

DTE - DC - PHYSICAL EDUCATION

FURTHER READING

TRACK ATHLETICS FACILITIES, EQUIPMENT AND SPRINTING SKILLS

Facilities and Equipment used in Track Events

Track Surface

- 1) Standard 400m Oval Track – Made of synthetic materials (e.g., polyurethane or rubber) to provide grip and shock absorption. Murram and grass can be substitute surfaces.
- 2) Lane Markings – Typically 6 to 9 lanes, each 1.22 meters wide, with clear lane numbers.
- 3) Straight Tracks – Used for short sprints (e.g., 100m and hurdles) and usually include 6 to 9 lanes.

Starting and Finishing Areas

1. Starting Blocks – Adjustable metal blocks placed on the track for sprints and hurdles to allow for explosive starts.
2. Finish Line & Timing System – Marked with white lines and equipped with photo-finish cameras for accurate results.

Relay Zones

1. Baton Exchange Zones – Marked areas for relay teams to exchange the baton within a 20-meter zone.

Hurdles and Steeplechase Equipment

1. Adjustable Hurdles – Used for hurdle races, set at different heights based on the event and category (e.g., 110m hurdles, 400m hurdles).
2. Steeplechase Barriers and Water Jump – A fixed 91.4cm barrier and water pit used in the 3000m steeplechase.

Equipment Used in Track Events

Starting Equipment

1. Starting Blocks – Used in sprint races to provide a firm footing for explosive starts.
2. Starting Pistol / Electronic Gun – Signals the start of the race.
3. False Start Detection System – Sensors in starting blocks detect false starts.

Timing and Measurement Equipment

1. Photo Finish Cameras – Capture high-speed images at the finish line to determine race winners.
2. Electronic Timing System – Records race times down to milliseconds.
3. Wind Gauge – Measures wind speed in sprints and jumps to ensure valid results.

Athlete Gear

1. Running Spikes – Lightweight shoes with spikes for grip and speed.
2. Race Bibs – Numbered tags worn by athletes for identification.



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Miscellaneous Equipment

1. Lap Counter – Used in long-distance races to track remaining laps.
2. Cones and Markers – Indicate lane violations and track boundaries.
3. Bell for ringing during the final lap.