

DTE - DC - PHYSICAL EDUCATION

FURTHER READING

SPRINT STARTS

Starts

Starts in Sprint Races

The start is a critical phase in sprint races as it determines the runner's acceleration and position in the race. At this level we will focus on the crouch Start.

The crouch start is used in 100m, 200m, and 400m races. It is the most common starting technique for sprints and involves the use of starting blocks. It has three variations:

a) Bunch Start

- Feet are very close together in the starting blocks.
- Suitable for athletes with strong explosive power.

b) Medium Start

- The knee of the back leg is positioned slightly behind the front foot.
- Most commonly used as it balances power and control.

c) Elongated Start

- The back leg is extended further behind the front leg.
- Used by taller sprinters who need a longer push-off.

Phases of the Crouch Start

"On Your Marks" – Athletes position their feet in the blocks, hands behind the line, and focus forward.

"Set" – Hips rise slightly, creating tension in the legs for an explosive push-off.

Gun/Go! – The sprinter pushes off powerfully using the legs and arms to accelerate forward

Sprint Races in Athletics

Sprint races are short-distance track events that emphasize speed, power, and explosive acceleration. They are among the most exciting and fastest events in athletics.