Track and Field Test

The questions for the various events cover topics such as principles, techniques, and rules. Circle the best answer to the multiple choice question.

1. Where did track originate?
   a. Rome
   b. Atlantis
   c. Greece
   d. Italy

2. What is a scratch?
   a. Touching the ground beyond the take-off board
   b. Marking the area where the shot fell
   c. Dropping out of an event
   d. Skipping a trail

3. What does boxed mean?
   a. Stopping quickly and then deciding to start again on another approach
   b. Exchanging the positions of the feet after releasing the shot
   c. Getting hit by a runner
   d. Having a competitor in front and on the side

4. What is an anchor?
   a. A nickname for the shot
   b. The final leg of a relay
   c. The placement of the foot for the takeoff on the pole vault
   d. The spot where the contestant leaves the ground

5. Which event is not classified as a field event?
   a. Shot put
   b. High jump
   c. Hurdles
   d. Javelin

6. Where should the runner look when hearing the command, “Set”?
   a. At the starter
   b. At the finish tape
   c. Directly down to the ground
   d. At the group a few feet ahead

7. To what does kick refer?
   a. The exchange of feet after a release
   b. The distance one member of a relay team must run
   c. The trail leg in hurdles
   d. The increased speed at the end of the race
8. Why are staggered starts used?
   a. To restrict fast runners
   b. To give slower runners a head start
   c. To equalize distance when races are run on curves
   d. To help the starter see false starts more easily

9. How many shots are fired for a false start?
   a. One
   b. Two
   c. Three
   d. Four

10. Which occurrence is a foul in all throwing events?
    a. Leaving the circle from the back half after the throw has been marked
    b. Bringing the foot in the air over the outside of the circle
    c. Touching any area or surface outside the circle or on the scratch line before the throw is marked
    d. Passing up one of the final throws

11. What is the recommended exchange for relays in which each leg is 200 meters or more?
    a. Non-visual
    b. Basket pass
    c. Visual
    d. Two looks

12. Where should you enter and leave the shot put circle?
    a. Rear
    b. Left side
    c. Front
    d. Right side

13. How is a runner disqualified in the 100-meter dash?
    a. Having three false starts
    b. Crossing the finish with arms out-stretched
    c. Using a standing start
    d. Running in another runner’s lane

14. Why is flexibility a major objective in conditioning?
    a. It aids in increasing endurance.
    b. It aids in preventing muscle injury.
    c. It improves muscle explosiveness.
    d. It contributes to strength development.

15. What is the purpose of warming up?
    a. To improve skill
    b. To build endurance
    c. To enlarge the muscles
    d. To reduce chance of injury