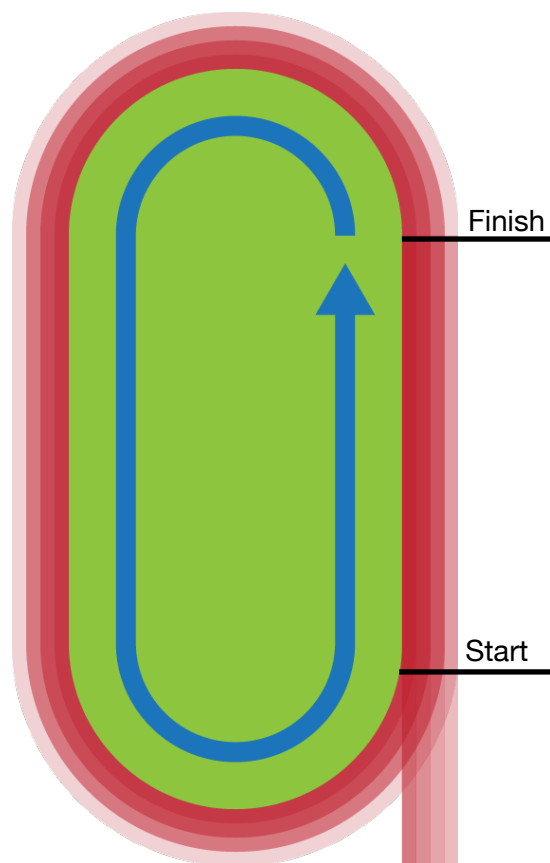


Sprints | 100-meter Dash

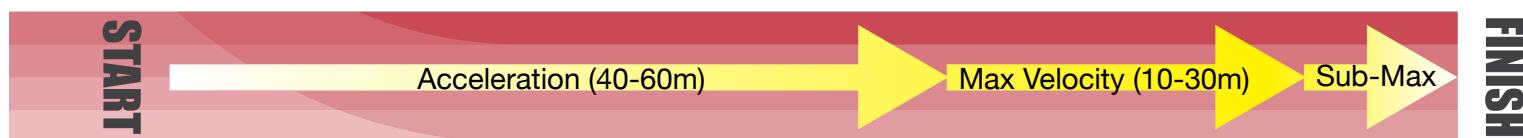
The sprints are the fastest events on the track. They are full speed races over a short distance. The official USATF sprint events are: 100-m, 200-m and 400-m.

At MPower, our sprint distances will be 100-m and 400-m.

- ◆ **Start:** *On your mark:* runners take their place on the line. *Get set:* get into position and await the “go” command. *GO!*: The gun or clapper sounds and the runners are off!
- ◆ **Acceleration phase:** Runners transition from still position to running at maximum velocity as quickly as possible. A forward lean improves acceleration.
- ◆ **Maximum Velocity:** The forward lean becomes less noticeable as runners approach full speed. At peak speed, the lean is gone and runners maintain an upright position.
- ◆ **Sub-Maximum Velocity:** Staying loose is essential! Concentrating on pumping the arms through a complete range of motion can help keep the upper body loose.
- ◆ **Finish:** Runners lean forward with their shoulders and chest a few feet before the finish line and continue with this effort all the way through the line. Finishing times are marked when the torso (not the head or hands) crosses the line.



|-----100m-----|



World Records in the 100m Dash

Division	Time	Name	Division	Time	Name
Women	10.49	Florence Griffith Joyner	Men	9.58	Usain Bolt
Girls 9-10	12.85	Angela Williams	Boys 9-10	12.73	Richard Washington
Girls 11-12	12.10	Angela Williams	Boys 11-12	11.68	Jordyn Byrd
Girls 13-14	11.61	Sanya Richards	Boys 13-14	10.94	Michael Grant

How to Practice At Home

Sprints are perhaps the easiest event to practice at home because no equipment is really needed and they can be practiced on any straight away.

Helpful Drills

“Get Ups” with a partner

- ◆ Have one partner lay face-down on the ground with the other standing about 5 yards behind them.
- ◆ Practice “On your Mark”, “Set”, “Go”.
- ◆ On “Go!” both runners should sprint to a finish line 10 yards away with the runner on the ground trying to avoid being tagged by their partner.
- ◆ Switch places for each round.

This drill gives both partners practice reacting to a start signal and reinforces staying low through the acceleration phase.

High Knees

- ◆ Athletes should drive their arms and get their knees up to their belly button level.
- ◆ Steps should be quick, short, and “quiet” (not pounding) along the ground for 10 meters.
- ◆ Using an agility ladder can help to reinforce shorter steps.

Butt Kicks

- ◆ Keep chest up tall, drive arms and kick heels back towards butt.
- ◆ Keep feet fast and light off the ground and focus on keeping knees pointed down to the ground with quads maintaining position.

These drills improve turnover and arm drive which helps runners get up to full speed quickly in a race.

Equipment

DIY | Make your own Starting Clapper

Material List:

- ◆ 2 - 1"x4"x16" boards
- ◆ 1 - 3" hinge
- ◆ 2 - 5-6" handles
- ◆ *Optional: 2 colors of paint*
- ◆ *Optional: 2 - 1/4" x 4" x 5" wood strips*
- ◆ *Optional: 6 small wood screws*



Assembly:

- ◆ If you are painting your clapper, you should do so prior to assembly. Use two colors and paint one board, and one smaller strip (if using) in each color.
- ◆ Attach the two wood boards together with the hinge.
- ◆ Attach a handle to the outside of each board, about 2 inches away from the hinge-side edge.
- ◆ *Optional: use small screws to attach the wood strips to the outside edge of the clapper on the end opposite of the hinge. They should be flush with the bottom of the board, so they appear to touch when the clapper is closed. This gives both runners and timers a visual clue on the race start.*