

LESSON -17

ATHLETICS

SPRINTS

The following components will be learnt in this lesson:

- Running events. ➤ Rules of sprinting events
- Fouls committed by the sprinters. ➤ Track formation
- State, National and International records

Introduction :

Athletics is known as the father of all the sporting events. In 400 mtrs standard track one can organize running events, throwing events, and jumping events.

The word “ATHLETIC” is derived for Greek word “ATHLAN” which means “COMPETITION” A standard track consists of two straights and two curves.

Various Sprinting Events:

100 meters, 200 meters, 400 meters, 60 meters hurdle race (indoor), 100 meters hurdles, 110 meters hurdles and 400 meters hurdles row.

Sprints are divided into 2 catagories

1. Short distance sprints - 100m, 200m, 80m, 100 m hurdles. 110 hurdles.
2. Long distance sprints - 400m, 400m hurdles.

Basic rules of the sprint events:

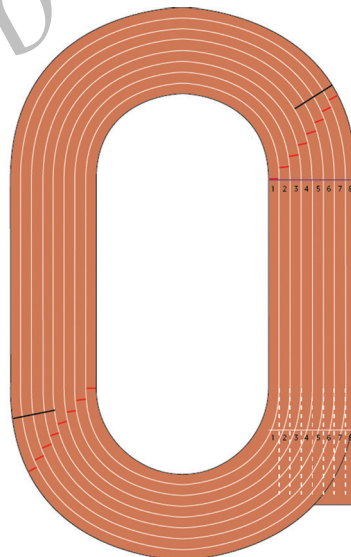
1. Athlete should take crouch start.
2. Athlete should run in his own lane.

3. Spikes or shoes must be used for the competition.
4. Athlete should wear a sports uniform.
5. Athlete should follow the commands of starter.

Fouls:

1. Foul start of any Athlete for the first time has to be warned and if any athlete does for the second time he will be disqualified from the competition.
2. Cutting of track for advantage of distance means disqualification.
3. Disturbing the other competitors during the competition also disqualification.
4. If an athlete found drugged during the competition he will not be allowed to participate in the competition. If the athlete is found guilty after the competition in such cases, the medals and prizes will be withdrawn from the athlete and he will be imposed ban for a several years or for life time.

Construction of Track and Measurement:



Types of Events:

SCHOOL GAME FEDERATION OF INDIA (SGFI) conducts 100 mtrs, 200 mtrs, 400 mtrs, and 600 mtrs track events to under 14 years school children.

State, National and International Records:**State Records (Men Section):**

1. Lionel Johnas	100 Mtrs Run	10.4 Sec
2. Clifford Joshef	200 Mtrs Run	21.0 Sec
3. Uday K Prabhu	400 Mtrs Run	46.6 Sec

State Records (Women Section):

1. E. B. Shaila	100 Mtrs Run	11.5 Sec
2. Ashwini Nachappa	200 Mtrs Run	23.4 Sec.
3 Rosa Kutti	400 Mtrs Run	53.6 Sec.

National Records (Men Section):

100 Meters	Amiya kumar mallick	10.26 Sec
200 Meters	Dharambir sing	20.45 Sec
400 Meters	Muhammed Anas	45.32 Sec

National Records (Women Section):

100 Meters	Dutee Chand	11.24 Sec
200 Meters	Saraswati Saha	22.82 Sec
400 Meters	Manjit kaur	51.05 Sec

International Records Men:

1. Usain Bolt- Jamaica	100 Mt Run	9.58 Sec
2. Usain Bolt -Jamaika.	200 Mt Run	19.19 Sec
3.Wayne Van Niekerk.	400 Mt Run	43.03 Sec

International Records Women:

1. Florence Griffith Joyner-USA	100 Mt Run	10.49Sec
2. Florence Griffith Joyner-USA	200 Mt Run	21.34Sec
3.Marita Koch-East Germany.	400 Mt Run	47.60Sec

Famous Athletes of the Karnataka State:

1. Udaya K. Prabhu
2. Kenneth Powell
3. Vandana Rao
4. Ritha Abhram
5. Rosa Kutti
6. Shoba Javur
7. Ashwini Nachappa
8. Beena Mol
9. Angel Mary Joseph.

Exercise**I Fill in the blanks**

1. A standard track consist of _____ and _____ .
2. Meaning of the Athlan is _____

3. Athletics is _____ of the other games.

II Answer in one sentence.

1. Give the expanded form of the SGFI.
2. Which are sprint events?
3. Name the renowned sprinters of Karnataka.

Olympic Motto
Faster, Higher, Stronger

