

Track and Field



Track Events



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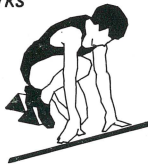
Starting-block Starts

Preparation

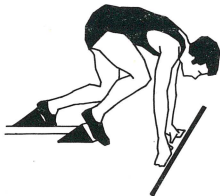
The start of a sprint race is made from the type of chocks known as starting-blocks. They allow a better foot thrust and are adjustable. To adjust them, the runner positions himself behind the starting line, while placing the foot on which he prefers to launch himself about 30 cm (1 ft) behind this line. The knee of the back leg rests on the ground, beside the toes of the forward leg. The hands are placed on the ground, behind the line. Then the blocks are fixed.

The starter gives the following commands:

1. On your marks



2. Get set – absolutely still



Then he fires a pistol shot.

The runner then thrusts strongly on the legs, maintaining balance with the arms: if the right leg is in front, the left arm will be in front. Faults to be avoided: straightening up too quickly and making the first stride too long.

The runner progressively straightens up his body, so that after six to eight strides the correct tempo of the race is achieved.



A 100-m start by the Italian Pietro Mennea (center)