



Pathfinder's Name

Track and Field

1. Know the basic rules, safety considerations, and warm-up exercises for the six track and field events listed below.

Rules _____

Safety considerations _____

Warm-up exercises _____

2. Run the 50-yard (45.7 meters) dash in the time (seconds) for your sex and age as follows:

BOYS

GIRLS

Age	Sec.	Age	Sec.	Age	Sec.	Age	Sec.
10	8.2	14	7.1	10	8.5	14	8.0
11	8.0	15	6.9	11	8.4	15	8.1
12	7.8	16	6.7	12	8.2	16	8.3
13	7.5			13	8.1		

Your Time _____

3. In sprinting, which part of the foot should touch first during the stride?

What are the proper arm and head positions?

- 4. Run the 600-yard (548.6 meters) run-walk in the time (minutes/seconds) for your sex and age as follows:

BOYS

GIRLS

Age	Min/Sec	Age	Min/Sec	Age	Min/Sec	Age	Min/Sec
10	2' 33"	14	2' 01"	10	2' 48"	14	2' 46"
11	2' 27"	15	1' 54"	11	2' 49"	15	2' 46"
12	2' 21"	16	1' 51"	12	2' 49"	16	2' 49"
13	2' 10"			13	2' 52"		

Your Time _____

- 5. Answer the following questions about distance running:

Find two Bible stories that mention distance runners?

1. _____
2. _____

What are the proper clothes, including shoes, for distance running in your area?

How long is the average track? _____

How far is a marathon race? _____

Which part of the foot should touch first during the stride?

What are the proper arm and head positions while distance running?

What is the proper way to breathe?

How does cross-country running differ from running on a track?

- 6. Run one of the following events at least twice and record the best time:
 - a. 50-yard (45.7 meters) dash with four hurdles.
Your best time _____
 - b. 70-yard (64.0 meters) dash with six hurdles.
Your best time _____
- 7. Do the high jump with good form at least five times and record the highest jump.
Your highest jump _____
- 8. Do a running broad jump three times and record the best length.
Your best length _____
- 9. Run the following relays:
 - a. Visual pass relay
 - b. Blind pass relay

