



Sprint / Short Distance Races

- *Sprints are short distance races which are run in full speed and with maximum strengths*
 - 100m, 200m, 400m

Usain Bolt-

Jamaica

World records

- 100m- 9.58 (2009)



- 200m- 19.19 (2009)

Olympic records

- 100m- 9.63 (2012)
- 200m- 19.30 (2008)

World Championship records

- 200m-9.58 (2009)
- 200m- 19.19 (2009)



Types Of Start

1. Sitting Start/Crouch (for sprints)

2. Standing Start (for Middle & Long distance races)

3. Flying Start (for relay races)

(i) Bunch Or
Bullet Start

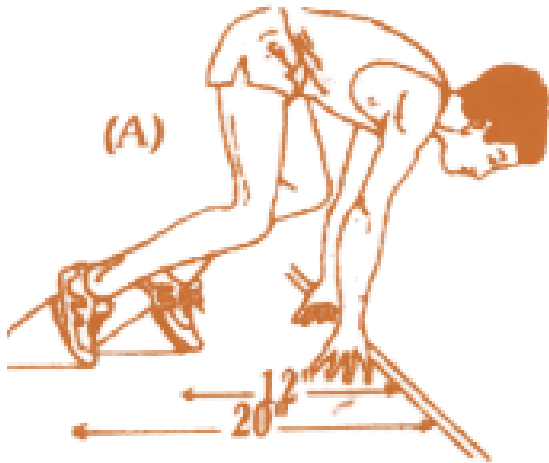
(ii) Medium Start

(iii) Elongated Start

- 100m, 200m, 400m, 100m hurdle , 110m hurdle, 4x100m relay, 4x400m relay

(i) Bunch Or Bullet Start

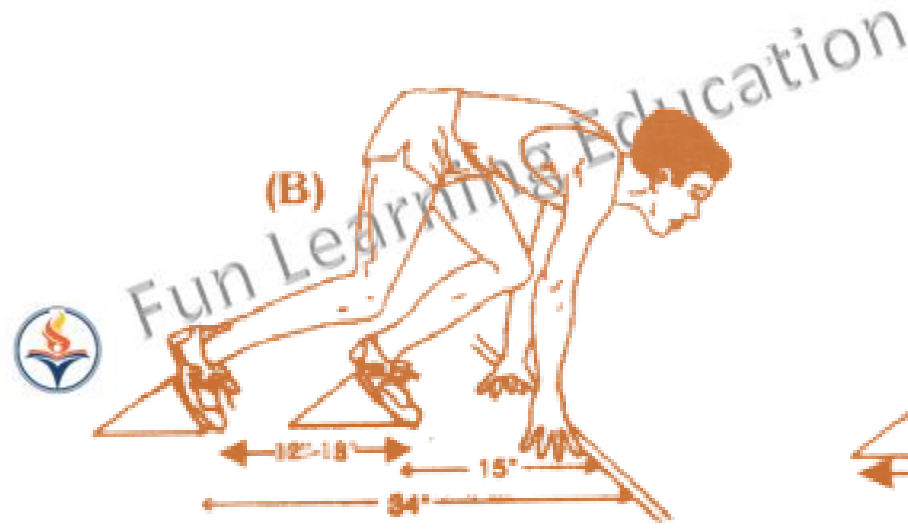
Distance between the blocks is **8 to 10 inches**



Bunch Start

(ii) Medium Start

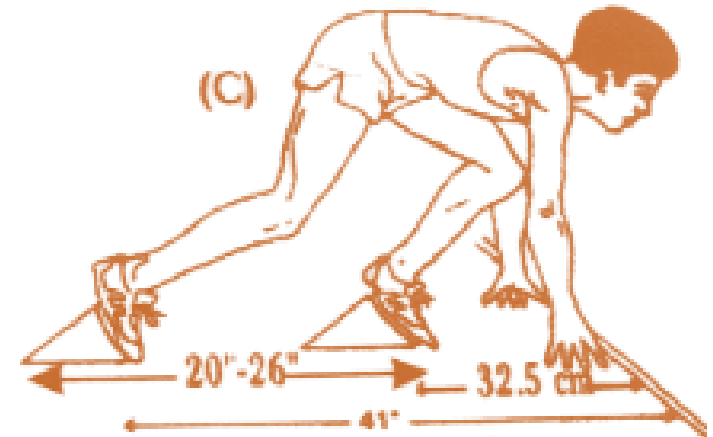
Distance between the two blocks is **12 to 18 inches**



Medium Start

(iii) Elongated Start

Distance between the two blocks is between **20 to 28 inches**.




Elongated Start

Starting Technique

❑ Fixing Of Starting Blocks :-

- The blocks are firmly fixed behind the starting line.
- Distance between the starting line and starting block should be 11 to 12 inches or depending upon the height of the athlete.

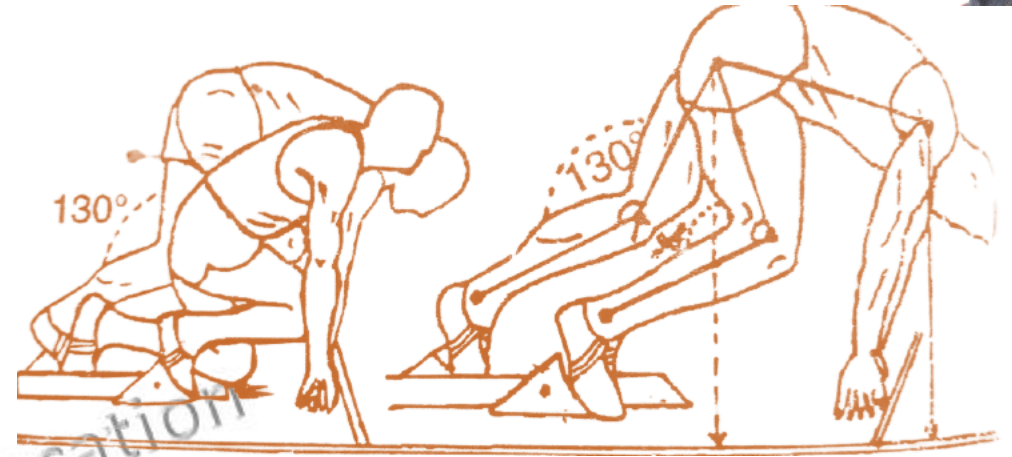
❑ Entry into Blocks :-

On command of 'on your mark'  the runner takes his position by walking normally forward upto the blocks and places his hand little in front of the starting line. Then backs himself or herself into the planting his feet firmly against the block, toe touching the ground and then brings both hands back easily and be in relax position.



'Set' Position:-

On command 'set' the sprinter's shoulders should be ahead of the starting line and hips a raise slightly above the shoulder level. Front leg is flexed at about 90° while rear leg makes 102° to 110° angle, depending upon the hips, arms, fingers and strength. The body weight should be placed on the front foot and hands, hence the position is usually uncomfortable and difficult to hold. Head should be kept in its natural position. Be mentally alert.



On Fire Position/Go Position :-

After Gun fire, left arm should be brought forward and right arm back, right leg high knee pick and first step is generally 2 feet apart. Few strides are comparatively short and goes on increasing progressively resulting rise of body till 10 to 12 strides for men and 8 to 10 strides for women. Head and eyes are kept in forward driving action of the body

2. Standing Start (Middle & Long distance races)

Start is taken from Standing position.

➤ Middle Distance Races-

- Middle distance race includes the races between 800m to 1500m.
- Speed and endurance are required in such races.

➤ Long Distance Races-

- 3000m , 5000m, 10,000m, cross country, Marathon(42.195km) are considered as long distance races.



Types Of Finishing



1. Lunge Forward :-

The modern trend of finish is to lunge for the tape, which begins about two strides before the tape. The athlete bends both arms backward and tries to touch the tape with the chest.

2. Shoulder Shrug :-

In this kind of finish, one shoulder is moved forward while the other shoulder moves backward.

3. Run Through:-

In this type of finish, the athlete without considering the finishing line reaches the destination with full speed.

