

Name _____

The Thrilling World of Track and Field

Short Answer Key

1. The objective of the 100-meter dash is to sprint from the starting blocks to the finish line as fast as possible.
2. Hurlers time their jumps to clear each hurdle without slowing down.
3. In the high jump event, athletes attempt to clear a bar set at varying heights without knocking it down.
4. In shot put, athletes launch a heavy metal ball, called a shot, as far as they can.
5. Relay races involve teams of four athletes passing a baton and racing to the finish line, emphasizing teamwork and coordination.

