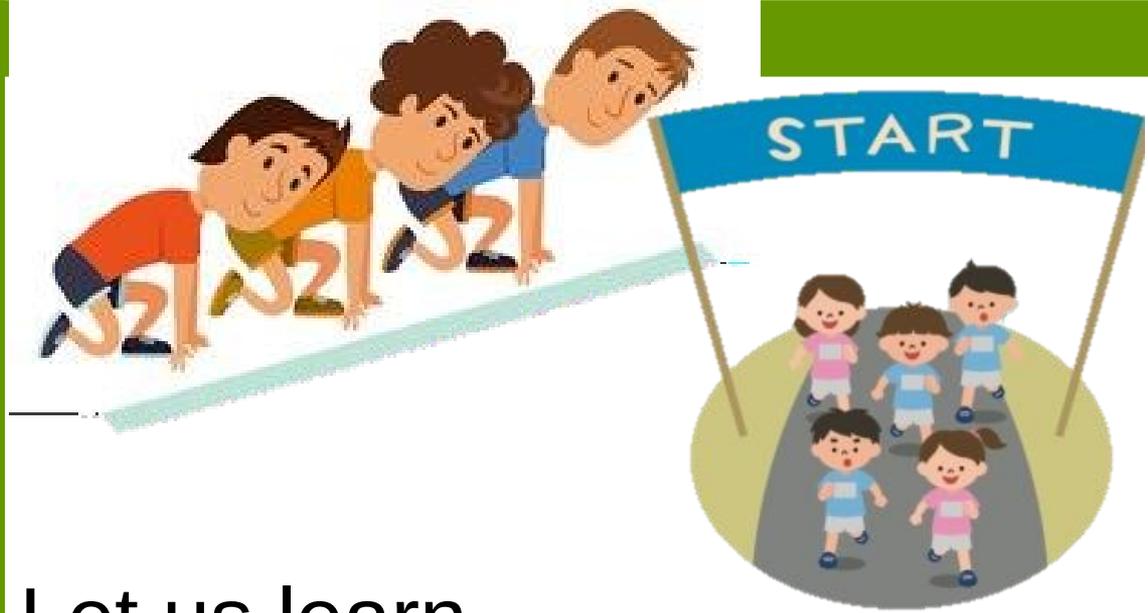


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Let us learn
about the starts in running

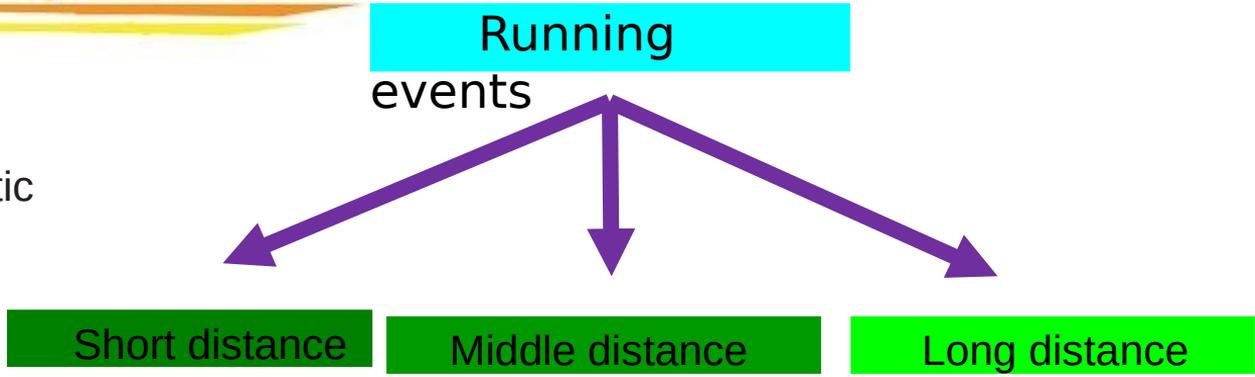
H.M.N.S.Karunaratna
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Running events in athletics are classified under three groups based on the distance, as short distance, middle distance and long distance running.

Running is an athletic event.



The start is very important in the victory of any running events.

In short distance running events, a late start can greatly affect the victory.



The starting method also varies according to the distance of the running.

Methods of starts in running events

Standing start

Eg:

800 m 1500m

5000m 10000m



Crouched start

Eg; 100m

200m

100m × 4 relay race

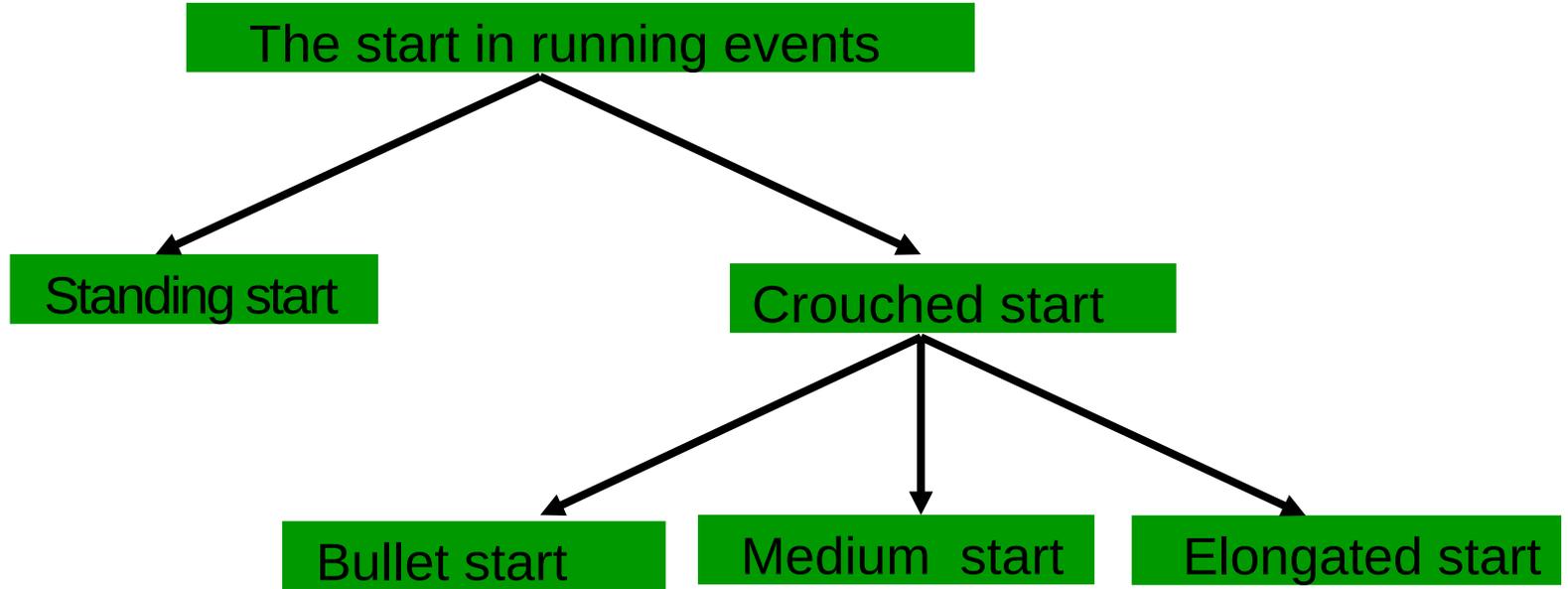
400m × 4 relay race

110m hurdles

400m hurdles



Although there are several starting methods in the crouched start, medium start is commonly used.



It is very important to start the race correctly to gain victory.

In crouched start, the way the legs are placed changes according to the height of the runner

01' bullet start

02' medium start

03' elongated start

- How to keep the steps from the starting line at the medium start.



Standing start is used in long distance running.



The standing start is used for all the races

above 400 meters

- 800m
- 1500m
- 5000m
- 10000m



Two
commands
are given for
the standing
start

1



On your mark

At "on your marks" command

- The front foot is placed close to the starting line
- The back foot is about shoulder width apart from the front foot.
- The weight of the body is on the front foot.
- The arm of the opposite side of the front leg should be kept in the front and the other arm should be kept at the back.

At the "go" command

- The leg at the back is brought forward and running is
- The body that is bent forward is now raised.



2

GO



Crouched start is used in short distance running.

Crouched start is used in the races below 400 meters.

Eg:

- 100m
- 200m
- 100m × 4 relay race
- 400m × 4 relay race
- 100m hurdles
- 110m hurdles
- 400m hurdles



1



On your marks

At “on your marks” command

- Strong leg should be kept as the front foot.
- The knee of the back leg should be placed about 3-4 inches away from the arch of the front foot.
- The two hands should be placed on the ground closer to the starting line with the gap between the hands roughly equal to the shoulder width.
- The fingers should form an arch with the thumbs.



2



Ready/set

At the “get set” command

- Both knees are raised.
- Hip should be raised to a position slightly above the level of the shoulders.
- Shoulders are brought slightly past the starting line.
- The weight of the body is on the two hands.



3



Go

At the “go” command

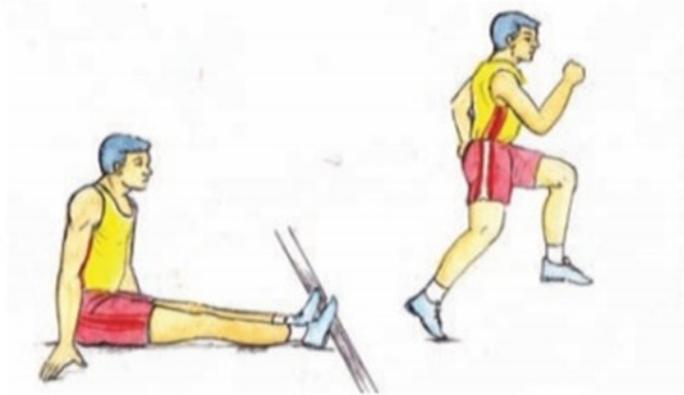
- When the sound of the starting gun (go command) is received, the body is pushed forward by pressing against the ground with the two feet.
- The two hands which were in contact with the ground are taken off and a short step is taken forward.
- The hand in the opposite side is brought forward.
- As the body is pushed forward, the hip and the legs are straightened.



Activities that can be performed in order to practice move forward quickly at the 'go' command and increasing the running speed

1. Sit on the ground so that the two legs are stretched forward.

With the 'go' command" stand up quickly and run a distance of about 10 meters.



Activities that can be performed in order to practice move forward quickly at the 'go' command and increasing the running speed

2. Lie on the ground facing upward.

As the command is received, stand up quickly and run about 10 metres.



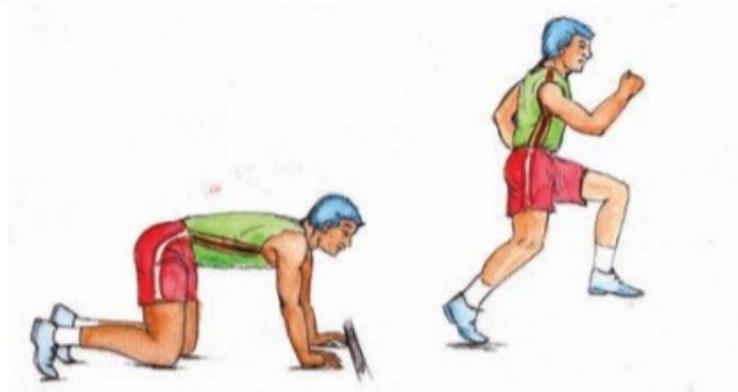
Figure 5.7



Activities that can be performed in order to practice move forward quickly at the 'go' command and increasing the running speed

3. Be on the ground in a kneeling position so that the toes, the knees and the palms of the two hands are completely touching the ground.

As the command is received, stand up quickly and run about 10 metres.



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