Track Events

50 Meter Dash

Distance on a regular track: 1/8 lap
Fun fact: The Statue of Liberty is 50 meters tall.

How to prepare for this event:
Drill: Start at the end of your driveway and run as fast as you can to your house. Walk back to the end of the driveway. Repeat 5 times.

Ask your parents to: Count your laps for you

75 Meter Dash

Distance on a regular track: 3/16 lap
Fun fact: This event is not included in the Olympics.

How to prepare for this event:
Drill: Use similar drills as when training for the 50 or 100 Meter dash events.
100 Meter Dash

**Distance on a regular track:** 1/4 lap

**Fun fact:** Florence Griffith Joyner -- famous for her six-inch-long fingernails -- holds the women's world record in this event, set in 1988.

**How to prepare for this event:**
Drill: Run the length of a soccer field as fast as you can, then turn and walk back. Repeat 4 times.

**Ask your parents to:** Help you find a soccer field.

200 Meter Dash

**Distance on a regular track:** 1/2 lap

**Fun fact:** The average diameter of an asteroid is 200 meters.

**How to prepare for this event:**
Drill: Find a hill in your neighborhood. Run up it as fast as you can. Walk down. Repeat 5 times.

**Ask your parents to:** Help you find a hill that's safe.
400 Meter Dash

Distance on a regular track: 1 lap
Fun fact: The height of the Empire State Building is approximately 400 meters.

How to prepare for this event:
Drill: Jump rope for 5 minutes without stopping. Jog in place for 2 minutes. Rest for 1 minute. Repeat 5 times.

Ask your parents to: Help you keep track of your time.

800 Meter Dash (400 x 2)

Distance on a regular track: 2 laps
Fun fact: An average freefall during a sky dive is 800 meters.

How to prepare for this event:
Drill: Run around the bases of a baseball field as fast as you can 3 times. Walk around once. Repeat 3 times.
Ask your parents to: Help you find a baseball field.

1600 Meter Dash (400 x 4)

Distance on a regular track: 4 laps
Fun fact: This distance also equals one mile.

How to prepare for this event:
Drill: Run for 12 minutes without stopping.

Ask your parents to: Keep track of how long you've been running.

4 x 100 Meter Relay

Distance on a regular track: Each participant runs 1/4 lap (see the 100 meter above)
Fun fact: A relay baton must be no shorter than 11 inches and no longer than 12 inches.
**How to prepare for this event:**
Drill: Practice passing a "baton" to another person without dropping it.

**Ask your parents to:** Save an old cardboard tube from a paper towel roll to use as a baton.

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### 4 x 200 Meter Relay

**Distance on a regular track:** Each participant runs 1/2 lap (see the 200 meter above)

**Fun fact:** A relay baton must be no shorter than 11 inches and no longer than 12 inches.

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### 4 x 400 Meter Relay

**Distance on a regular track:** Each participant runs 1 lap (see the 400 meter above)

**Fun fact:** A relay baton must be no shorter than 11 inches and no longer than 12 inches.
Field Events

Standing Long Jump

How it’s done: Stand behind a straight line, bend knees, swing arms, and try to jump as far as possible.
Fun fact: Ray Ewry holds the world record in this event, set in 1904. He jumped 11 feet.

How to prepare for this event:
Drill: In your backyard or driveway, practice jumping forward as far as possible from a standing position.

Ask your parents to: Measure the distance of your jump.

Running Long Jump

How it’s done: The athlete stands on a long thin runway, runs towards the sand and then jumps as far into that sand as they can. The only hitch is that the athlete cannot go beyond the predetermined mark on the runway which is usually called the “toeboard”.
Fun fact: The current Olympic record was set in 1991 by Mike Powell of the United States who lept 29’ 4 ½” in Tokyo World Championships.

How to prepare for this event:
You are not supposed to touch the runway on the sand side of the toeboard. In the diagram, the last footprint is positioned perfectly. Rarely, do young jumpers get that close to the edge of the board. It just doesn’t happen very often.

Ask your parents to: Measure the distance of your jump.

Softball Throw

How it’s done: From behind a straight line, throw a softball as far as you can. You may take a running or a standing start.
Fun fact: The game of softball was created in 1887 as an indoor version of baseball. Because the ball was soft, players could field the ball with their bare hands.

How to prepare for this event:
Drill: Using a sponge ball in your backyard, practice throwing as far as you can.

Ask your parents to: Measure the distance of your throw.