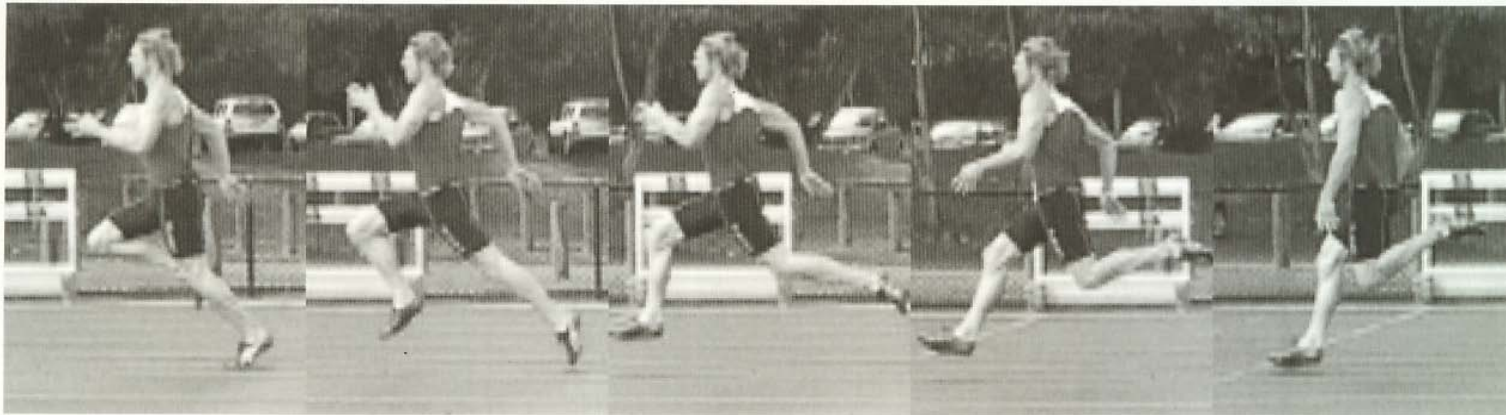


SPRINTING



POINTS OF TECHNIQUE

1. Light quick movements.
2. Upright carriage of the head and trunk.
3. Movement of the feet and limbs in a straight path.
4. Use of short arm levers, pivoting about the shoulder joint.
5. A high pick-up of the leading thigh.
6. An extension of the support leg.
7. Running 'tall' and with 'high hips'.
8. Relaxation throughout.



RULES FOR SPRINTING

- Athletes should ensure that they run within their allocated lane. If an athlete steps outside their lane on their LEFT side they will be disqualified.
- In the 200m and 400m, athletes will start on a stagger. This ensures that all runners start the same distance from the finish.
- The winner of a race is deemed to be the athlete who crosses the finish line with their torso first as distinguished from their neck, arms, hands or feet.

"On your Marks"...



"Set"...



"Gun"...

