

Name _____

Hurdling in Track and Field: Leaping Over Obstacles

Open-Ended Response Answer Key

1. High school boys typically compete using 39-inch hurdles, while girls use 33-inch hurdles. These differences exist to account for variations in height and strength between genders.
2. Answers may vary but could include mental preparation such as visualization and focus, physical preparation through warm-up exercises, and reviewing race strategy.
3. Skills learned in hurdling, such as discipline, goal setting, and perseverance, can be valuable in other areas of life or sports by promoting personal growth and determination.
4. Olympic hurdlers face challenges in terms of rigorous training, intense competition, and the immense pressure of representing their country on a global stage. The pressure to perform at their best can be overwhelming.

