



Track Merit

1. Do ONE of the following:
 - a. Read a track rule book for your state. Be familiar with the “junior classification” rules for ages fourteen to twenty. Select an event that you would want to participate in and list ten rules for that event.
 - b. Participate in a track-and-field clinic or seminar for one week. Place your certificate or ribbon showing participation in your workbook.

2. Describe each of the following events:
 - a. 800-meter run
 - b. 1,500-meter run
 - c. 5,000-meter run
 - d. Relay races
 - e. 400-meter relay
 - f. 1,600-meter relay
 - g. 3,200-meter relay
 - h. Hurdle races
 - i. 80/100/110-meter hurdles
 - j. 300/400-meter hurdles
 - k. Long jump
 - l. Triple jump
 - m. High jump
 - n. Pole vault
 - o. Shot put
 - p. Discus throw
 - q. Javelin throw
 - r. Hammer throw

3. Explain the following:
 - a. Why are warm-up exercises necessary prior to participating in track events, and what happens to your body if you fail to do warm-up exercises?
 - b. How do you do stretches for the calf muscles, hamstring muscles, quadriceps, and the groin area?
 - c. Why is a cool-down important?
 - d. Describe cool-down procedures.



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4. Select at least seven events from Requirement 2. List your school's record for each event and the date the record was set for each event.
5. Draw a diagram of a track field and show the dimensions and location for all events mentioned in Requirement 2.
6. List five Scripture verses that mention physical activity associated with track and field.
7. Earn a junior high or high school letter or certificate of participation as a track team member, team manager, or official. Insert the letter or certificate in your workbook.



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