put involves "putting" a heavy _____ ball.
11. The discus looks like a small heavy _____.
12. When jumping hurdles, the cues words are kick and _____.
13. The first modern day Olympics were held in this city.
16. The 3 phases of the triple jump are _____, step, jump.

Down

1. When performing the long jump, you must sprint the ____.
2. The pole ____ is when an athlete jumps over an obstacle with the aid of the pole.
3. The hammer throw is a sport of strength, balance and ____.
4. The Fosbury ____ is the style of jump when the athlete crosses the bar with the head/back first.
6. This is the most celebrated track & field competition is the ____.

7. In a relay, the runners pass a _____ to the next runner.
9. The _____ jump event where the athlete attempts to jump over a bar and lands onto a large soft mat.
10. The sport of track and field has it's roots in ancient _____.
14. The mid distance, 800 meter, is equivalent to _____ laps around the track.
15. These are short running events like the 100, 200 and 400,

Word Bank

flop	frisbee	waterfall	high	vault	Olympics
metal	Sprints	baton	Greece	hop	Athens
runway	projection	two	punch		